

RESEARCH, TRANSLATED · BURNOUT · OUTCOMES

Reported burnout fell about 42% among respondents. Measured time saved: sixteen minutes.

*Two notable ambient-AI outcome studies, read together and translated honestly.***WHAT THIS IS**

A plain-language translation of two studies: You and colleagues in JAMA Network Open (August 2025) on clinician burnout with ambient documentation, and Rotenstein and colleagues in JAMA (April 2026), a large five-system study of AI-scribe time and visit outcomes.

HOW TO USE IT

Use this pair to set honest expectations before buying an ambient AI tool, and to decide what you will measure in your own practice to know whether it worked.

The burnout study

52.6% → 30.7%

At Mass General Brigham, **the proportion of clinicians reporting burnout decreased from 52.6% to 30.7% at 84 days** of ambient documentation use (Professional Fulfillment Index, overall burnout score above 1.33).

Honesty notes: this is the Mass General Brigham cohort of the study; the Emory site measured a different endpoint (positive impact of documentation practices on well-being, 1.6% to 32.3%). It is a before-and-after survey of clinicians who chose to use the tool, not a randomized trial, and the 84-day survey response rate was 22% (192 of 873). Selection bias is possible in both directions.

The time study

16 min

Across five academic health systems and **1,809 clinicians who adopted AI scribes**, adopters saved about **16 minutes of documentation time per 8 hours of patient care**, about 13 fewer minutes of total EHR time, and added roughly half a visit per week.

WHAT IT MEANS FOR YOUR PRACTICE

This was an observational before/after with incomplete follow-up, so read it as reported, not proven causal: reported burnout fell from 52.6% to 30.7% among respondents, a 21.9-point (about 42%) drop. The two findings are not contradictory. Sixteen minutes of reduced documentation time understates what clinicians report the tools change: presence in the room, cognitive load, the dread of the unfinished note. But if a vendor quotes you the burnout number and skips the sixteen minutes, you are hearing marketing, not evidence. Decide in advance which outcome you are buying: reclaimed hours (measure them with the Stage 2 worksheet) or a lighter cognitive day (measure it by asking your team at 90 days).

Both are legitimate goals. Only one shows up on a timesheet.

SOURCES · CHECK OUR WORK

You JG, Dbouk RH, Landman A, et al. Ambient Documentation Technology in Clinician Experience of Documentation Burden and Burnout. JAMA Netw Open. 2025;8(8):e2528056. doi:10.1001/jamanetworkopen.2025.28056

Rotenstein LS, Holmgren AJ, Thombly R, et al. Changes in Clinician Time Expenditure and Visit Quantity With Adoption of Artificial Intelligence-Powered Scribes. JAMA. 2026;335(16):1408-1417. doi:10.1001/jama.2026.2253

Coverage: statnews.com/2026/04/01/ai-ambient-scribes-modest-time-savings-clinical-documentation

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