

## Burnout among surgeons and surgical trainees: A systematic review and meta-analysis of the prevalence and associated factors.

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**Introduction:** The more the effort put into work, the greater the chances of burnout. This is common among surgical personnel. We carried out this review study to determine the overall prevalence of burnout in surgery and per-subspecialty prevalence as well as to identify the factors that affect burnout positively and/or negatively.

**Methods:** All full-text articles reporting data related to burnout in surgery and surgical subspecialties using the Maslach Burnout Inventory (MBI) were included. Pubmed, Google Scholar, and AJOL were searched. We extracted data on the characteristics of the articles including the burnout prevalence and factors.

**Results:** 27 articles met the criteria. The studies involved 8617 surgeons of various surgical specialties. The overall prevalence was 47%. The rate per specialty ranged between 15% and 77% with ENT surgeons having the highest rates. Associated factors were work-related issues and poor work/life balance while career advancement, increase in postgraduate years, and having good relationships with co-residents were protective.

**Discussion:** Our findings are similar to findings from other studies. ENT is seen to have the highest burnout rate possibly due to the competitive nature of the specialty while the opposite can be said for pediatric surgery likely because of the satisfaction gained from seeing children recover better. Work-related issues, which included being accused of malpractice, occupational stressors, low annual income, workplace violence, frustrating colleagues were associated with burnout while academic affiliations, being challenged at work, participation in research, and having a good relationship with co-residents were protective.

**Conclusion:** The high prevalence of burnout among surgeons is concerning and the identified factors responsible should be explored by surgeons, hospital management boards, training colleges, and all bodies concerned to see how burnout among surgeons can be reduced.

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## Biography

He is affiliated to First Graceland Hospitals, Nigeria. He is a recipient of many awards and grants for his/her valuable contributions and discoveries in major area of subject research. His international experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests reflect in his wide range of publications in various national and international journals.

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