



# What stresses doctors out?

Long hours and poor working conditions are negatively impacting the personal health of many South African healthcare professionals, according to the 2019 PPS Graduate Professional Index (GPI) [results](#).



Image source: Getty/Gallo

Up to 73% of respondents felt that a large number of medical professionals are depressed and suffering burnout, due to long hours (38%) and poor working conditions (23%).

Meanwhile, 72% did not think that the National Health Insurance will improve the sustainability of the profession. When asked what can be done to improve the healthcare system in South Africa, 26% mentioned anti-corruption and better management of funds, and 12% suggested adequate staffing based on merit.

When asked what can be done to encourage doctors to stay in South Africa rather than move abroad, 33% thought that the socioeconomic situation needs to be improved, 30% suggested better working conditions, and 19% suggested better salaries and incentives.

“Much is needed to be done to improve the working conditions for medical professionals, the caregivers of our nation of South Africa who seem to be reaching their own professional tipping point,” says Motshabi Nomvete, technical marketing specialist at PPS.

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