

Did you know that burnout rates in healthcare cost the American system [\\$4.6 billion a year](#) before COVID-19?

The exponential rise in burnout cases following COVID triggered a mass exodus of doctors and nurses from the system. It has thus never been more important to address the problem of burnout in healthcare.

Here we will be discussing what burnout is and how it exists within the workspace. Keep reading to learn how to spot it and what to do about it.

What is Burnout

Burnout is defined as; the emotional, physical, and mental exhaustion stemming from prolonged stress. Burnout is especially prominent on the job market and has become a buzzword during the COVID pandemic.

Burnout happens when employees feel exhausted and disengaged from work. This is often because they are overworked, overwhelmed, or lack support from management.

Burnout affects employees both physically and mentally. It causes higher turnover rates, lowered productivity, increased illness, and reduced energy. Employees can become cynical and hopeless and begin to make careless mistakes.

Burnout in Healthcare

During the worst of the COVID pandemic, the rates of burnout among healthcare professionals skyrocketed. The overwhelmed and understaffed healthcare systems worldwide strained to save the lives of thousands. But burnout was not a new concept to doctors, nurses, and physicians.

A largely under-prioritized problem, the cost of burnout in healthcare includes, but is not limited to,

1. Expensive turnover rates
2. Increased sick leave
3. Higher absence rates
4. A negative workplace environment
5. Patient injury due to carelessness
6. Costly lawsuits
7. And sometimes even patient death

How to Prevent and Manage Burnout in Your Business

Preventing burnout in healthcare professionals does not have to be costly. One of the number one causes of burnout in the workplace is employee dissatisfaction. This could be caused by feelings of un-appreciation, unfair treatment, and poor management.

The importance of risk management strategies cannot be understated, especially within the realm of our healthcare system. Technology can go a long way in giving you an organized birds-eye view of the risks in your working environment.

There are a plethora of ways to reduce burnout in healthcare. Sometimes, a more engaging and open management style is needed. Other times, self-service tools and independent time management create more employee satisfaction. If you experience a high turnover rate or lowered productivity, hiring more staff could be a cheaper solution for you.

Analytics tools can help you assess, manage, and decrease the financial risks associated with burnout in your business. Find [more solutions here!](#)

Protecting Healthcare Professionals

It has never been more important to protect the mental and emotional wellbeing of the women and men dedicating their lives to saving ours. Burnout in healthcare was a problem long before the first COVID-19 case was discovered.

Unfortunately, COVID has only exacerbated these issues but has also opened our eyes to the importance of protecting these local heroes.

Check out the business section of our blog for more tips and tricks on business management.