

AEM Education and Training Editor's Pick

Emergency Medicine Faculty Are Poor at Predicting Burnout in Individual Trainees: An Exploratory Study

In the April issue of Academic Emergency Medicine Education and Training (AEM E&T), there are two provocative pieces about physician burnout that I encourage all of you to read. The first article is [**Emergency Medicine Faculty Are Poor at Predicting Burnout in Individual Trainees: An Exploratory Study**](#) by Drs. Lu, Lank, and Branzetti; the second is an invited commentary from Drs. Goyal, Dyrbe and Shanafelt entitled [**Screening for Burnout in Emergency Medicine Residents: Now What?**](#)

Physician burnout has received a lot of attention recently both in the lay press as well as in the medical literature. As I am sure you are all well aware, emergency medicine physicians are notoriously ranked highly in the domain of burnout— placing at the top of the list of medical professionals affected. Burnout not only takes a toll on the individual doctor, but also on our patients. Burnout leads to decreased clinical productivity and empathy and an increase in medical errors. As doctors, we spend our lives caring for others. It's time to care for ourselves and our prodigies.

As educators, it is our mission to train our future colleagues. One of the duties that is expected of faculty is to monitor our trainees' wellness. According to the findings by Dr. Lu et al., we have room for improvement in that arena. We are not very good at predicting burnout in our trainees. The Accreditation Council for Graduate Medical Education (ACGME) has made physician wellness a priority. The Common Program requirements were recently expanded with attention to resident and faculty wellness. It is my hope that we, as educators, take pause after reading these two important articles and become a part of the solution. We must identify ways to not only help ourselves but also our trainees. We must begin to recognize burnout and develop programs and health care systems that promote resilience and a culture of well-being.

Best Wishes,
Susan Promes MD, Editor
AEM Education and Training