

[New Survey Reveals That Malaysian Doctors Are Severely Burnt Out, Many Also Bullied](#)

It could be the start of a mass exodus.

By [Dale John Wong](#)

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A [recent survey](#) has shown that Malaysian doctors are sounding the alarm bells as they grapple with severe overwork, bullying, and burnout. Evidently, the healthcare sector's persisting issues have reached a tipping point, with a major increase in resignations among contract doctors.

These concerns have sparked a call for intervention by the Health Ministry to prevent the exodus of talented medical professionals.

Malaysia's healthcare system is facing a crisis, with a staggering 1,131-percent increase in the resignation of contract doctors in 2022 compared to just five years ago.

The figures are worrying: In 2017, there were only 110 resignations, while by 2022, the number had surged to a shocking 1,354. This trend has been spiraling upwards consistently, with 168 doctors leaving their positions in 2018, 475 in 2019, 511 in 2020, and 768 in 2021.

According to Minister of Communications and Digital Fahmi Fadzil, Malaysia has a brain drain rate of 5.5 percent, significantly higher than the global average of 3.3 percent.

This worrying statistic highlights the urgent need for intervention to retain the nation's medical talent. Fadzil emphasized that addressing this issue would require political influence, and said that the government is now determined to ensure that no Malaysian is left behind.



IMAGE: [The Sun Daily](#)

Very worrying trends.

A recent survey conducted by the Malaysian Medical Association (MMA) has revealed some [shocking insights](#) into the plight of doctors in the country. Between September 15 and October 1, 2023, it surveyed 728 Malaysian doctors, including medical officers, specialists/consultants, and house officers.

The survey unearthed the startling fact that 30 to 40 percent of doctors have experienced some form of bullying in their careers. A total of 253 bullying cases were reported, with many victims choosing not to disclose their locations out of fear. Interestingly, states such as Sabah and Melaka had no confirmed cases of bullying, while Sarawak, Selangor, and Perak had reported cases.

The survey further revealed that the majority of Malaysian doctors are overworked, with junior doctors being the most affected. Approximately 60 percent of junior doctors with less than two years of experience work overtime daily, while 20 percent of those with over two years experience work overtime every day. Additionally, 30 percent to 40 percent of doctors work overtime at least three times a week.

Dr. Azizan Abdul Aziz, the President of MMA, highlighted that victims of bullying were often reluctant to file complaints, either due to fear or uncertainty about the process. Even when complaints were made, action was rarely taken. This silence has perpetuated a toxic work environment that further contributes to burnout.

Malaysia's healthcare system is at a crossroads, with overworked and bullied doctors on the verge of leaving the profession. The government, recognizing the gravity of the situation, has pledged to address these issues and prevent a further brain drain.

Obviously, it's now essential for Malaysia to prioritize the well-being of its medical professionals to ensure the health and safety of its citizens, considering how the fate of the nation's healthcare system hangs in the balance.