



HEALTHCARE WORKERS & BURNOUT

BURNOUT BY NUMBERS

Burnout is an occupational phenomenon that may occur when someone experiences chronic workplace stress. Symptoms include: overwhelming exhaustion, increased cynicism, feeling ineffective and detached from the job, and/or does not find work rewarding.

These statistics represent the impact COVID-19 has had on burnout among Healthcare Workers (HCWs). As turnover of HCWs accelerates and demands on the healthcare system escalate, systematic changes must occur to improve occupational conditions for HCWs.

Since the outbreak of COVID-19, Canadian HCWs have considered leaving their job because of:

Burnout or job stress
63%

Mental health or well-being concerns
53%

Lack of job satisfaction
49%

75%

of Canadian nurses are experiencing clinical levels of burnout.

82%

of HCWs are experiencing emotional exhaustion.

1 in 5

Canadian HCWs intend to leave their current job or change jobs by 2024 due to job stress or burnout.

When asking HCWs about emotional support available to them:

39% indicated that they do not have adequate emotional support.

26% were unsure if they were receiving adequate emotional support.

35% are confident they have adequate emotional support.

77%

of Canadian HCWs working directly with COVID-19 patients reported declining mental health.

95%

of Canadian HCWs reported that their job was impacted by the pandemic.

7 in 10

HCWs report worsening mental health during the COVID-19 pandemic.

Sources

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