

Feeling burnt out? You're not alone.

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Introduction

Burnout is caused by work-related stress and is common in healthcare workers. The risk of burnout has been exacerbated by unrelenting workplace pressures throughout the COVID19 pandemic in an under-resourced Australian healthcare system. The aim of this study was to explore the wellbeing and selfcare of GP Supervisors in Australia.

Method

Participants

A total of 290 respondents completed the survey in March-April 2022, with good representation by age, gender, state/territory, and metro/non-metro regions.

Materials and Procedure

GPSA members were invited to complete the 2022 GPSA National Supervisor Survey, titled "Are you thriving or just surviving?". Consenting respondents anonymously completed questions about their sociodemographics, GP supervision experience, leave, wellbeing, and selfcare.

Results

Over 70% of respondents reported high levels of burnout (disengagement and exhaustion), which was associated with lower levels of selfcare. There were no differences in mean burnout scores between metro and non-metro respondents, however, there were significantly higher rates of disengagement in metro respondents (77%) in comparison to non-metro respondents (65%) ($p < .05$). Predictors of burnout included: younger age; low intentions to supervise in the future; working while physically/mentally unwell; the belief that selfcare could be supported better in the workplace, and; lower engagement in professional development selfcare.

Discussion

The results of the GPSA National Supervisor Survey suggest that burnout is common in GP Supervisors. Over 50% of respondents felt that their well-being and selfcare could be supported better in their workplace. These findings raise concerns about GP wellbeing and the sustainability of our primary healthcare system, providing a clear impetus for greater investment to reduce workforce shortages throughout Australia.

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