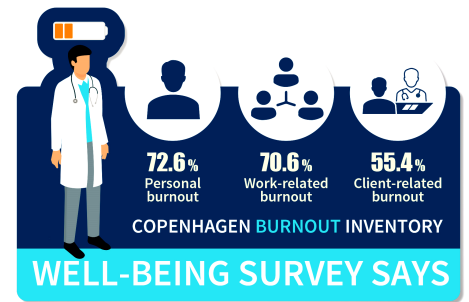
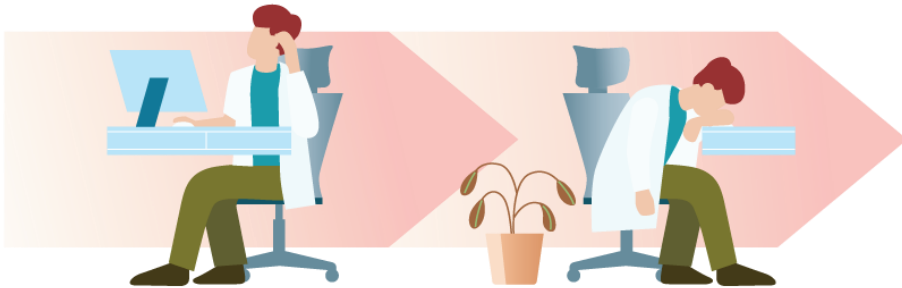




Burnout?

Burnout is a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed, as defined by the WHO¹.



Burnout is highly prevalent among young doctors, as revealed in the "Burnout and well-being in young doctors in Hong Kong: a territory-wide cross-sectional survey" conducted by the Academy's Young Fellows Chapter in 2019.

Having symptoms of burnout?

Some examples include²:

- ⇒ reduced effectiveness and productivity
- ⇒ cynicism
- ⇒ absenteeism, presenteeism, workaholism
- ⇒ lacking motivation
- ⇒ heightened levels of frustration, negativity
- ⇒ unable to see anything positive or be creative
- ⇒ lack of emotion / becoming dispassionate
- ⇒ disengaged
- ⇒ feelings of hopelessness and helplessness
- ⇒ possible dual diagnosis of depression



Take the **Copenhagen Burnout Inventory** questionnaire to know more about the levels of burnout



well-being.hkam.org.hk/cbi/

What to do with burnout?

- visit the Academy's designated webpage for useful self-care tips
- approach a group of Peer Supporters trained by the Academy for informal dialogue



Fostering a caring and supportive culture among healthcare professionals

Reference
 1. World Health Organization, Burn-out an "occupational phenomenon": International Classification of Diseases. <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>
 2. National Health Service. Stress and burnout. <https://people.nhs.uk/executivesuite/support-in-difficult-times/stress-and-burnout>



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A S A P an approach to manage stress and avoid burnout

Promoting doctors' well-being
Ensuring quality patient care

