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Author(s)	Margiotta, Fabio; Crudden, Genevieve; Byrne, Dara; Doherty, Anne M.
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# Prevalence and co-variates of burnout in consultant hospital doctors: burnout in consultants in Ireland Study (BICDIS).

[Margiotta F](#)<sup>1</sup>, [Crudden G](#)<sup>2</sup>, [Byrne D](#)<sup>2,3</sup>, [Doherty AM](#)<sup>2,3</sup>.

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## Abstract

### OBJECTIVES:

Burnout is prevalent among doctors and affects the quality of patient care. Little research on burnout in consultant-level doctors has been done. The objective of this study was to measure burnout in the hospital consultant population in Ireland.

### METHODS:

Surveys were distributed to consultants in Ireland from September to December 2016. The anonymous online survey combined demographic questions and the Maslach Burnout Inventory General Survey.

### RESULTS:

Four hundred seventy-seven (22%) consultants completed the survey. Of these, 42% reported high levels of burnout. We found that face-to-face contact with patients, specialty, exercise, remuneration and type of contract influenced burnout levels.

### CONCLUSIONS:

This study demonstrated that over 40% of the consultants studied are affected by burnout. This finding raises concerns for patient safety and standard of care as well as doctors well-being. Interventions to address and minimise burnout are important to guarantee high patient outcomes and retain medical staff.

### KEYWORDS:

Burnout; Health promotion; Job stress; Organisational stress intervention/prevention; Work-life balance

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