

Letter to the Editor Regarding “Burnout in Ophthalmology Residents in a Tertiary Referral Hospital in Mexico City”

Ashley Lim.¹ 

To the Editor

I read with great interest the original article on burnout in ophthalmology residents by Medina-Gaona and colleagues published in the October-December 2025 issue of the International Journal of Medical Students.¹ The study effectively highlights the high prevalence of burnout among trainees at a tertiary hospital in Mexico City, emphasizing its links to chronic stress, emotional exhaustion, depersonalization, and reduced personal accomplishment. However, there are additional aspects of resident well-being and systemic factors that warrant further exploration to address this pervasive issue in medical training.

The authors identify key contributors like sleep deprivation, unhealthy diets, and heavy workloads, with burnout associated with self-reported medical errors. The article could further delve into the role of institutional policies, such as mandatory rest periods or mentorship programs, which have mitigated similar issues in other contexts.² Emerging evidence suggests that structured wellness interventions, including mindfulness training, can reduce burnout dimensions like emotional exhaustion.³ A deeper discussion of these strategies would equip residency

programs with actionable tools to prevent escalation into mental health crises, given that 10% of participants reported suicidal ideation.

The comparison to international data is insightful, noting higher rates in Mexico due to socioeconomic challenges. Yet, the section on global benchmarks could expand on cultural variances; for instance, studies in Saudi Arabia report 41% prevalence, potentially influenced by differing healthcare infrastructures.⁴ Addressing limitations like the 45% response rate and potential self-selection bias would strengthen the findings.⁵ Longitudinal follow-up could reveal how burnout evolves across residency years.

In summary, the authors have adeptly compiled crucial data on burnout in ophthalmology residents, offering valuable insights for improving trainee support and patient safety. Their rigorous analysis provides a foundation for targeted reforms. I commend their contribution and anticipate further research on implementing preventive measures in resource-constrained settings.

References

1. Medina-Gaona LA, García-Aguirre G, Salcedo Villanueva G, Jácome-Gutiérrez FA. Burnout in ophthalmology residents in a tertiary referral hospital in Mexico City. *Int J Med Stud*. 2025;13(4):408-11.
2. Low ZX, Yeo KA, Sharma VK, Leung GK, McIntyre RS, Guerrero A, et al. Prevalence of burnout in medical and surgical residents: a meta-analysis. *Int J Environ Res Public Health*. 2019;16(9):1479.
3. Ireland MJ, Clough B, Gill K, Langan F, O'Connor A, Spencer L. A randomized controlled trial of mindfulness to reduce stress and burnout among intern medical practitioners. *Med Teach*. 2017;39(4):409-14.
4. Alotaibi AK, Alsalim A, Alruwaili F, Almubarak A, Alhamzah A, Albahlal A, et al. Burnout during ophthalmology residency training: a national survey in Saudi Arabia. *Saudi J Ophthalmol*. 2019;33(2):130-4.
5. Rotenstein LS, Torre M, Ramos MA, Rosales RC, Guille C, Sen S, et al. Prevalence of burnout among physicians. *JAMA*. 2018;320(11):1131-50.

¹ Fourth-Year Medical Student. University College Dublin, Dublin, Ireland.

About the Author: Ashley Lim is currently a 4th year medical student at University College Dublin, Ireland of a 6-year program.

Correspondence:

Ashley Lim.

Address: University College Dublin, Belfield, Dublin 4, Ireland

Email: ashley.lim@ucdconnect.ie

Submission: Jan 13, 2026

Revisions: Jan 18, 2026

Responses: Jan 18, 2026

Acceptance: Feb 2, 2026

Publication: Feb 2, 2026

Process: Peer-reviewed

Acknowledgments

None

Conflict of Interest Statement & Funding

The Authors have no funding, financial relationships or conflicts of interest to disclose.

Author Contributions

Writing - Original Draft: AL.

Cite as

Lim A. Letter to the Editor Regarding "Burnout in Ophthalmology Residents in a Tertiary Referral Hospital in Mexico City". Int J Med Stud. 2026 Jan-Mar;10(1):48-49.

This work is licensed under a [Creative Commons Attribution 4.0 International License](#)

ISSN 2076-6327

This journal is published by [Pitt Open Library Publishing](#)

