

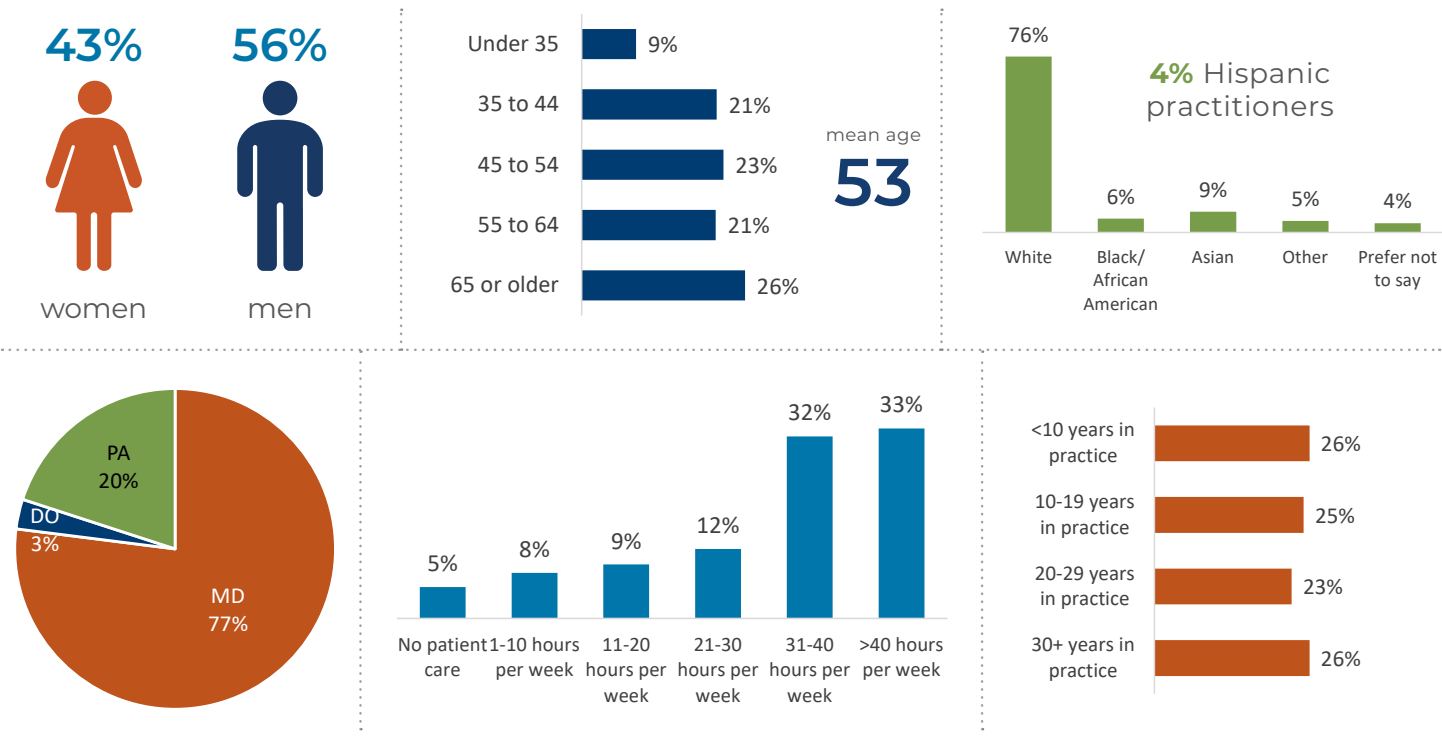
2023

LICENSEE SURVEY RESULTS
WHAT YOU TOLD US

Background, Methodology, & Demographics



NCMB selected a random sample of 18,492 licensees to receive survey invitations. Of these, a total of 2,042 respondents completed the survey (**11% response rate**) from 88 out of the 100 counties in North Carolina represented. Below is a closer look at respondent demographics.



What we asked about

Medical providers face a myriad of professional challenges and the Board was interested in learning more about them.



- Employment Challenges
- Mental/Emotional Health & Burnout
- Opioid Prescribing & Changes to Prescribing Behavior
- Implementation of Telemedicine
- Interactions with NCMB

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Opioid Prescribing

Nearly three-quarters of survey respondents who prescribe opioids indicated they have adjusted practice because of the opioid overdose epidemic. The No. 1 change is increased use of the NC Controlled Substances Reporting System, with **59 percent** indicating they are using the database more often. Other top changes include:

48%



Referring pain patients out to pain clinics

45%



Reduced opioid prescribing for acute pain, including post-operative pain (**45 %**) and reduced dosages (**41%**) for acute pain

41%



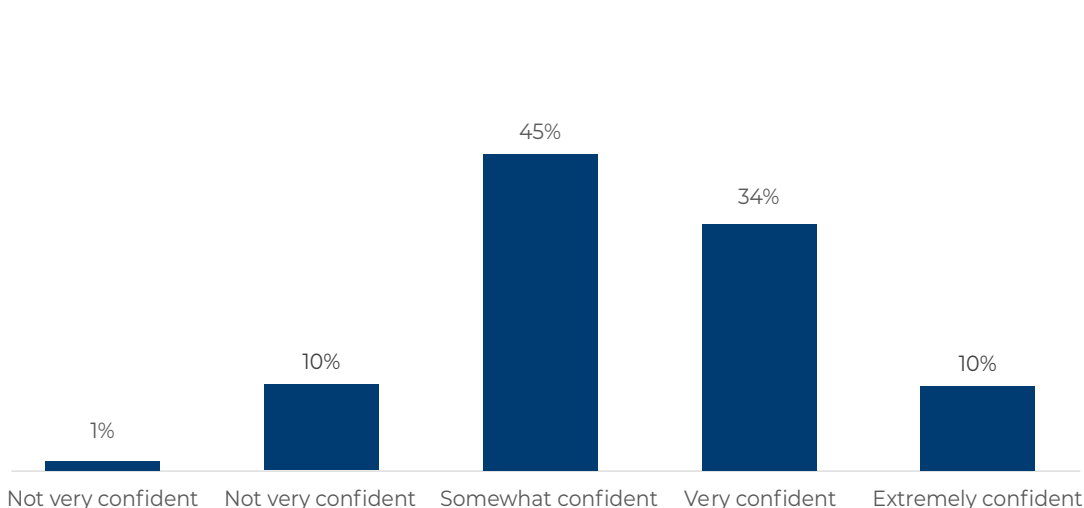
41%



Sought CME or training in opioid prescribing

Exposure to training in recognizing dependence and abuse and willingness to treat

The majority of licensees who prescribe (**87%**) have received training on recognizing opioid dependence. **44%** of those who have completed training are **very or extremely confident** they can recognize the difference between dependence and addiction.



Nearly **60%** of licensees are at least somewhat willing to treat dependent and addicted patients, with specialty support

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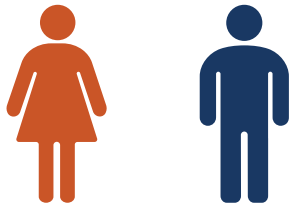
Experiencing Burnout



Burnout has reached an all-time high, with more than half of all licensees (**52%**) having experienced burnout. This is a sharp increase from 2018, when we last surveyed licensees.

55% vs. 34%

Women were more likely to report burnout



PAs are significantly more likely to report burnout (**60%**) than are MDs/DOs (**50%**)



The most common side effects of burnout

Respondents who report experiencing burnout indicate the most common side effects are dread of the workweek (**69%**), exhaustion (**64%**), and cynicism or negative outlook (**63%**).



3 in 4 of those have experienced a loss in their enjoyment of practicing medicine



Too many “administrative tasks” continues to be a top contributor to burnout (**42%**)

Coping with burnout

Many of those experiencing burnout (**93%**) have leveraged positive coping skills (outside of professional help), though a meaningful group (**43%**) have also engaged in more self-destructive coping mechanisms.



exercise, talking with family and colleagues, professional changes



overeating, junk food, isolation from others, use of drugs and alcohol

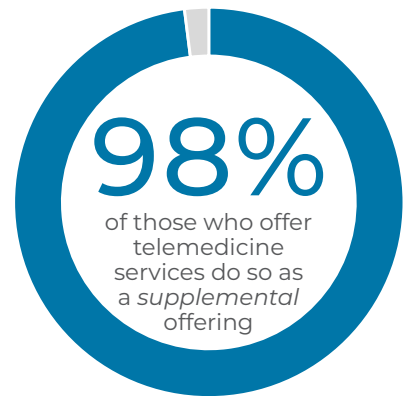
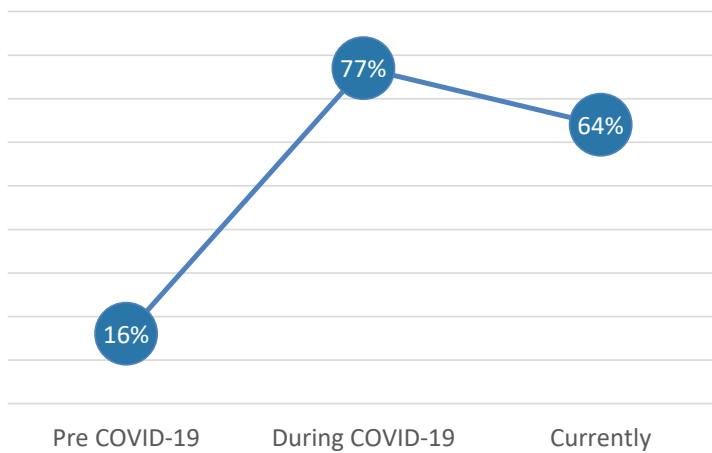
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Practicing Telemedicine



Unsurprisingly, the adoption of telemedicine increased dramatically as a result of COVID-19 — while only 16% of practitioners had adopted telemedicine prior to COVID-19, more than 3 in 4 adopted the practice during the pandemic (**77%**). What's more, telemedicine practice has remained significantly higher than pre-pandemic.



Here are some top benefits to offering telemedicine

Overall, telemedicine drastically improves access for patients, which is likely a key driver for many clinicians to keep it in practice.



74%



Say care is more accessible or more convenient for patients

56%



Are able to better monitor patients who are less mobile or further away

24%



Say that patients have more access to specialists

Here are some challenges to offering telemedicine



Limitations on ability to conduct a thorough exam



Access to technology and reliable broadband for patients