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Burnout in Pediatric Hematology/Oncology: Moving from Discussion to Action

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Definitions

- Resilience

- Resilience is the strength of body, mind, and character that enables people to respond well to adversity

Definitions

- Cumulative stress/burnout
 - A state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity

Definitions

- Compassion fatigue
 - The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events

Definitions

- Acute stress reactions/critical incidents
 - An unusually challenging event that has the potential to create significant human distress and can overwhelm or interfere with one's usual coping mechanisms

Self-Assessment Questions

- I enjoy my work. I have no symptoms of burnout.
- Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out.
- I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
- The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot.
- I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.

Your Assignment

- Answer self-assessment burnout question
- Identify underlying factors
- Discuss/list responses in the small groups
- Identify proactive strategies to address the underlying factors
- Identify reactive strategies to address the underlying factors
- Set a goal to implement a specific proactive strategy including what and when: share in the group

Resources

- Strategies: Proactive and Reactive
 - (list weblink)