

# Burnout Proof Live Training

Name: \_\_\_\_\_

## PHYSICIAN BURNOUT

*... an erosion of the soul caused by a deterioration of one's values, dignity, spirit and will." -*

Approximately 1 in    doctors is experiencing Burnout at any given time

## BURNOUT EFFECTS

LOWER ==> Patient \_\_\_\_\_ – Quality of Care

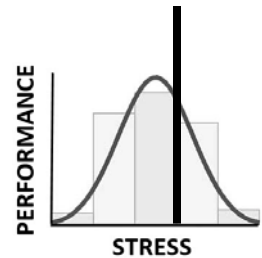
HIGHER ==> Error Rates - Malpractice Risk – Physician & Staff \_\_\_\_\_

## BURNOUT COMPLICATIONS

Physician Divorce - Alcohol and Drug Abuse / Addiction and S \_\_\_\_\_

BURNOUT IS NOT \_\_\_\_\_

It is IDENTIFIABLE - \_\_\_\_\_ - TREATABLE



## BURNOUT CORE SYMPTOMS (Maslach Burnout Inventory)

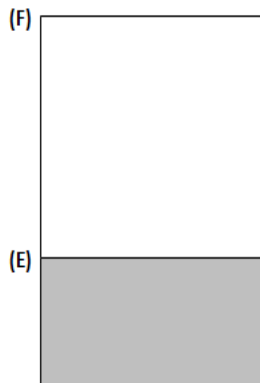
1) Exhaustion

2) "Depersonalization" = C \_\_\_\_\_ and S \_\_\_\_\_  
 " \_\_\_\_\_ Fatigue"

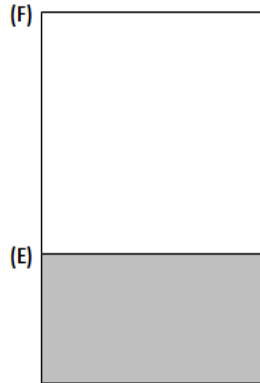
3) "Lack of Efficacy" = "What's the \_\_\_\_\_"

## BURNOUT PATHOPHYSIOLOGY Your three energetic bank accounts

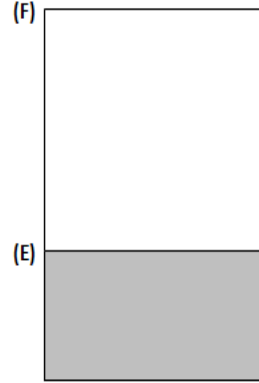
### PHYSICAL



### EMOTIONAL



### SPIRITUAL

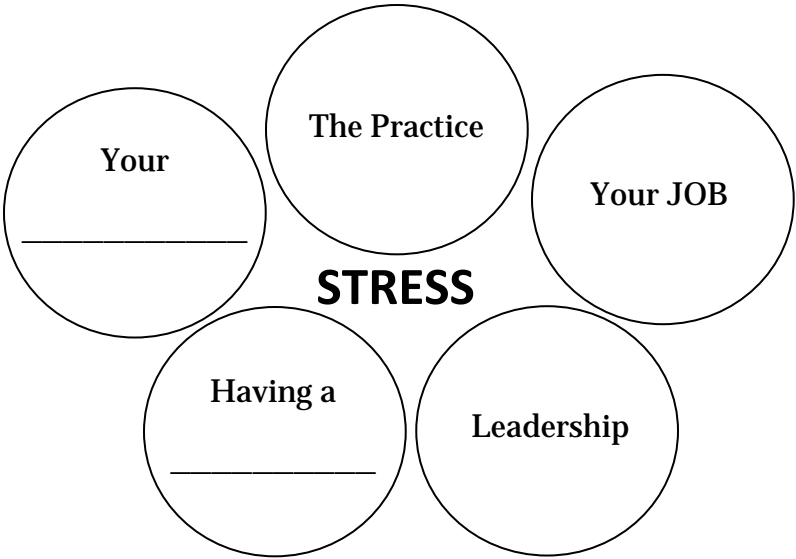


*"You Can't  
 GIVE what  
 you aint  
 \_\_\_\_\_"*

**Burnout Proof Live Training**

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BURNOUT CAUSES - the sources of stress and energy drain



A PHYSICIAN'S PROGRAMMING

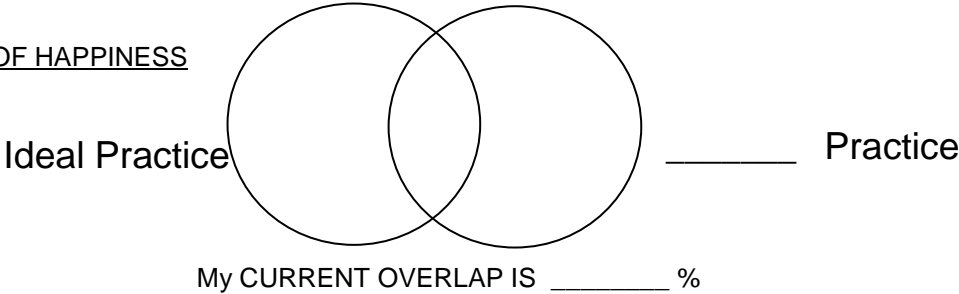
- 1) W \_\_\_\_\_
- 2) Superhero          3) Emotion Free
- 4) L \_\_\_\_\_ R \_\_\_\_\_          5) P \_\_\_\_\_

THE PRIME DIRECTIVES:    "THE \_\_\_\_\_ COMES FIRST"  
 "NEVER SHOW \_\_\_\_\_"

BURNOUT'S HIGHEST AND BEST USE

MY IDEAL PRACTICE DESCRIPTION:

VENN OF HAPPINESS



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## MY MASTER PLAN

*"To align This Practice with my Ideal Practice ... what would I change?"*

Burnout is not a Problem ... it's a \_\_\_\_\_ A perpetual balancing act.

## ADDRESSING A DILEMMA

You must build a \_\_\_\_\_

Only 3- 5 steps

Make them \_\_\_\_\_

Common Dilemmas – Burnout, Work Life Balance, Compensation Formula, EMR

## EMR STRATEGY STEPS (pick only one)

Hater => \_\_\_\_\_ User

Minimal Data Set – The 3 Reasons for a chart note are \_\_\_\_\_

Turn Broken Record Moments into \_\_\_\_\_

TEAM Documentation

Use the "claw back" method to get a \_\_\_\_\_

## BUILDING YOUR BURNOUT PREVENTION STRATEGY

### SCHEDULE HACK FOR WORK-LIFE BALANCE

- 1) Create a Weekly \_\_\_\_\_ Calendar
- 2) Take a \_\_\_\_\_ with your Cell Phone
- 3) Always \_\_\_\_\_ your Life Calendar
- 4) Practice your defense in the by saying, " \_\_\_\_\_ "
- 5) Align your use of time with your \_\_\_\_\_ circle of \_\_\_\_\_

## YOUR BOUNDARY RITUAL

Your role model is Mr. \_\_\_\_\_

What is Your Boundary Ritual? \_\_\_\_\_

## FIRST STEPS FOR A COLLEAGUE:

Reach Out -- Expect Intense \_\_\_\_\_

Be Persistent -- Come from your \_\_\_\_\_

Your Outreach Could Save Their \_\_\_\_\_

What did you learn?

What will you now do differently?

When?

REMEMBER: PRACTICE MAKES ( \_\_\_\_\_ )

### NOTES:

### NEXT STEPS:

***The Burnout Prevention MATRIX*** – 117 ways physicians and organizations can work together to prevent burnout. Free white paper and many more burnout prevention and physician leadership resources

[www.TheHappyMD.com/next](http://www.TheHappyMD.com/next)

