

Professional Burnout and Effective Wellness Strategies

SUMMIT LEARNING OBJECTIVES

- **Define** professional burnout and its relationship to personal well being
- **Identify** personal and system based barriers to personal wellness and how they can be overcome in the health care setting
- **Demonstrate** different strategies to improve wellness and prevent burnout in health care professionals
- **List** various resources that are available for use by residents and physicians to decrease burnout

Caring for Me – Caring for You: Strategies to Pursue Personal Health and Create a Culture of Wellness

Dr. Catherine Pipas, MD, MPH; Dartmouth

- **Describe** the importance of personal well-being and the impact of burnout
- **Discuss** factors that threaten personal and organizational wellness
- **Utilize** an improvement model to apply evidence-based strategies that support
 - Self/system – awareness
 - Self/system – care
 - Self/system – improvement
- **Construct** a personal health improvement plan

Panel Learning Objectives

Dr. Beth Emrick, MD; Dr. Chantel Weisenmuller, PhD; Dr. Catherine Pipas, MD, MPH; Dr. Darrin Nichols, MD; Dr. John Linton, PhD, ABPP; Dr. Jessica Luzier, PhD, ABPP

- **Discuss** the importance of personal wellness and its relationship with professional burnout
- **Identify** barriers to wellness and their impact on health care outcomes
- **Describe** various methods of promoting personal wellness and how to incorporate them into the life of a busy health care worker
- **Demonstrate** the positive effects of wellness programs in health care settings