A Mixed Methods Study of Physician Burnout in the Canadian Arctic
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Background
- Burnout is expensive and results in worse patient care
- Drivers of burnout in urban settings have been heavily studied
- Though physician turnover is high, we do not have a good understanding of what drives burnout in rural and remote regions of the world

Methods
Quantitative + Qualitative
Survey + Interviews
All practicing physicians across Yukon, Northwest Territories, Nunavut

Structural racism is not only a problem of patient outcomes and experiences; it cripples the sustainability of the healthcare infrastructure, especially in already resource constrained environments.

Contributing Factors
- Structural racism
- Lack of influence over policy
- Upshifting of tasks
- Discontinuity of care
- Physician turnover
- Lack of systemic supports

Protective factors
- Relationships
- Time on the land

Double Edged Swords
- Blurring Boundaries
- Scope of Practice
- Time away

“Because we’re not adequately resourced to serve our population, we end up on this hamster wheel racing to meet the access needs of the population rather than supporting continuity of care.”

References: