

Risk Factors Associated with Physical Therapist Burnout: A Systematic Review

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BACKGROUND

- Physical therapist burnout can drastically impact the workplace and physical, mental, and emotional well-being.
- Loss of physical therapists to the profession puts a strain on the ability to provide essential healthcare and is a substantial financial burden to our healthcare system.
- Over half** of physical therapists have reported experiencing burnout, yet no synthesis of the contributing factors has been conducted.

PURPOSE

To identify and synthesize the risk factors associated with physical therapist burnout.

METHODS



Literature Search:
 MEDLINE, EMBASE, Cochrane, CINAHL from inception to May 2020



Study Inclusion:
 Physical therapists in clinical practice; Experience of burnout; English; Empirical studies in academic or scholarly journals



Risk of Bias:
 Modified Downs and Black checklist for quantitative studies

RESULTS

- 9,580 participants** across **59 studies**
- 4 unavoidable risk factors** & **51 avoidable risk factors**
- Avoidable risk factors were categorized under:
 - Structural & Organizational
 - Environmental
 - Psychological & Emotional
 - Sociodemographic
- Most Common Risk Factor: **unsatisfactory work relationships, social support, or mentorship**
- Risk of Bias: all studies were **fair or poor quality**

MOST COMMON RISK FACTORS

STRUCTURAL & ORGANIZATIONAL



36%

- Organizational Structure, Policies, & Administration
- Level of Financial Satisfaction
- Working Hours
- High Workload



21%

ENVIRONMENTAL

- Inadequate Staff or Material Resources
- Work Setting



20%

PSYCHOLOGICAL & EMOTIONAL

- Unsatisfactory Relationships, Social Support, or Mentorship at Work
- Emotional Investment or Insufficient Coping Strategies
- Lack of Support: Management/Supervisors



10%

SOCIODEMOGRAPHIC

- Level of Education
- Lack of Partnership
- Poor Health



13%

UNAVOIDABLE

- Years of Professional Experience
- Fewer Years of Employment
- Age
- Sex



CONCLUSION

- There are many and a wide variety of contributing factors to physical therapist burnout.
- Most risk factors are **avoidable**.
- The effect and degree to which each factor contributes to physical therapist burnout varies.

CLINICAL RELEVANCE

- Organizations should consider these risk factors when working to create a healthy workplace environment.
- Physical therapists should consider these risk factors to identify contributors to their burnout.

The identified risk factors can help shape prevention and intervention strategies for burnout.

For a full list of references:



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