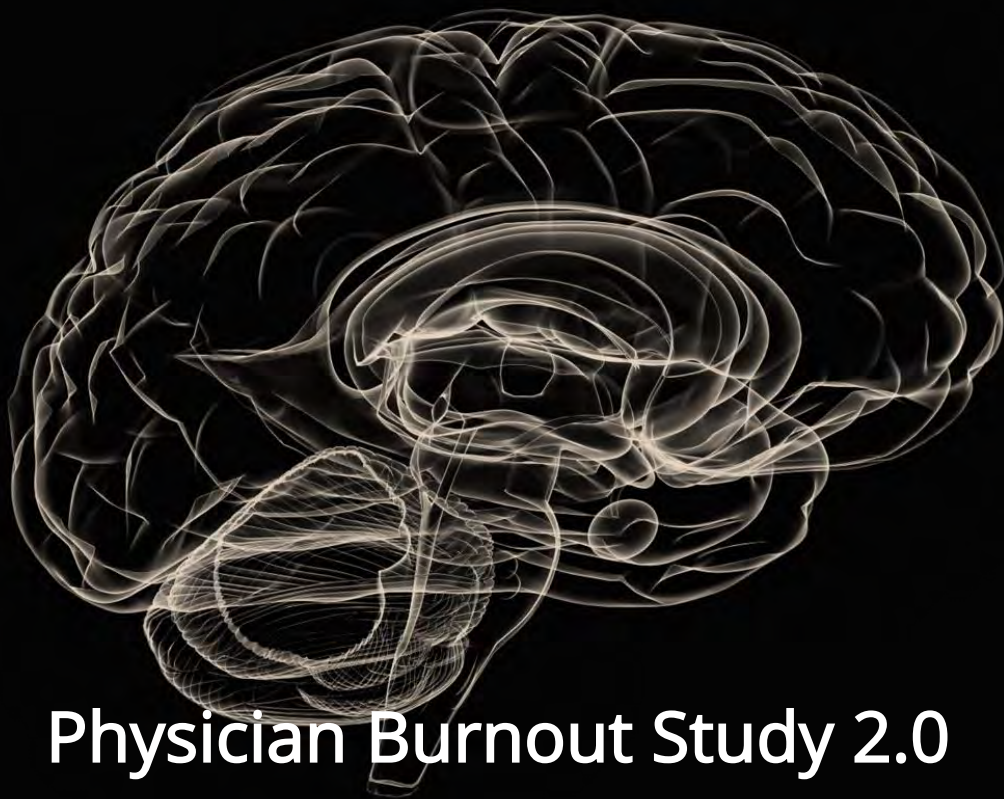




neurozone[®]
OPTIMIZING THE BRAIN/BODY SYSTEM



Physician Burnout Study 2.0

In Partnership With:



ROCKY
MOUNTAIN
COLLEGE

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5 July 2019

EXECUTIVE SUMMARY

A total of 16 Physicians completed the Neurozone Self-Assessment and Mayo Wellbeing Index in January 2019 ("Pre"). Each Physician received a Personal Report, along with personalized coaching from the Elation Team. In June 2019, 12 of the 16 Physicians completed their second assessment ("Post"). Only the individuals who completed both the pre- and post-assessment was included in the analysis. The mean age of participants was 45.92 (SD = 9.385). The specialties ranged from Critical/Emergency Care, Family Medicine, Hospitalist, Internal Medicine, Neonatology and OBGYN.

The chart below provides a summary of the scores before and after coaching. All scores are ranged from 0 (low) to 100 (high) in this chart. The Mayo Wellbeing Index is however rated from 0 (no burnout risk) to 7 (high burnout risk).

Driver/ Outcome	Pre Score	Post Score	Score Difference	Change Significance
Exercise	68.17	76.75	+8.58	0.2697
Nutrition	68.08	77	+8.92	0.0103
Sleep/Wake Cycle	58.67	69	+10.33	0.0411
Silencing the Mind	13.75	32.83	+19.08	0.0178
Social Safety	82.08	86.58	+4.5	0.1239
Goal Directedness	75.75	79.83	+4.08	0.2275
Collective Creativity	62.17	65.92	+3.75	0.2045
Learning	75.33	79.92	+4.59	0.3238
Abstraction	68.75	71.75	+3	0.5486
Executive Function	40.33	45.08	+4.75	0.5372
Self-Leadership	68.08	73.17	+5.09	0.0482
Innovation Capacity	67.67	74.67	+7	0.0216
Learning Capacity	64.83	70.75	+5.92	0.0284
Resilience	72.17	78.25	+6.08	0.0332
MWBI	3.5	2.75	-0.75	0.0316

Most notably, the analysis indicated a statistically significant ($p < .05$) rise in three drivers and all four Neurozone outcomes. The Mayo Wellbeing Index showed a significant drop from 3.5 to 2.75. Most studies suggest that any score above four, should be regarded as practicing Physicians in distress¹. The group average was nearing this threshold but was successfully reduced through Elation Coaching. The group appeared to have been heavily focused on the foundational drivers, and more specifically Silencing the Mind. The foundational drivers are essential for cultivating Resilience and thus buffering burnout.

¹ Dyrbye, L.N., Satele, D., Sloan, J. and Shanafelt, T.D., 2013. Utility of a brief screening tool to identify physicians in distress. *Journal of general internal medicine*, 28(3), pp.421-427.

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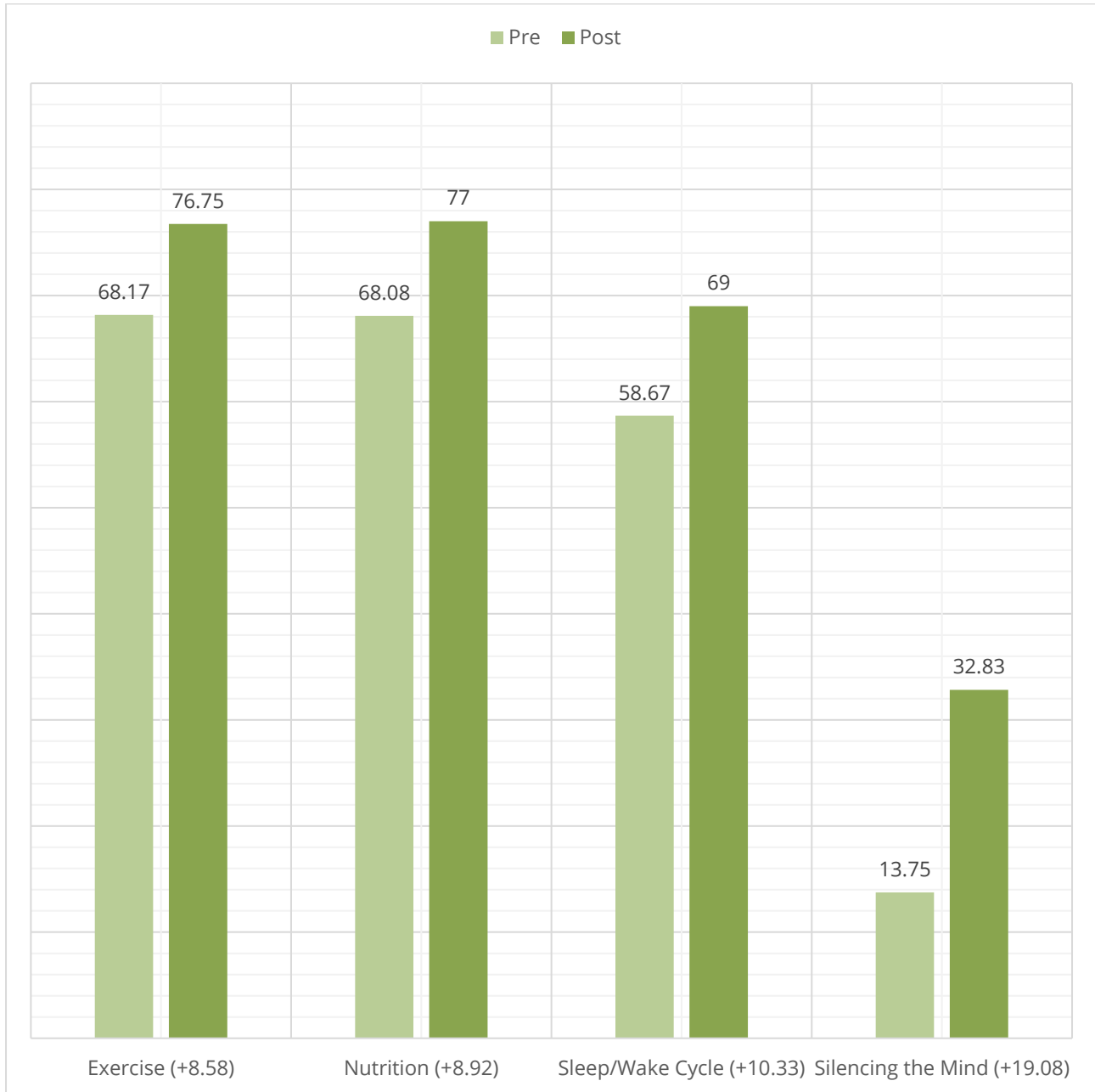
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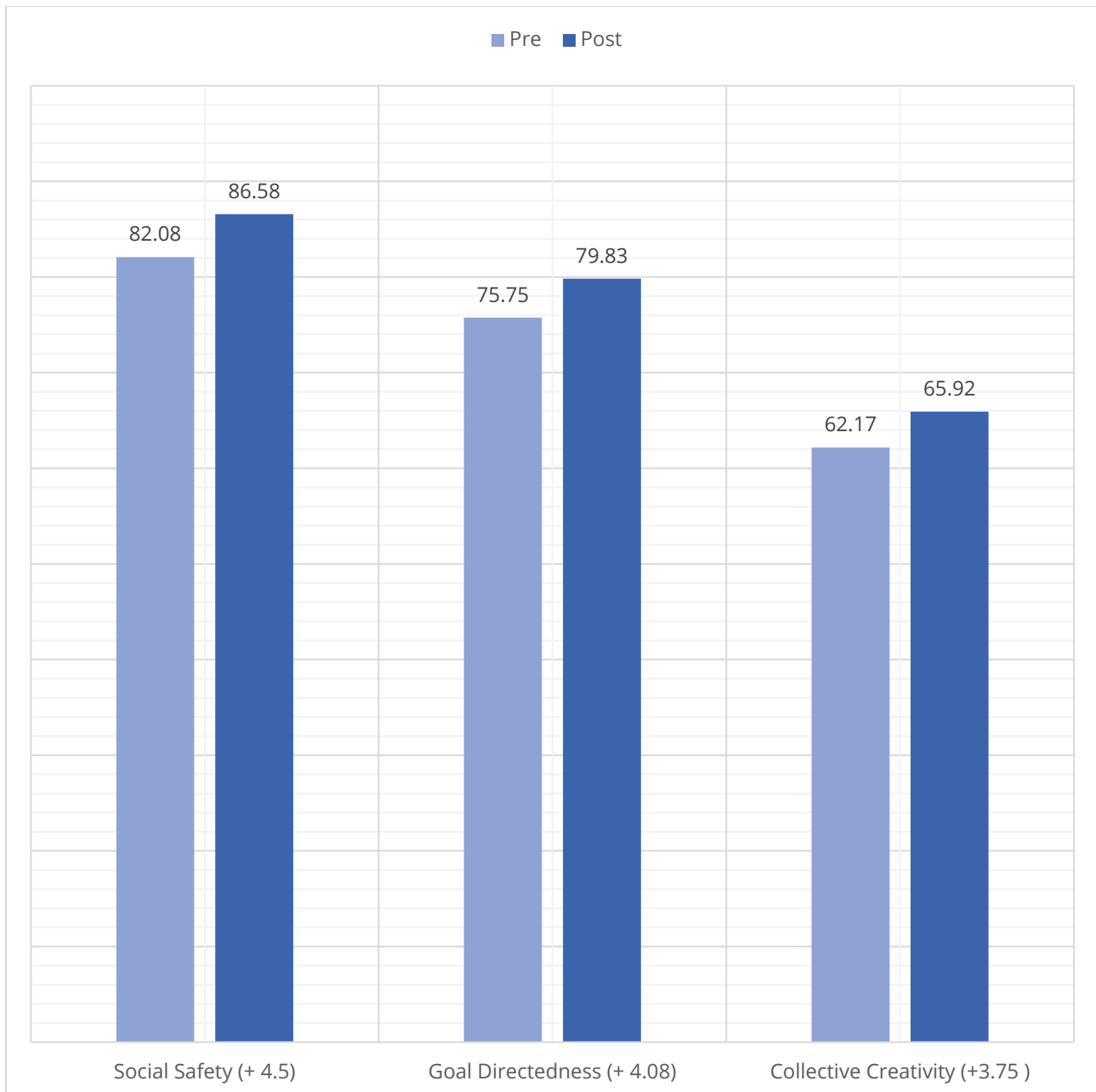
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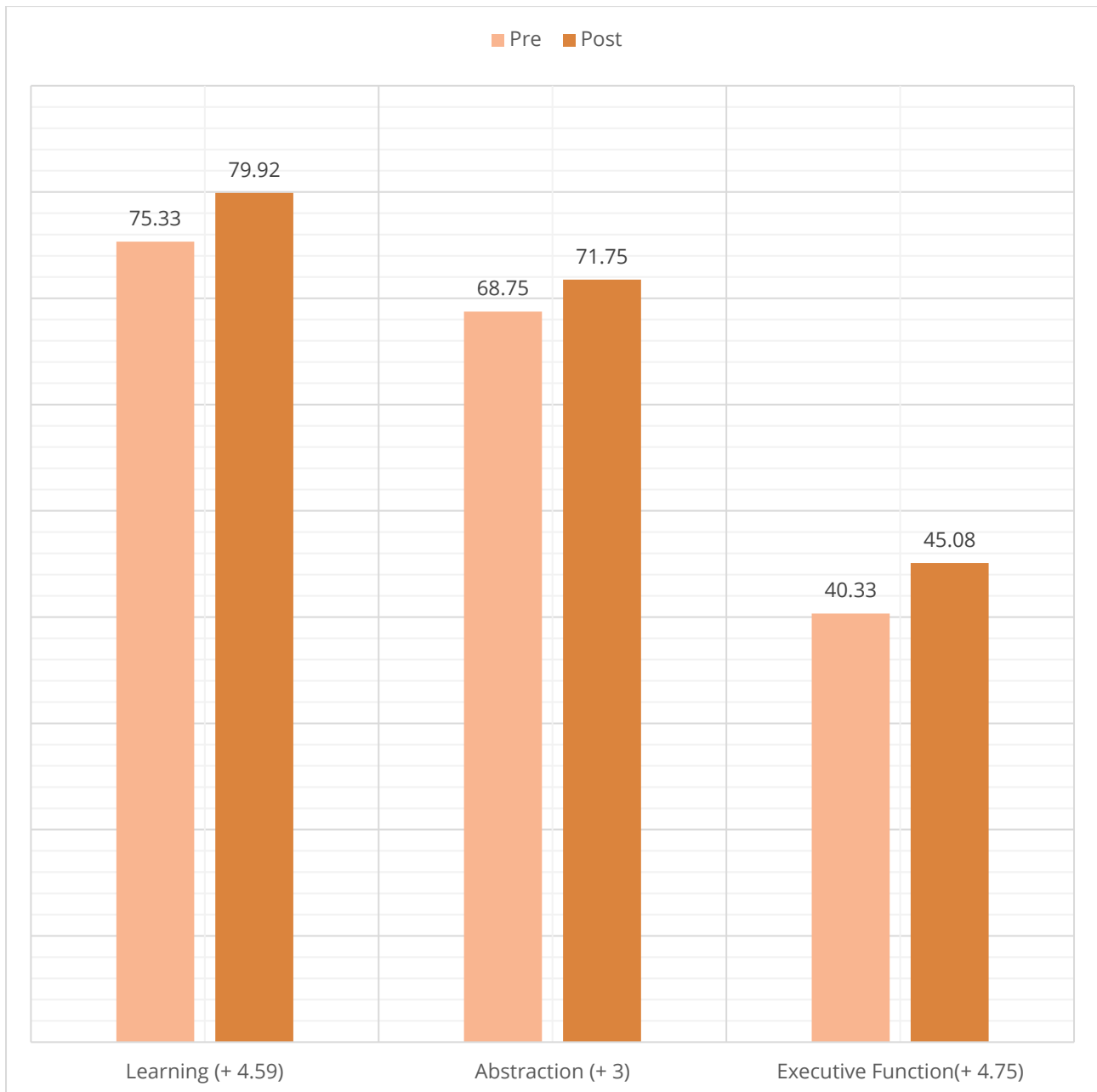
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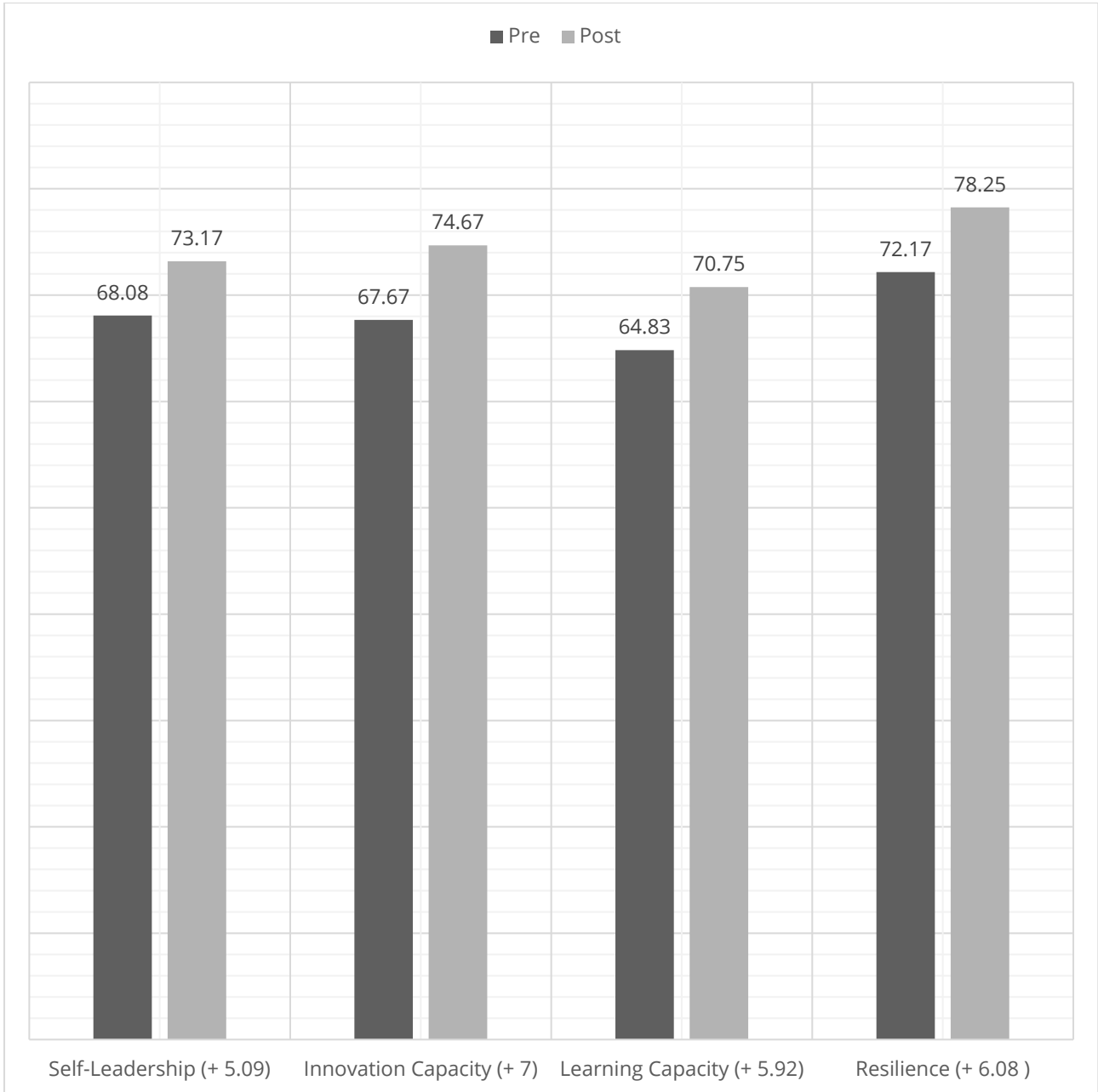
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