

Media Release

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GPSA national survey links GP selfcare to primary healthcare sustainability

According to GPSA's national survey of its members, GP supervisors who feel well-supported in their workplace, avoid working when unwell, and are engaged in professional development and self-care have lower levels of burnout and are more likely to remain in GP training for the next 5 years.

GPSA surveyed its members in March-April 2022 and found that, from a sample of 290 GP supervisors, 70% have high levels of burnout, with younger supervisors at greatest risk.

The risk of burnout was significantly lower for those practising selfcare, and over half of the respondents felt that their selfcare/wellbeing could be better supported in their workplace.

GPSA CEO Carla Taylor observed that, "While the high level of burnout from work-related stress is definitely a concern, it is hardly a shock given the context.

"What we need to focus on are the opportunities our findings speak to: that now is the time to do more to normalise and support selfcare in general practice, to remind these individuals who underpin this nation's healthcare that they need to apply their own oxygen mask first."

Carla Taylor suggested that "Understanding how to best support doctors to practise selfcare, and to model those behaviours for junior doctors, is vital for safeguarding the sustainability of the primary health system.

"These results highlight the importance of GPSA and GPRA's roles in raising awareness and facilitating a nurturing, supportive culture as a key component of best practice in this sector."

89% of the surveyed GP supervisors were RACGP members, with 88% working in community general practice, 66% aged between 45-64 years, 29% located in NSW, 26% in Victoria and 21% in QLD.

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Media contact:

Carla Taylor, GPSA Chief Executive Officer

carla.taylor@gpsa.org.au

0448 636 646