

Could breaks reduce general practitioner burnout and improve safety? A daily diary study.

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<https://psnet.ahrq.gov/issue/could-breaks-reduce-general-practitioner-burnout-and-improve-safety-daily-diary-study>

Provider burnout has been increasing, particularly since the start of the COVID-19 pandemic, and numerous [interventions](#) are being investigated to reduce it. This study used daily diaries from [primary care](#) physicians to investigate the association between breaks during the workday and burnout, well-being, and patient safety perceptions. Results indicate that taking a break is associated with lower disengagement that day and lower exhaustion the next day. A break that includes a positive interaction also improves perceptions of patient safety.