

INFOGRAPHICS IN ANESTHESIOLOGY

Complex Information for Anesthesiologists Presented Quickly and Clearly

THE FIRE among US: Burnout in Anesthesia



Afonso *et al.*¹ contacted **28,677** anesthesiologists in March 2020. 3,898 (13.6%) completed burnout assessments. Of those:

59.2% reported threshold levels of emotional exhaustion and/or depersonalization, putting them at **high risk for burnout.**



13.8% met criteria for **burnout syndrome**, with emotional exhaustion, depersonalization and a low sense of personal accomplishment.

RISK FACTORS FOR EACH CONDITION WERE DETERMINED:

Perceived lack of support at work
(OR 6.7, 95% CI, 5.3 to 8.5)

Perceived lack of support at work
(OR 10.0, 95% CI, 5.4 to 18.3)

Working 40+ hours/week
(OR 2.22, 95% CI, 1.80 to 2.75)

Perceived lack of support at home
(OR 2.13, 95% CI, 1.69 to 2.69)

LGBT status
(OR 2.21, 95% CI, 1.35 to 3.63)

Lack of support in work-life contribute to anesthesiologist burnout.

Perceived staff shortages
(OR 2.06, 95% CI, 1.76 to 2.42)

Solutions should focus on leadership skills, selfcare and balancing resources and demands.



LGBT, lesbian, gay, bisexual, transgender/transsexual, queer/questioning, intersex, asexual; OR, odds ratio.

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1. Afonso AM, Cadwell JB, Staffa SJ, Zurakowski D, Vinson AE: Burnout rate and risk factors among anesthesiologists in the United States. ANESTHESIOLOGY 2021; 134:683–96