



General Objectives:

- Define and identify signs and symptoms of burnout
- Apply common interventions to decrease burnout including boundary setting, meaningful work, job crafting, support system, emotional contagion, and communication tips
- Differentiate between options to seek help including mentorship, coaching, and therapy
- Review resources available for healthcare professionals through OhioPHP

Description:

Burnout amongst healthcare professionals in Ohio is a growing issue, with thousands of our healthcare heroes feeling emotionally exhausted, depersonalized, and unaccomplished in their work. Professional burnout can decrease patient care, double the risk of medical error, amongst other negative consequences to the patient and provider. However, this doesn't have to be everyone's story. This presentation will discuss the common causes of burnout and provide interventions that professionals can implement to mitigate the effects. The presentation is interactive and engaging with well-being exercises and poll questions Imbedded throughout the training to maximize learning and participation.

Timed Agenda:

- 0:00-5:00 | Introduction and Overview
- 5:00-15:00 | Defining and Identifying Burnout
- 15:00-25:00 | Interventions to Decrease Burnout
- 25:00-35:00 | Seeking Help: Mentorship, Coaching, and Therapy
- 35:00-45:00 | OhioPHP Resources for Healthcare Professionals
- 45:00-55:00 | Practical Application and Reflection
- 55:00-60:00 | Conclusion and Q&A