

## Objectives

Burnout is an occupational phenomenon caused by poorly managed chronic stress [1]. In healthcare setting, it may increase medication errors and was associated to patient harm [2]. Therefore, estimating the prevalence of burnout among pharmacists which is currently unknown is important for health policy implications. This review aimed to estimate the global prevalence of burnout among pharmacists.

## Methods

**Databases:** MEDLINE, Embase, PsycInfo, and AMED

**Study Selection:** Studies investigated prevalence of burnout among pharmacists in healthcare settings using the Maslach Burnout Inventory (MBI)

**Data Analysis:** The prevalence of high burnout in at least one subcomponent of MBI experienced by pharmacists was pooled using a random-effects model.

**Study Quality Assessment:** Newcastle-Ottawa Scale

## Results

Nine eligible studies included were conducted in North America (5/9), Europe (2/9), Australia (1/9) and Asia (1/9). Seven studies recruited at least 300 respondents and with sample who were truly representative of the populations.

The pooled prevalence of burnout from nine studies was 0.48 (95% confidence interval (CI): 0.30, 0.66) (*Figure 1*). High heterogeneity was observed ( $I^2 = 99.6\%$ ,  $p < 0.01$ ). Higher prevalence of burnout was found in North America with a pooled prevalence of 0.60 (95% CI: 0.50, 0.69) and in Asia with 0.62 (95% CI: 0.58, 0.69).

Meta-regression did not show significant difference in the continents where the studies were conducted and the workplace of pharmacists (hospital, community, or both).

## Conclusion

Almost one in two pharmacists experienced burnout globally. Further studies should investigate the causes of the high burnout rate to maintain pharmacists' quality of work-life and to avoid any negative impacts to the professional services received by patients.

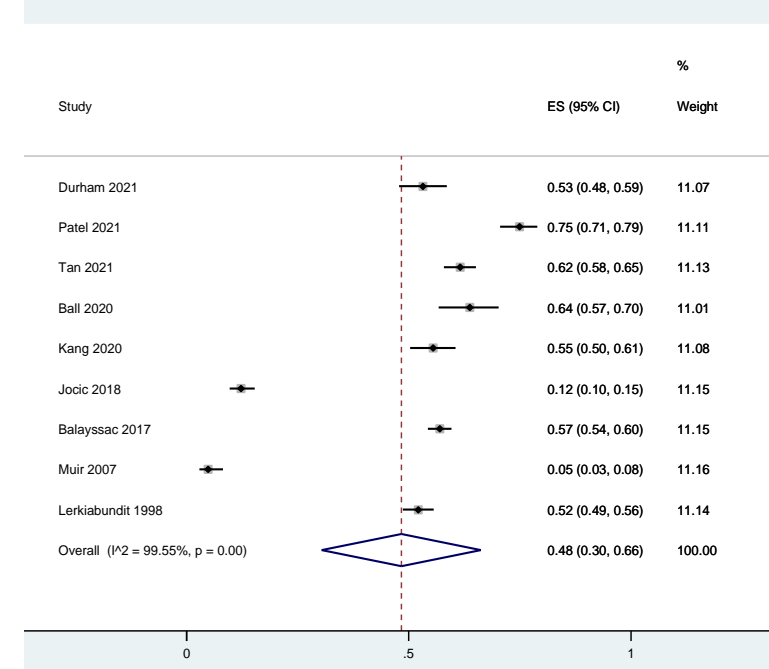


Figure 1. Pooled prevalence of burnout.

## References

1. World Health Organization. International Classification of Diseases, 11th Revision. 2018.
2. Garcia CdL, Abreu LCd, Ramos JLS, et al. Influence of burnout on patient safety: systematic review and meta-analysis. *Medicina*. 2019;55(9):553.