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What Does it Take to Minimize Burnout and Build Resilience of Healthcare Learners?

Abstract:

Burnout is a syndrome of emotional exhaustion, depersonalization, reduced interest and compromised personal accomplishment that eventually leads to unfavourable ramifications on various wellbeing facets (i.e., community, physical, mental, psychological, intellectual, spiritual and professional). Conversely, resilience is the person ability to positively cope and deal with adversity, thus becoming a vital quality to buffer the impacts of burnout due to various stressors. Hence, minimising burnout and building resilience of healthcare learners will lead to better wellbeing. A systematic review was carried out on students' burnout, coping and wellbeing factors in higher education. Impacts of burnout on wellbeing and solutions for minimizing its impacts and building resilience of healthcare learners are discussed. At the end, the implications of important findings are discussed, and several faculty and student development activities to encourage resilience in healthcare learners are recommended, enabling them to deal with educational and workplace adversities.