

Caring for carers: Addressing high burnout among OB/GYNs


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Video Byte

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Abstract

Being a doctor takes its toll. Demanding workloads and performance standards can be unremitting on all doctors. In obstetrics and gynecology, we often face unique emergencies and must make quick decisions. Unlike most other specialists, OB/GYNs must respond quickly to patient demands, operate confidently and skillfully, conscious of risk and be "on" at a moment's notice. Understandably, OB/GYNs report some of the highest burnout rates among physicians. It's a long-standing problem that's finally getting attention from the medical community. In 2017, the World Medical Association made a critical addition to the Physician's Pledge: "I WILL ATTEND to my own health, well-being, and abilities in order to provide care of the highest standard." We must acknowledge the unique expectations of birth and further investigate the rates and impact of burnout in RANZCOG trainees and specialists in order to safely deliver the next generation. Robson & Cukierman. "Burnout, mental health, and 'wellness' in obstetricians and gynaecologists." *Aust N Z J Obstet Gynaecol* (2019)