Surgeons' Neuro-Musculoskeletal Disorders, Burnout, and Job Satisfaction

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Background

High prevalence of neuromusculoskeletal problems among surgeons [1]

- Negatively affects the surgeons' daily life [2]
- Influence cognitive performance, potentially leading to surgical errors [2]
- Positively correlated with burnout and early retirement [3-5]







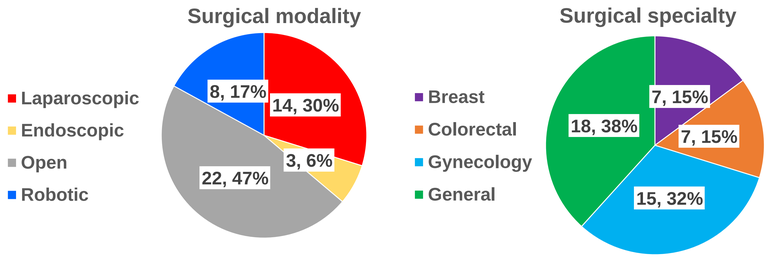
Our Research Goal

- To explore neuro-musculoskeletal disorders (NMSDs), burnout, and job satisfaction among surgeons

Method

- An electronic survey
  - Neuromusculoskeletal disorders (NMSDs)
  - Burnout symptoms
  - Job satisfaction
  - Percentage of surgical time per modality
- Mayo Clinic Enterprise across the United States
- Statistical analysis
  - Logistic regression
  - Significance level of alpha=0.05

Surgical Modalities and Specialties



Results and Discussion

- 47 participants: age 47.2 (9.4) years, BMI 25.8 (4.5) kg/m2
- 24 (51%) surgeons had experienced at least one NMSD

	Less frequently	More frequently
I feel burned out from my work.	21 (45%)	26 (55%)
I feel fatigued when I get up in the morning and must face another day on the job.	22 (48%)	24 (52%)
I feel used up at the end of the workday.	8 (17%)	38 (83%)
I feel satisfaction from my work.	6 (13%)	41 (87%)

- Feeling of burnout was positively correlated with feeling of:
  - Fatigued when getting up in the morning ($p<0.0001$)
  - Being used up at the end of the workday ($p=0.0001$)
  - Having self-reported NMSDs ($p=0.0275$)
  - But not significantly associated with job satisfaction

Conclusion

- Burnout and NMSDs were prevalent among surgeons.
- Burnout and NMSDs were positively correlated.
- Despite these issues, surgeons mostly felt satisfied with their jobs.

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