



# Clinicians' overload and burnout\*

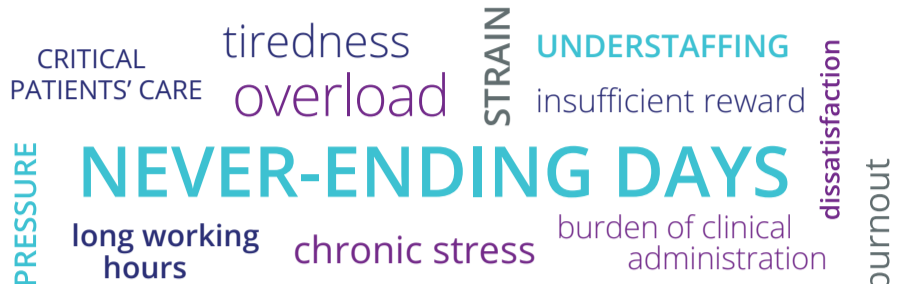
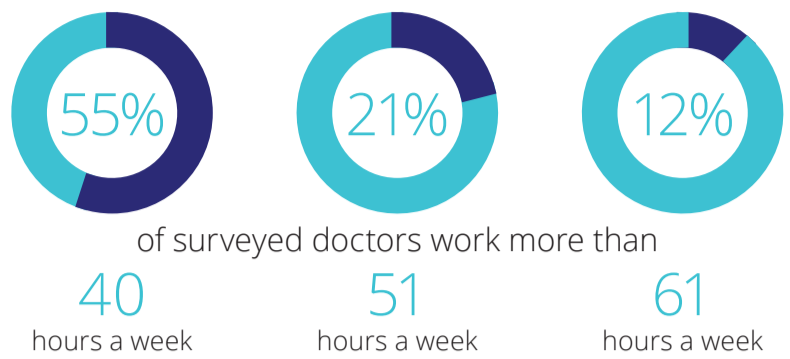
Overload and tiredness of healthcare professionals is on the rise around the world.



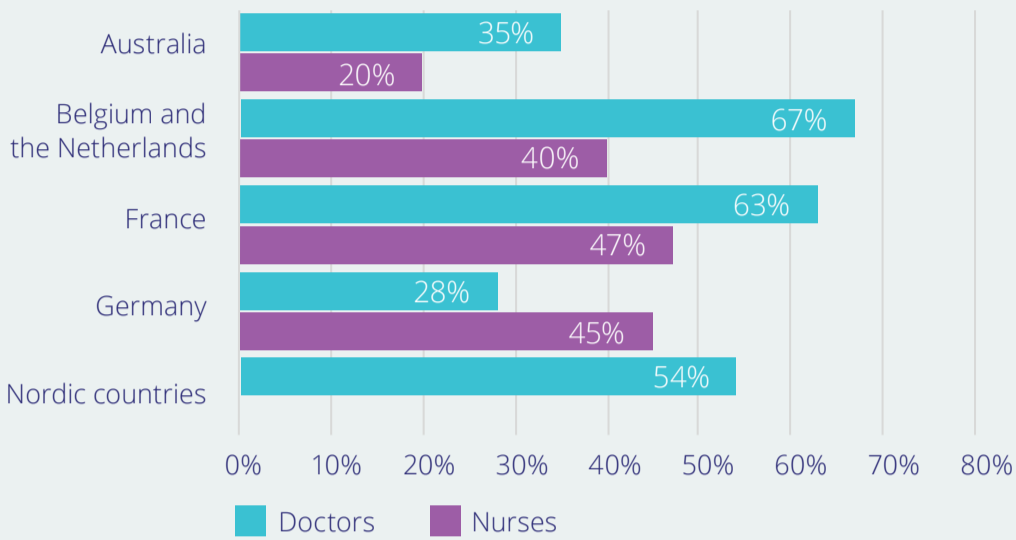
EHR burden, administrative workload, long working hours, growing patients' demand, new governments regulations, decreasing income, understaffing and time pressure are associated with burnout.

The COVID-19 pandemic has increased the pressure and uncertainty leading to an increase of clinicians' exhaustion.

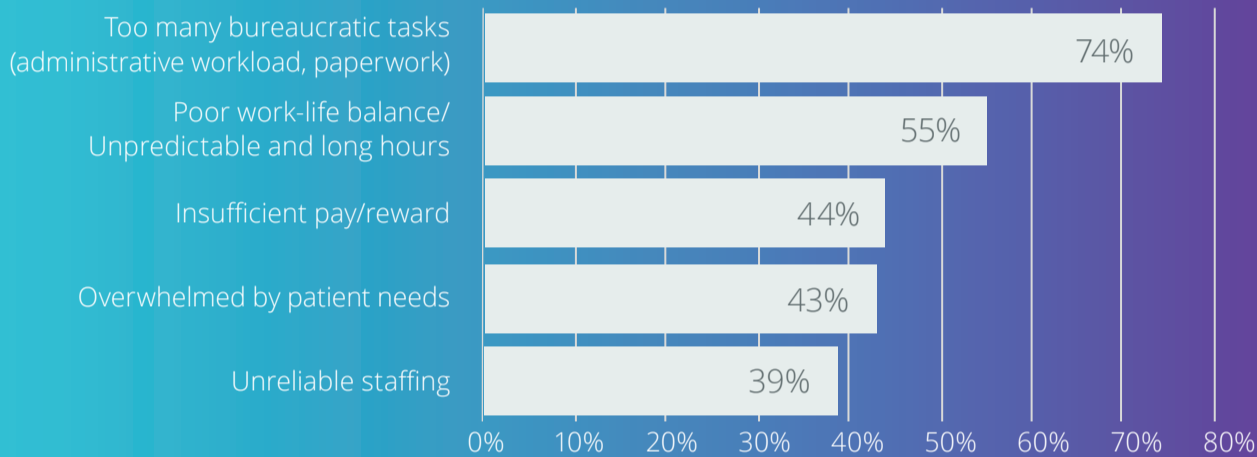
40 hours a week is the theoretical limit in most countries



The number of clinician's working longer hours (> 40hr per week) differs around the world. An omnipresent phenomenon with negative effects: chronic fatigue, stress, anxiety, poor sleep quality, depression and exhaustion.

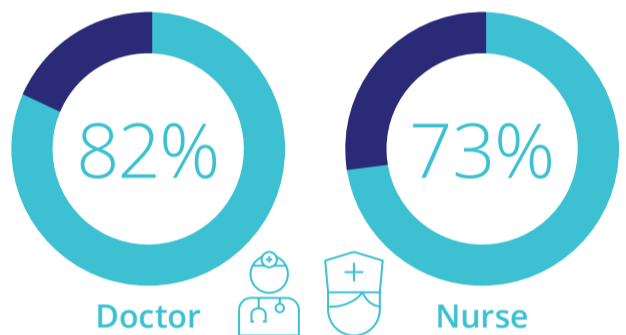


Exhaustion is affecting healthcare professionals now more than ever because of the wide and increasing number of administrative tasks, poor work-life balance, and insufficient pay and reward.

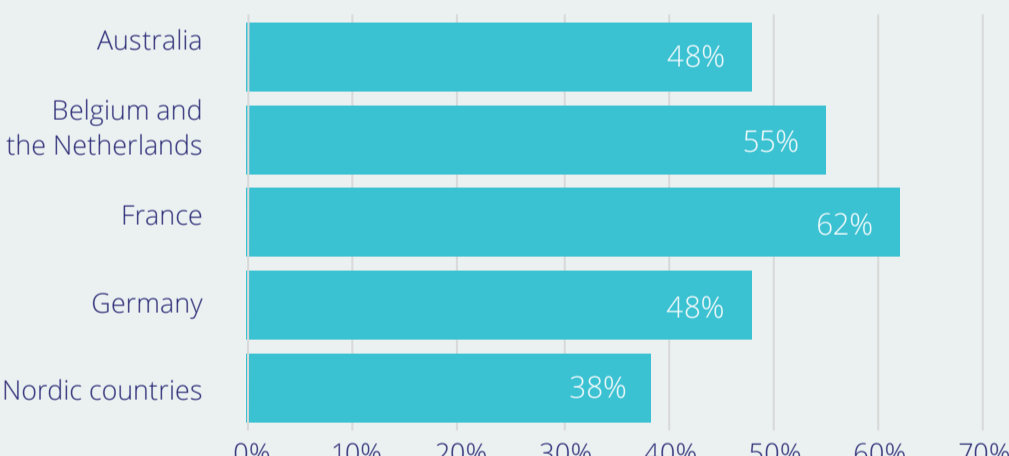


Clinicians are facing high levels of strain.

82% of surveyed doctors and 73% of nurses in Europe and Australia believe that the administrative burden of clinical documentation contributes significantly to healthcare professionals' overload.



The challenging conditions and uncertainty due to the pandemic has worsened the situation. Surveyed clinicians point directly to COVID-19 as aggravating their overload/burnout feelings.



## How cutting-edge technology helps alleviate the pressure and improve quality of life

State-of-the-art technology can help:

- empower clinicians
- reduce errors
- save time and costs
- shorten turnaround times
- improve communication flows
- increase care quality and healthcare teams' satisfaction



"Technology helps reduce stress and be present with the patients, which will help in strengthening the therapeutic relationship."

— Lene Søvold, Clinical Psychologist, Mental Health Advisor, Sweden

"Digital technology can absolutely help."

— Raakel Pirinen, Registered nurse, Laakson sairaala, Finland



Dragon Medical One, AI-powered speech recognition platform, is portable and astoundingly fast. Supporting higher quality of clinical documents, it achieves better outcomes for healthcare organisations and creates greater clinicians and patients' satisfaction, all while reducing costs.



[LEARN MORE nuance.se/nordicoverload](https://nuance.se/nordicoverload)

Source: HIMSS & Nuance Communications, Whitepaper | From Overload to Burnout. What Clinicians Think, 2021



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