Health worker burnout can have many negative consequences

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

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

“I can’t get the care I need...”