

CLINICIAN BURNOUT AND RESILIENCY
FAST FACTS AND CONCEPTS CONTINUING MEDICAL EDUCATION MODULE
COURSE DESCRIPTION AND LEARNING OBJECTIVES

Course Description: Clinician burnout has been defined as a state of exhaustion caused by excessive and prolonged work-related stress as a clinician. Many clinical disciplines report high rates of clinician burnout. Clinicians who are frequently exposed to distressing emotional situations and patients and families who are withstanding profound suffering are at heightened risk of burnout. Clinician burnout can have deleterious consequences for the health-care system and ultimately lead to compromised patient care. Individual and system-wide strategies are needed to sustain the delivery of responsive, compassionate, and effective care for patients with serious illnesses. This module will analyze the published medical evidence regarding clinician burnout and offer evidence-based strategies to foster clinician resiliency.

- A. Content review of 10 *Fast Facts and Concepts* covering the following topics:
 - a. Health Professional Burnout
 - b. Health Professional Boundaries in Palliative Care and Hospice
 - c. Disclosing Medical Error
 - d. Responding to a Colleague's Medicine Error
 - e. Managing Clinician Emotions
 - f. Consultation Etiquette
 - g. Utilizing Mindfulness to Foster Resiliency in Clinical Practice
- B. Score of 70% or higher on a 10-question quiz covering this content
- C. Completion of a course evaluation.

Learning Objectives: After completion of this course, the learner will be able to:

1. Describe four common features and 5 risk factors for health professional burnout.
2. Develop effective strategies for setting and maintaining effective patient-care boundaries.
3. Describe the essential components of disclosing a medical error to a patient in a manner which fosters transparency and resiliency.