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How is the wellbeing of Australian emergency department clinicians?

Findings from a cross-sectional survey

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Introduction

Emergency department (ED) is a stressful place to work. Chronic exposure to stress may lead to burnout and negatively impact staff wellbeing.



Research aims

To measure ED staff's perception of stress, burnout and wellbeing levels.

Methods

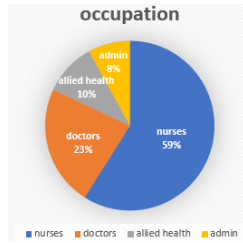
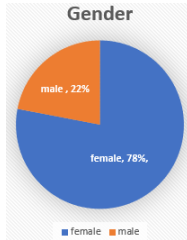
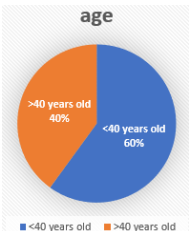
An online survey was conducted in 2019 at two Metro South EDs. Invitation emails sent to ED doctors, nurses and administration staff. Stress, burnout and wellness were measured by using the Perceived Stress Scale, Maslach Burnout Inventory and Warwick-Edinburgh Mental Wellbeing Scale, respectively. Demographic data was also collected.

Results

Response rate



Majority of participants were:

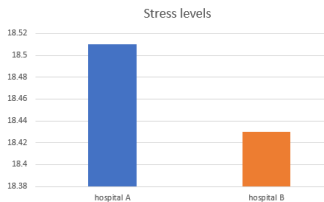


Mean years of ED experience was 6 years.

Participants reported:

Stress:

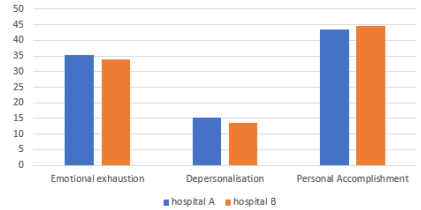
- Moderate levels of stress (mean/SD=18.23/6.47)



Burnout:

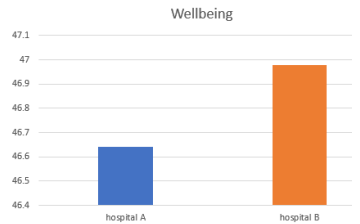
- Overall, high level of burnout.
- High level of EE (mean/SD=34.20/11.79) and DP (14.71/6.08)
- Low level of PA (mean/SD=43.36/6.79)

Burnout levels



Wellbeing:

- Average level of mental wellbeing (mean/SD=46.90/9.06)



Conclusion

Participants reported **Moderate** levels of **stress**, **high** level of **burnout** and **average** level of **wellbeing** in the study sites.

Participants worked in the hospital with a large catchment of low-socioeconomic population seems to have more **young staff** with **less ED work experience** as well as reported **higher level of stress and burnout**.

Future research is needed to investigate if the population socioeconomic levels contribute to ED staff stress levels.

Selected references

Xu, H., Tuckett, A., Kynoch, K., & Eley, R. (2021). Effects of mobile mindfulness on emergency department work stress: a randomised controlled trial. *Emergency Medicine Australasia*, accepted for publication on July 2021.

