

# Assessing Burnout, Resilience, Happiness, and Physical Activity Among Infection Preventionists: Insights from a Pilot Study to Drive Well-being Interventions

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## Background

- Infection preventionists (IPs) experience increased workloads, stress, and burnout.
- There is a need for initiatives to bolster IPs' well-being and resilience.

## Objectives

- Establish baseline measurements for burnout, resilience, happiness, and physical activity among IPs within an APIC chapter to inform targeted interventions.

## Study Design/Methods

- Descriptive survey
- 119 IPs at APIC chapter conference
- 53-item electronic survey assessing
  - Burnout (Maslach Burnout Inventory)
  - Resilience (Connor-Davidson Resilience Scale)
  - Happiness (Subjective Happiness Scale),
  - Physical activity (Physical Activity Vital Sign).

## Results

- Response Rate: 20 (17%)
- Average age/experience = 44 yrs old/ 8 years in IP.
- Gender/Ethnicity: 90% white females
- Location: 70% hospitals Certification Status: 60% CIC
- Education: bachelor's = 40% and master's = 45%
- Maslach Burnout Inventory:
  - Emotional exhaustion (EE) = 32, indicating high burnout related to EE.
  - Depersonalization (DP) = 11, indicating moderate burnout related to DP.
  - Personal accomplishment = 44, indicating moderate burnout related to PA.
- Connor-Davidson Resilience Scale (CD-RISC):
  - CD-RISC score = 76 indicates above-average resilience.
- Subjective Happiness Scale (SHS):
  - Mean SHS score was 5.2, showing average happiness.
- Physical Activity Vital Sign:
  - Average weekly exercise: 136 minutes/week.

## Conclusion

- IPs in this study exhibited:
  - High burnout related to emotional exhaustion
  - Moderate burnout related to depersonalization and personal accomplishment.
  - Above average resiliency.
  - Few IPs met the recommended 30 minutes of exercise/day.
- Future interventions aimed at reducing burnout, enhancing resiliency and happiness, and promoting overall wellness among IPs are needed.

## Reference

Rebmann, T. et al. (2023). Impacts of the COVID-19 pandemic on the infection prevention and control field. *American Journal of Infection Control*, 000, 1-7. <https://doi.org/10.1016/j.ajic.2023.02.013>

## Disclosures

Nothing to disclose