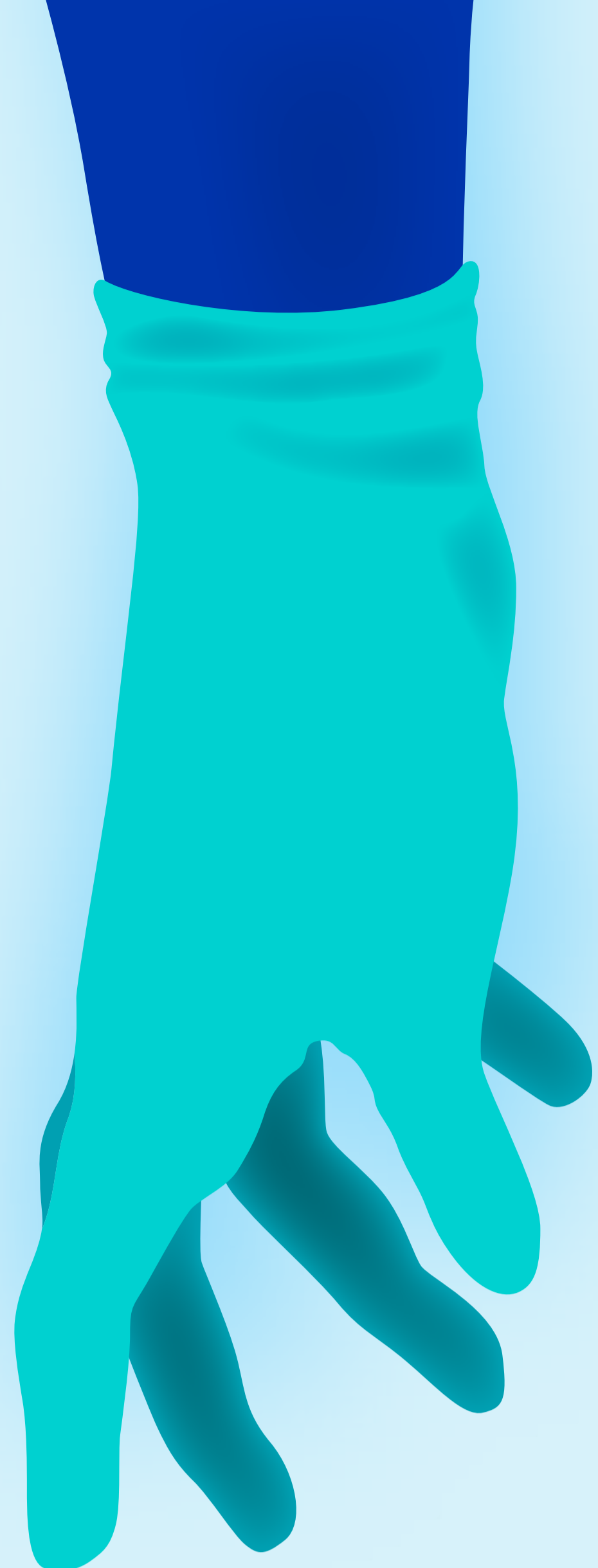




Health worker burnout can have many negative consequences



“I can’t provide the best care to my patients...”

“I can’t get the care I need...”



Health Workers

- Insomnia, heart disease, and diabetes
- Isolation, substance use, anxiety, and depression
 - Relationship and interpersonal challenges
- Exhaustion from overwhelming care and empathy

Patients

- Less time with health workers
- Delays in care and diagnosis
 - Lower quality of care
 - Medical errors

Health Care System

- Health workforce shortages and retention challenges
 - Limited services available
- Risk of malpractice and decreased patient satisfaction
 - Increased costs

Community and Society

- Erosion of trust
- Worsening population health outcomes
 - Increased health disparities
- Lack of preparedness for public health crises

