



Highlights

“Effect of a Professional Coaching Intervention on the Well-Being and Distress of Physicians”

(*JAMA*, volume 179, n. 10, 2019)

Among the 88 physicians in the study (48 women and 40 men), after 6 months of professional coaching, emotional exhaustion decreased...

Absolute rates of **high emotional exhaustion** at 5 months decreased by 19.5%...

Absolute rates of **overall burnout** at 5 months also decreased by 17.1%...

Quality of life improved...

and **resilience** scores improved.





Symptoms of burnout are nearly twice as common among physicians than among US workers in other fields. Professional burnout has numerous adverse consequences, including effects on quality and safety, patient-physician relationships, productivity, and turnover.

Coaches do not need to be physicians or directly involved in health care.

Professional coaching can be tailored to focus on the aspects desired by recipients and can assist individuals in their effort to navigate their professional life, their choices, and the direction of their career.





The results of this pilot randomized trial suggest that organizationally sponsored professional coaching for physicians can reduce emotional exhaustion, improve overall quality of life, and build resilience.



This intervention adds to the growing literature of evidence-based approaches to **promote physician well-being** and should be considered a complementary strategy to be deployed in combination with other organizational approaches to improve system-level drivers of work-related stressors.



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