



Mental Wellbeing and Burnout in Core Surgical Trainees – Implications for the Post-COVID19 Era.

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Abstract Surgeons have been reported to have high levels of mild psychiatric illness, poor mental wellbeing and burnout. Research in early surgical trainees remains in its early phases. We investigated mental wellbeing and burnout rates using validated instruments as part of an online survey in Core Surgical Trainees throughout London. High burnout rates (83%) and psychiatric cases (81.5%) were identified. Due to the increased pressures of the current global pandemic, including fears over health or clinical progression, recognition of these issues facing surgeons is vital. Both local and national support should be offered to surgeons during the acute phase, and further research is required to guide future interventions.



Biography: Dr Farrell has a PhD in Neuroscience from Oxford University, where she also completed her bachelors in medicine and surgery. She is currently a surgical trainee in London. She has neurosurgical and neuropsychiatry research interests including recent publications on the wellbeing of medical students and surgical trainees, as well as manipulation of the autonomic nervous system for pain management.

Publications:

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3. Peckham C. *Medscape Physician Lifestyle Report*; 2015
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