

### OP18.3

#### **Burnout on family medicine practice: the relative benefits of biofeedback therapy (Qi Gong)**

*Ana Moreira, J Castro, N Pinto, MJ Pinho*

*USF Viver Mais, ACeS Maia, Valongo, Maia, Portugal*

*Corresponding author: Dr Ana Moreira, USF Viver Mais, General Practice, Vila do Conde, Portugal. E-mail: ana.cl.moreira@gmail.com*

**Background & Aim:** Primary care health professionals suffer from high levels of burnout. Psychological, cultural, financial and political background: influence stress and self-motivation on the daily practice. Expectations on family medicine are higher and more demanding, so it is important to take preventive actions. The aim of this study was to evaluate the benefits of biofeedback therapy on reducing burnout levels in primary care professionals.

**Method:** All eighteen professionals (doctors, junior doctors, nurses and administrative assistants) of a Family Practice Unit were asked about their work satisfaction by CBI (Copenhagen Burnout Inventory) and questions related to workload, on a confidence basis. They were randomly allocated as participants and non-participants to the biofeedback's 10 minute sessions that happened on a weekly basis for three months. The CBI data was summarised as group means.

**Results:** All professionals show initial moderate burnout levels (46 score), with high expression on the clinical assistants (68 score) or professionals who work for over 20 and less than 30 years (56 score). After the biofeedback sessions, all the participants have shown reduced Burnout levels (41 score), with significant impact on professional (46 vs 37 score,  $p < 0.05$ ) and patient-related burnout (46 vs 41 score,  $p < 0.05$ ). On the non-participants branch, Burnout levels have increased overall, with significant impact on the personal-level (44 vs 57 score,  $p < 0.05$ ) and patient-related burnout (46 vs 50 score,  $p < 0.05$ ). Overall, all professional groups have reduced or maintained their burnout levels, independently of the years of work, with the exception of junior doctors who have shown increases (36 vs 38 score) with high expression on personal and professional levels (both 43 score).

**Conclusions:** Interventions, such as Qigong practice, positively decreased Burnout levels. Healthy lifestyle and team building activities helped to reduce Professional and patient-related Burnout levels on primary care professionals. This is a practice to take into consideration on future preventive programs to family medicine clinicians.