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GP Burnout – A Quiet Emergency

From the desk of the specialist physician – a message of support to colleagues.

Burnout among general practitioners is increasingly recognized as a serious issue. It affects clinical performance, mental health, and quality of care. Recognizing it and building habits that protect wellbeing are critical to long-term practice.



Recognizing Burnout

- Emotional exhaustion
- Cynicism or detachment from patients
- Feeling ineffective or questioning clinical impact



Risk Factors

- High patient load and emotional labor
- Poor work-life balance
- Administrative overload
- Feeling isolated or unsupported



Strategies That Help

- Take short breaks during the day — even 5 minutes of deep breathing or fresh air
- Talk to peers — shared experience is powerful
- Block protected time off regularly
- Delegate and refer when appropriate — you don't have to carry every case
- Seek help if symptoms of anxiety, depression, or insomnia develop



Encouragement

Burnout doesn't mean weakness — it means you've been strong for too long without rest. The system needs you well. Patients need you well. Your family needs you well. Let's talk about this, normalize support, and protect each other.



Final Words

You are not alone. If you're running on empty, please know it's okay to stop and refill. Being a good doctor starts with caring for the one behind the stethoscope.