Professional burnout is a syndrome characterized by emotional exhaustion, feelings of cynicism, and decreased sense of personal accomplishment. A 2011 national survey of all physician types found 46% of physicians reported some degree of burnout. Family, internal, and emergency medicine physicians had the highest rates of burnout (>50%). When compared to non-physician, employed population controls groups, physicians worked longer hours and struggled more with work-life balance than their non-physician counterparts, suggesting this is not simply a societal trend. Other studies have found that threats to physicians' clinical autonomy, which includes their ability to provide high-quality patient care, maintain continuing doctor-patient relationships, have adequate time with patients, and freedom to make clinical decisions, were the most consistent and largest determent to physician satisfaction. Physicians in academia are tasked with patient care, research, education, and administrative duties. One survey of medical school faculty found 42% of respondents were “seriously considering leaving academic medicine in the next 5 years” and 40% were not satisfied with their career progression. To provide an outstanding academic environment for education, research and clinical practice, it is crucial that we acknowledge and understand the factors that contribute to physicians' satisfaction.

AIM

The aim of this study was to explore factors, positive and negative, contributing to primary care physician (PCP) job satisfaction in an academic setting.

METHODS

Focus groups were conducted at 6 UF primary care clinics between 2014-2015. Transcripts were analyzed in a systematic manner by two independent investigators trained in qualitative research methods. This study is approved as exempt research by the UF IRB.

REFERENCES