

ANESTHESIOLOGY & PAIN MEDICINE EDI BRIEF OCTOBER 2024

WORLD MENTAL HEALTH DAY

Celebrating World Mental Health Day

The World Federation of Mental Health (WFMH) created World Mental Health Day on October 10, 1992. This year's theme is **Prioritize Mental Health in the Workplace**.

According to the WFMH 60% of the global population spends 60% or more of their time at work and 10% to 15% of people in the workforce struggle with serious mental health issues.

Among healthcare workers, burnout leads to lower quality of life, and an increase in medical errors. Burnout syndrome is linked to emotional exhaustion, depersonalization, and a low sense of personal accomplishments.

According to a 2021 survey of 3,898 anesthesiologists in the U.S., 59.2% of respondents are at high risk of burnout and 14% experience burnout syndrome. (Afonso et. al, 2021).

In a subsequent 2024 survey of 2,698 attending anesthesiologists in the U.S, 68% reported being at high risk of burnout and 19% showed symptoms of burnout syndrome.

More than 78% of respondents experienced staffing shortages this year, and 36% confirmed that they were likely to leave their job within the next two years (Afonso et. al, 2024).

Burnout among U.S. anesthesiologists has gotten worse since 2021. Due to this downward trend, we should commit to improving work life balance and mental health support services in the Department of Anesthesiology & Pain Medicine.

Check out the following resources for more information about this month's theme:

[UW Medicine Peer to Peer Program](#), [UW Employee Assistance Program](#), [UW Office of Faculty Affairs](#), [The Huddle Health and Wellness](#), [The Whole U Counseling and Mental Health](#), [The Whole U Managing Stress](#) and [Mindfulness Apps](#)

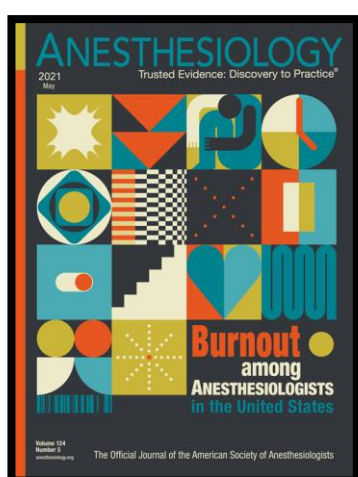
Department Highlights

Save the date: October 30, 6:30-7:30am Faculty Mentoring Meetings in lieu of Ground Rounds

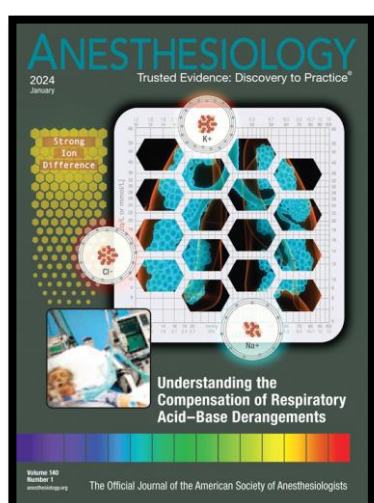
- Mentoring teams are encouraged to use the additional time to meet.
- Mentees should reach out with agenda prior to the meeting.
- Teams will receive a separate email from the Mentoring Program Steering Committee.

Resources

Recommended Reading:



[**Burnout Rate and Risk Factors Among Anesthesiologists in the United States**](#), by Anoushka Afonso, et. al (2021) discusses the high-risk burnout and burnout syndrome for anesthesiologists in the United States.



[**US Attending Anesthesiologist Burnout in the Postpandemic Era**](#), by Anoushka Afonso, et. al (2024) discusses the implications of high-risk burnout and burnout syndrome for attending anesthesiologists in the US post pandemic.