

INSTRUCTIONS: All questions have only one correct answer

1. Which one of the following statements is TRUE:
 1. Personal awareness training is routinely provided to most health care professionals
 2. Clinicians can foster self-awareness by repeated self assessment of thoughts and emotions
 3. Clinician personal reflection is only of benefit when caring for dying patients.
 4. Proficiency in personal awareness requires psychiatric evaluation and treatment

2. All of the following are warning signs of potential boundary problems in the clinician-patient relationship EXCEPT.
 1. A patient invites you to come to his son's little league game
 2. A patient requests that you make exceptions regarding your office hour policy
 3. Giving out your cell phone number when you plan on going away for vacation.
 4. You offer to make a home visit for a frail elderly patient

3. Which one of the following is NOT a sign of clinician burn-out:
 1. Depersonalization
 2. Emotional exhaustion
 3. Increasing social engagement
 4. Perceived professional inadequacy

4. All of the following thoughts should make you concerned about burn-out in yourself or a colleague, EXCEPT:
 1. *I should have known more about the various cancer treatment options*
 2. *If I had stayed at the hospital longer, she might not have died*
 3. *I shouldn't share my concerns with colleagues*
 4. *I know I did all that I could.*

5. All of the following are approaches to avoid burn-out, EXCEPT
 1. Debrief difficult cases with colleagues
 2. Do not dwell on your professional actions
 3. Stay healthy: eat right and exercise
 4. Pay attention to your relationships with family and friends

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