

# Drivers of Burnout and engagement in physicians

Use this chart to understand the individual, work unit, organization, and national factors that contribute to the seven drivers of burnout.

Drivers of burnout and engagement in physicians	Individual factors	Work unit factors	Organization factors	National factors
<b>Workload and job demands</b>	<ul style="list-style-type: none"> <li>Specialty</li> <li>Practice location</li> <li>Decision to increase work to increase income</li> </ul>	<ul style="list-style-type: none"> <li>Productivity expectations</li> <li>Team structure</li> <li>Efficiency</li> <li>Use of allied health professionals</li> </ul>	<ul style="list-style-type: none"> <li>Productivity targets</li> <li>Method of compensation                             <ul style="list-style-type: none"> <li>Salary</li> <li>Productivity based</li> </ul> </li> <li>Payer mix</li> </ul>	<ul style="list-style-type: none"> <li>Structure reimbursement                             <ul style="list-style-type: none"> <li>Medicare/Medicaid</li> <li>Bundled payments</li> <li>Documentation requirements</li> </ul> </li> </ul>
<b>Efficiency and resources</b>	<ul style="list-style-type: none"> <li>Experience</li> <li>Ability to prioritize</li> <li>Personal efficiency</li> <li>Organizational skills</li> <li>Willingness to delegate</li> <li>Ability to say "no"</li> </ul>	<ul style="list-style-type: none"> <li>Availability of support staff and their experience</li> <li>Patient check-in efficiency/process</li> <li>Use of scribes</li> <li>Team huddles</li> <li>Use of allied health professionals</li> </ul>	<ul style="list-style-type: none"> <li>Integration of care</li> <li>Use of patient portal</li> <li>Institutional efficiency:                             <ul style="list-style-type: none"> <li>EHR</li> <li>Appointment system</li> <li>Ordering systems</li> </ul> </li> <li>How regulations interpreted and applied</li> </ul>	<ul style="list-style-type: none"> <li>Integration of care</li> <li>Requirements for:                             <ul style="list-style-type: none"> <li>Electronic prescribing</li> <li>Medication reconciliation</li> <li>Meaningful use of EHR</li> </ul> </li> <li>Certification agency facility regulations (JCAHO)</li> <li>Pre-certifications for tests/treatments</li> </ul>
<b>Meaning in work</b>	<ul style="list-style-type: none"> <li>Self-awareness of most personally meaningful aspect of work</li> <li>Ability to shape career to focus on interests</li> <li>Doctor-patient relationships</li> <li>Personal recognition of positive events at work</li> </ul>	<ul style="list-style-type: none"> <li>Match of work to talents and interests of individuals</li> <li>Opportunities for involvement                             <ul style="list-style-type: none"> <li>Education</li> <li>Research</li> <li>Leadership</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Organizational culture</li> <li>Practice environment</li> <li>Opportunities for professional development</li> </ul>	<ul style="list-style-type: none"> <li>Evolving supervisory role of physicians (potentially less direct patient contact)</li> <li>Reduced funding                             <ul style="list-style-type: none"> <li>Research</li> <li>Education</li> </ul> </li> <li>Regulations that increase clerical work</li> </ul>
<b>Culture and values</b>	<ul style="list-style-type: none"> <li>Personal values</li> <li>Professional values</li> <li>Level of altruism</li> <li>Moral compass/ethics</li> <li>Commitment to organization</li> </ul>	<ul style="list-style-type: none"> <li>Behavior of work unit leader</li> <li>Work unit norms and expectations</li> <li>Equity/fairness</li> </ul>	<ul style="list-style-type: none"> <li>Organization's mission                             <ul style="list-style-type: none"> <li>Service/quality vs profit</li> </ul> </li> <li>Organization's values</li> <li>Behavior of senior leaders</li> <li>Communication/messaging</li> <li>Organizational norms and expectations</li> <li>Just culture</li> </ul>	<ul style="list-style-type: none"> <li>System of coverage for uninsured</li> <li>Structure reimbursement                             <ul style="list-style-type: none"> <li>What is rewarded</li> </ul> </li> <li>Regulations</li> </ul>
<b>Control and flexibility</b>	<ul style="list-style-type: none"> <li>Personality</li> <li>Assertiveness</li> <li>Intentionality</li> </ul>	<ul style="list-style-type: none"> <li>Degree of flexibility:                             <ul style="list-style-type: none"> <li>Control of physician calendars</li> <li>Clinic start/end times</li> <li>Vacation scheduling</li> <li>Call schedule</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Scheduling system</li> <li>Policies</li> <li>Affiliations that restrict referrals</li> <li>Rigid application practice guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Pre-certifications for tests/treatments</li> <li>Insurance networks that restrict referrals</li> <li>Practice guidelines</li> </ul>
<b>Social support and community at work</b>	<ul style="list-style-type: none"> <li>Personality traits</li> <li>Length of service</li> <li>Relationship-building skills</li> </ul>	<ul style="list-style-type: none"> <li>Collegiality in practice environment</li> <li>Physical configuration of work unit space</li> <li>Social gatherings to promote community</li> <li>Team structure</li> </ul>	<ul style="list-style-type: none"> <li>Collegiality across the organization</li> <li>Physician lounge</li> <li>Strategies to build community</li> <li>Social gatherings</li> </ul>	<ul style="list-style-type: none"> <li>Support and community created by Medical/specialty societies</li> </ul>
<b>Work-life integration</b>	<ul style="list-style-type: none"> <li>Priorities and values</li> <li>Personal characteristics                             <ul style="list-style-type: none"> <li>Spouse/partner</li> <li>Children/dependents</li> <li>Health issues</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Call schedule</li> <li>Structure night/weekend coverage</li> <li>Cross-coverage for time away</li> <li>Expectations/role models</li> </ul>	<ul style="list-style-type: none"> <li>Vacation policies</li> <li>Sick/medical leave</li> <li>Policies                             <ul style="list-style-type: none"> <li>Part-time work</li> <li>Flexible scheduling</li> </ul> </li> <li>Expectations/role models</li> </ul>	<ul style="list-style-type: none"> <li>Requirements for:                             <ul style="list-style-type: none"> <li>Maintenance certification</li> <li>Licensing</li> </ul> </li> <li>Regulations that increase clerical work</li> </ul>

**FIGURE 3.** Drivers of burnout and engagement with examples of individual, work unit, organization, and national factors that influence each driver. EHR = electronic health record; JCAHO = Joint Commission on the Accreditation of Healthcare Organizations. Adapted from *Mayo Clin Proc.*<sup>39</sup>

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