COVID-19 – increased risk for healthcare burnout

CPD Questionnaire

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1. Healthcare worker burnout is an important problem because it is associated with:

☐ **A** A strong impact on quality of life
☐ **B** A corresponding decrease in quality of care provided
☐ **C** An evident economic burden on the healthcare system
☐ **D** All of the above

2. Which statement most accurately describes the ethical concept of utility?

☐ **A** Fairness in the distribution of resources and opportunities
☐ **B** Acts performed for the benefit of others
☐ **C** Acts that promote the wellbeing of individuals/communities and promote efficiency
☐ **D** Recognition of values such as privacy and confidentiality

3. A healthcare worker's moral duty to colleagues and other healthcare professionals includes:

☐ **A** To treat them with dignity and respect
☐ **B** To readily share information in the patient's best interests
☐ **C** To closely supervise junior staff
☐ **D** To assist, report and treat impaired colleagues
☐ **E** All of the above
☐ **F** A, B and D

4. In terms of allocation of scarce resources, which statement is incorrect?

☐ **A** Priority scoring or triage can be ethically justified in the context of limited resources
☐ **B** The principle of beneficence dictates the framework of appropriate risk taking, futility of treatment, comorbid conditions, and other relevant factors when allocating scarce resources

5. The ethical basis for emergency use of unproven interventions outside of research must be justified by the principle of respect for patient autonomy and must also be supported by the principle of beneficence.

☐ **A** True
☐ **B** False

6. The personality at high risk for burnout is characterised by:

☐ **A** High neuroticism
☐ **B** Low agreeableness
☐ **C** Introversion
☐ **D** Negative affectivity
☐ **E** All of the above
☐ **F** A, B and D only

7. Which statement is false?

☐ **A** Healthcare practitioners at greatest risk of burnout work in the primary healthcare environment and at the front line of care
☐ **B** Junior and less experienced staff are particularly vulnerable to burnout
☐ **C** Equivalent rates of burnout are evident in male and female physicians

8. An American study has indicated that exposure to COVID-19 patients increases physician trainee stress and burnout compared to those not exposed to COVID-19 patients.

☐ **A** True
☐ **B** False

9. Job-resource stressors include:

☐ **A** Unavailability of medicine stock
☐ **B** Inadequate equipment
☐ **C** Insufficient staff
☐ **D** Interpersonal conflict
☐ **E** All of the above
☐ **F** A, B and C only

10. Barriers to healthcare workers accessing support services include:

☐ **A** Feeling there is no need to seek support
☐ **B** Stigma
☐ **C** Cost
☐ **D** Lack of time
☐ **E** All of the above
☐ **F** B, C and D

11. Which of the following is true? Burnout increases the risk for:

☐ **A** Alcohol and substance misuse
☐ **B** Motor vehicle accidents
☐ **C** Needle-stick injuries
☐ **D** All of the above
☐ **E** A and B only

12. Which of the following physical concerns are *significantly* correlated with burnout?

☐ **A** Obesity
☐ **B** Type 2 diabetes
☐ **C** Respiratory infections
☐ **D** Musculoskeletal pain
☐ **E** A, B and C
☐ **F** B, C and D

13. Which of the following psychological concerns are *significantly* correlated with burnout?

☐ **A** Symptoms and treatment of depression
☐ **B** Hospitalisation for mental disorders
☐ **C** Insomnia
☐ **D** Sleep disturbances
☐ **E** A, B and C
☐ **F** B, C and D

14. Which statement is false?

☐ **A** Burnout is not associated with an increased risk for interpersonal conflict
☐ **B** Burnout can be 'contagious' and perpetuate itself through social interactions in the workplace
☐ **C** 'Presenteeism' can give rise to suboptimal patient care and increased clinical errors

15. Organisation-directed interventions are associated with small, significant reductions in burnout, whereas practitioner-directed interventions are associated with higher treatment effects.

☐ **A** True
☐ **B** False

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