

BURNOUT PREVENTION

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AGENDA

Define, assess and recognize burnout in the workplace and life settings.

Describing the consequences of burnout.

Strategies for preventing burnout in various life settings.

Stand up and go to the side of the room to explain your answer to the following questions:

YES

NO

Go to the right side
of the room

Go to the left side
of the room

HOW BURNED OUT ARE YOU?

- Complete the Maslach Burnout Inventory

Improving Well-being of Frontline Hospice Healthcare Practitioners in COVID-19 Scenario and Identification of Burnout for Managers Early Intervention

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A Collaborative Project



Employs medical providers, nurses, pharmacists, social workers, chaplains, and other health professionals.

BACKGROUND

Medical practitioners are extensively suffering from mental health diseases and distress while engaging in the treatment and care of patients with COVID- 19 (Cai et al., 2020).

The symptoms expressed more frequently by frontline healthcare workers are depression, anxiety, fear, trauma, and sense of incapacity (Song et al., 2020).

IMPACT OF COVID-19 PANDEMIC

- A 2020 survey of healthcare workers concluded the following results:
- 93% of healthcare workers were experiencing stress
- 86% reported anxiety
- 77% reported frustration
- 76% reported burnout and exhaustion
- 75% felt overwhelmed

<https://hope4med.com/the-importance-of-mental-health-care-for-healthcare-professionals/>

OBJECTIVES



Examine the effects that COVID-19 has had on mental, emotional, and psychological health of hospice medical practitioners.

Identify risks of hospice practitioner burnout for hospice administrators to support and promote their well-being.

Evaluate the impact of the 6-week non-invasive educational resilience training and stress management intervention program on the minimization of negative mental health outcomes due to COVID-19 related stress.

METHODOLOGY

Virtual educational workshops for nurses, medical providers, pharmacists, social workers, therapists, or chaplains held August-September 2022

Topics:

- Resilience training
- Complementary and alternative approaches to mental health
- Physical wellness
- Spiritual wellness
- Stress management

Assessments for depression, anxiety, sleep and burnout at baseline, midway, and at the end of the intervention period

ANTICIPATED BENEFITS FOR HOSPICE PRACTITIONERS



Provided more insight on techniques to recognize and address COVID-19 stressors on their mental, emotional, and psychological health.



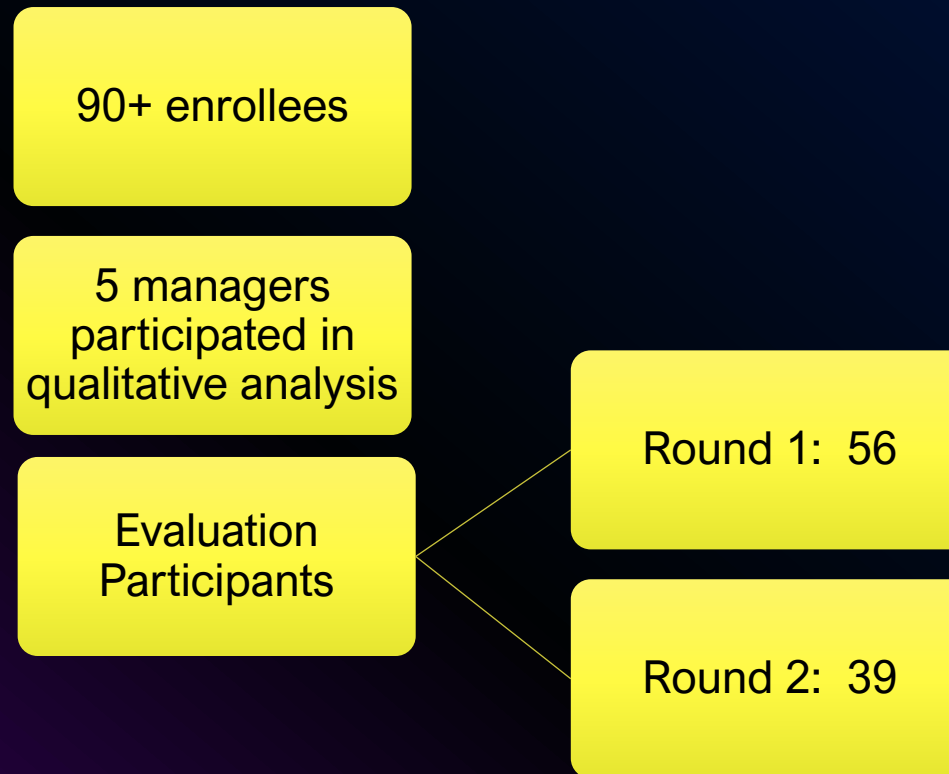
Provided more insight for managers to identify and prevent burnout in staff and apply techniques from training on complementary and alternative approaches to mental health, resilience training, physical wellness, spiritual wellness, and stress management.

ANTICIPATED BENEFITS: Hospice Managers

Create awareness on the importance of managerial support of practitioners' mental health, during pandemic scenario and post COVID-19 scenario applications.

The results will serve as a guide for hospice managers to better support frontline medical practitioners during and after COVID -19 scenario

PRELIMINARY FINDINGS

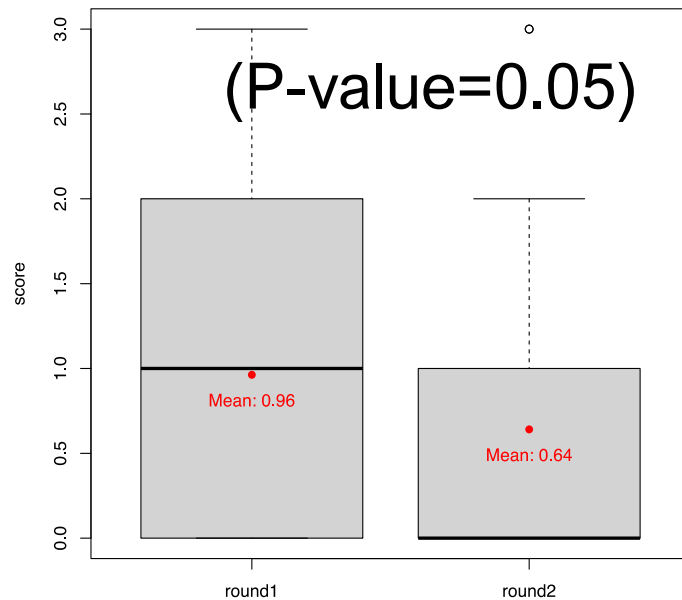


Select Outcomes

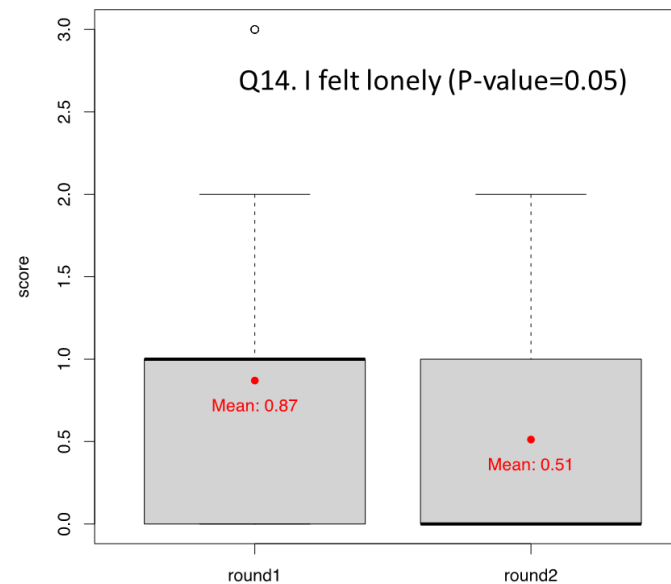
The results suggested that being in the program significantly reduced feelings of depression and loneliness.

Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week. During the Past Week... –

6. I felt depressed.



14. I felt lonely



Conclusions

Hospice workers experienced depression, anxiety, and sleep disturbances during the pandemic, but these were present prior to the pandemic. *Leaders felt limited in the support they were able to give staff to be able to effectively conduct their position.*

Staff turnover can be correlated to burnout in this setting. *There was too much work and not supported with enough resources. Staffing issues are still an issue.*

The interventions can make a meaningful difference in helping hospice workers manage work-life stress by increasing feelings of happiness and reducing feelings of depression and loneliness.

A Prescription for Wellness...





Reality of Life

Which of the following describes you?

A I am married or in a significant relationship.

B I am married or in a significant relationship
and have children.

C I am married or in a significant relationship
and work.

D I am a caregiver.

I am a caregiver, and am married or in a
significant relationship, work or have children.

None of the above.

happiness



love



anxiety



stress



depression



● dopamine

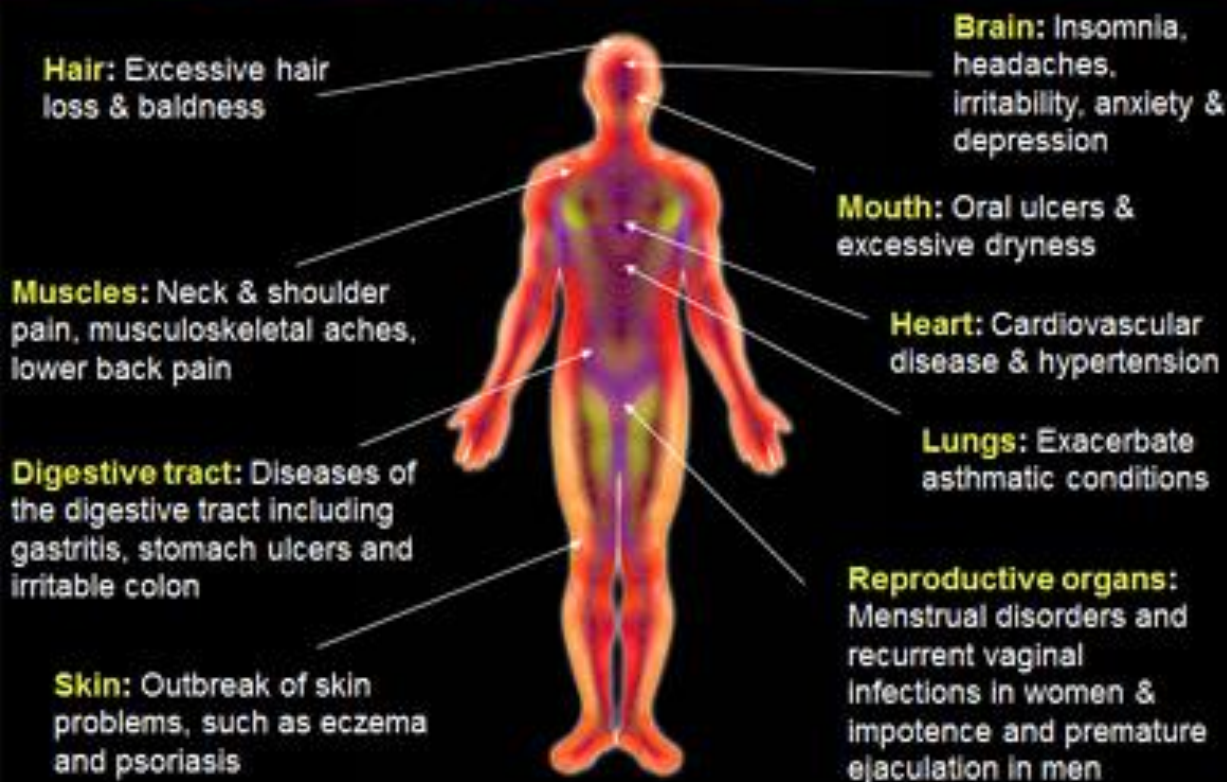
● serotonin

● oxytocin

● norepinephrine

● epinephrine

Effects of Stress





An ounce of
PREVENTION
is worth a
POUND OF
CURE

- Benjamin Franklin

Drink plenty of

WATER



HOW MUCH WATER SHOULD I BE DRINKING?

***DIVIDE YOUR BODY WEIGHT IN HALF :
AMOUNT OF OUNCES YOU SHOULD
DRINK DAILY
OR
TAKE THE OUNCES AND DIVIDE BY 8 :
AMOUNT OF GLASSES YOU SHOULD
DRINK DAILY***

Calculate how much water you should be drinking daily.



12 BENEFITS OF DRINKING WATER



Re-energized. Helps boost energy.



Helps to maintain blood pressure.



Keeps joints lubricated.



It helps kidney. Prevent kidney stones.



Aids digestion.



Glowing and healthier skin complexion.



Boosts weight loss.



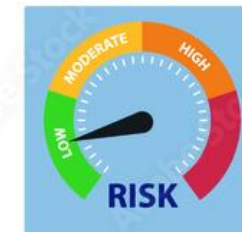
Improves mood. Reduce headaches and migraines.



Improves physical performance.



Improves brain power and concentration.



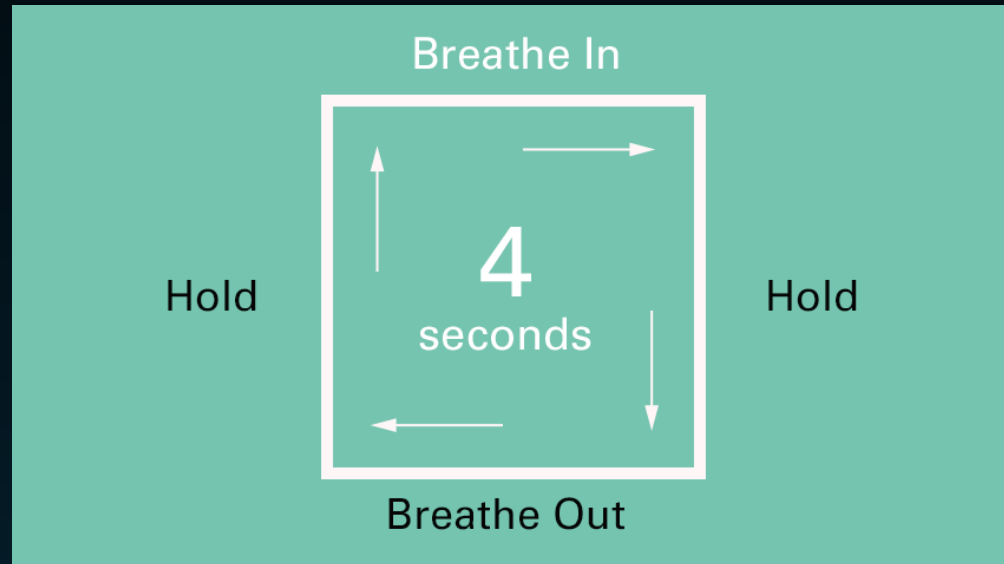
Lower the risk of many diseases.

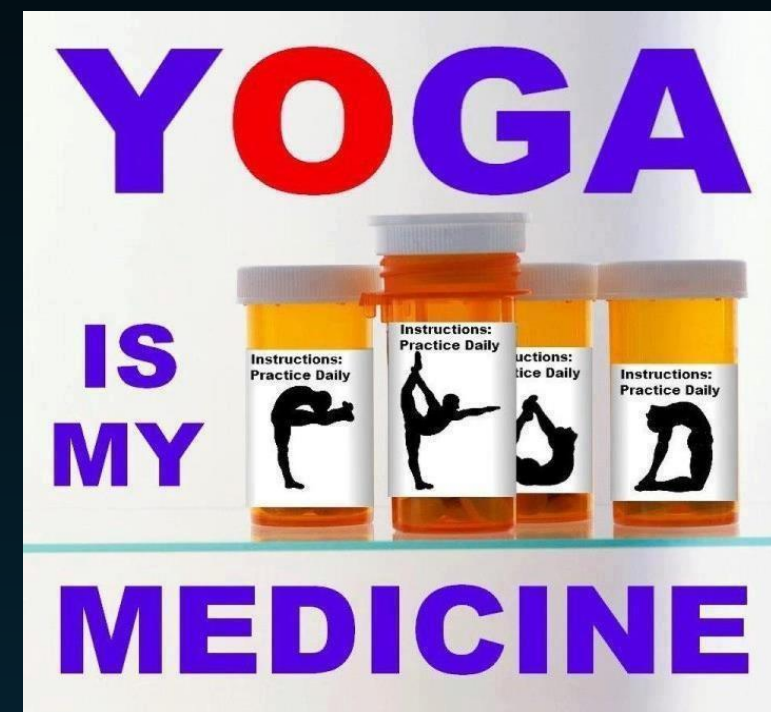
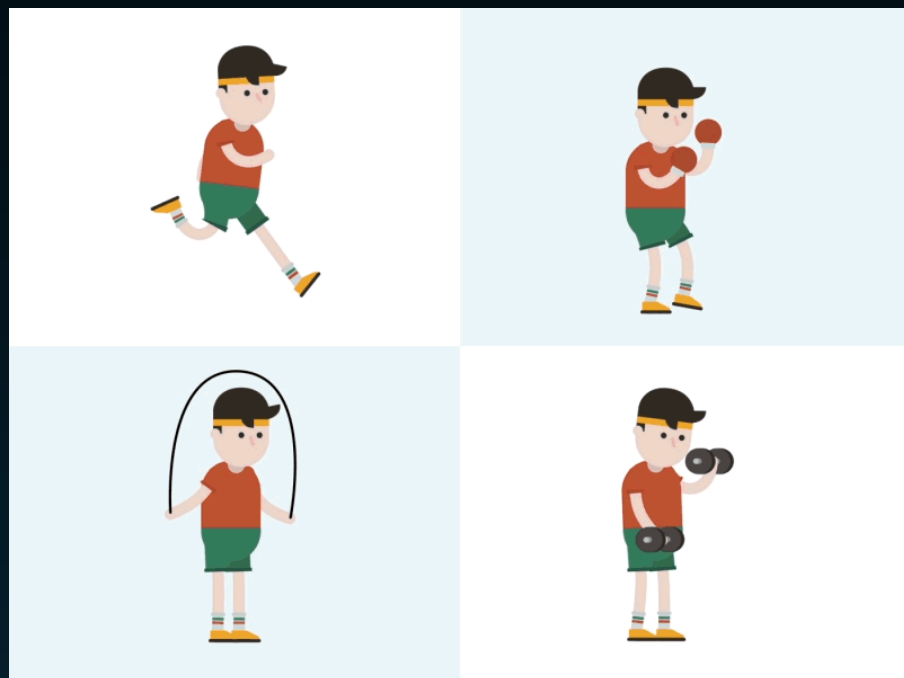


Moisturises the air in lungs.

Let's Breathe!

<https://bit.ly/30ypfci>





What do you do to self care?

Powered by  **Poll Everywhere**

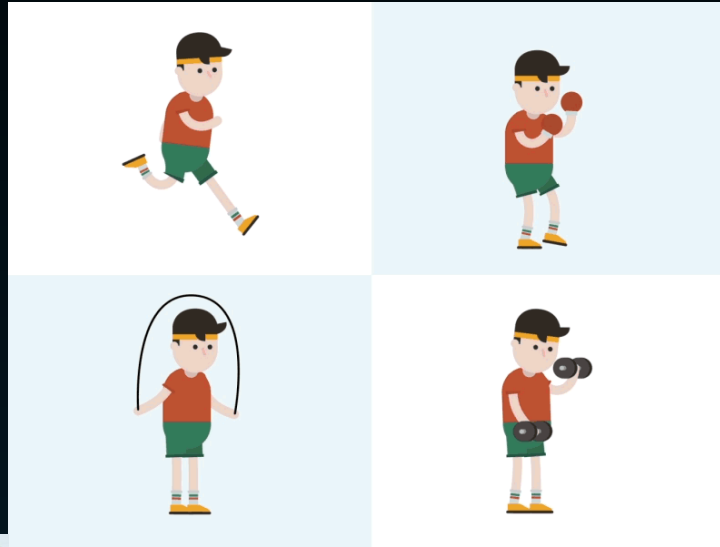
Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

Mood-Boosting Tips

Lighten up
Get plenty of sleep
Talk it out
Help your family eat wisely
Go for gratitude
Step it up
Lend a hand
Manage screen time
Address stress
Holistically care for your self



Closing Comments





[HTTPS://BIT.LY/40AAUIL](https://bit.ly/40AAUil)

SEPARATE YOURSELF INTO 1 OF 3 GROUPS

Group 1: In
pharmacy
school

Group 2:
Actively
working

Group 3:
Retired

GROUP DISCUSSION



GROUP REPORTS

The background features a gradient from deep purple on the left to bright blue on the right. Overlaid on this are several concentric circles and arcs. A prominent white arc is visible on the right side, and another white arc is on the bottom left. There are also several thin, light blue concentric circles centered around the text. Small white dots are scattered throughout the design, adding to the abstract, futuristic feel.



MY CURRENT ROUTINE

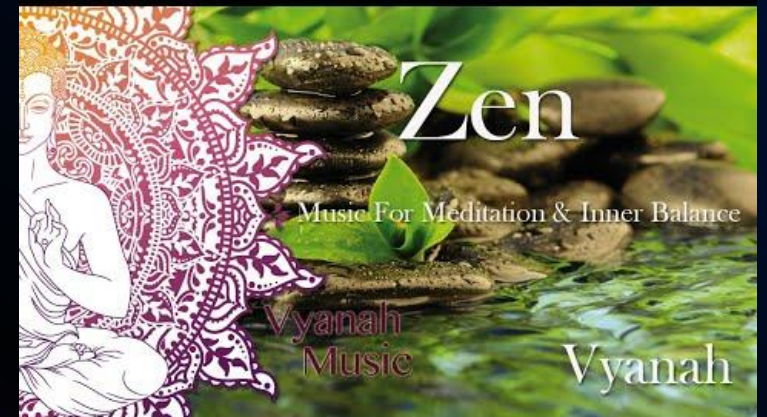
5-MINUTE MEDITATION



YOGA
BASICS
SERIES

BONUS EP.8

SAVASANA

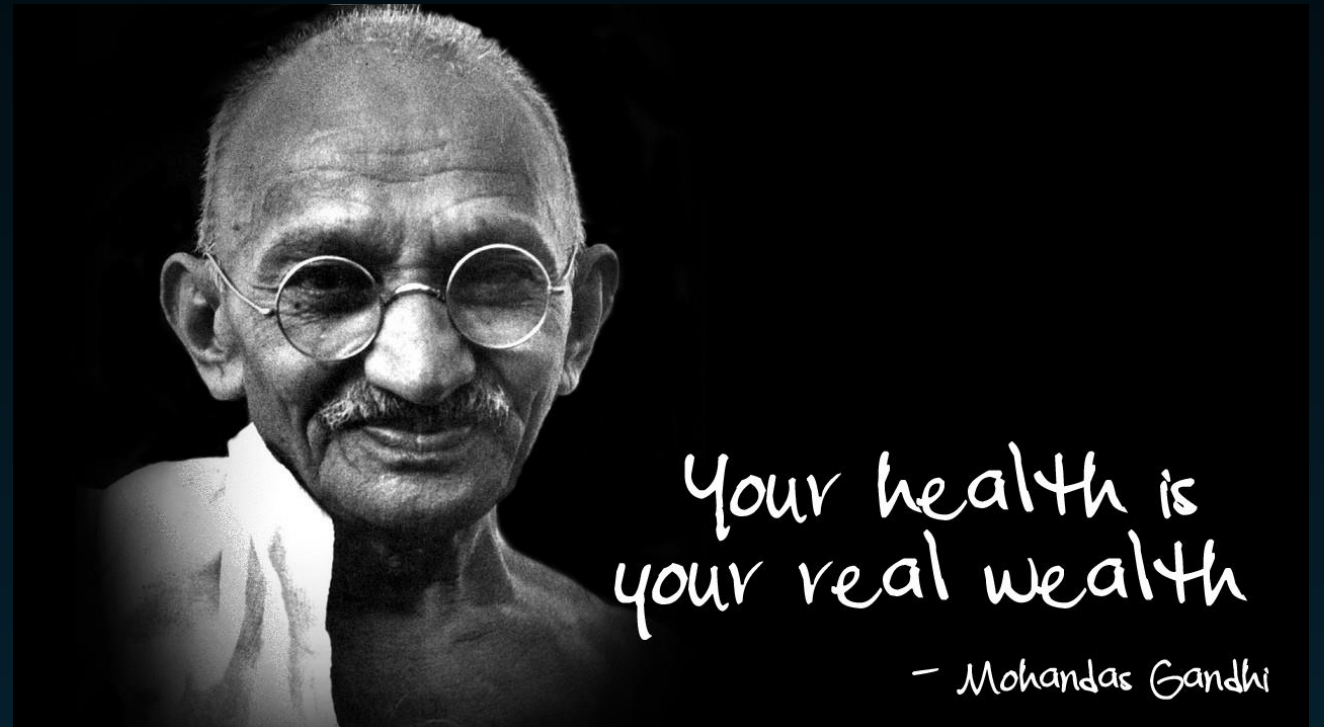


Closing Comments

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References

Singh R, Volner K, Marlowe D. Provider Burnout. (Updated 2023 Jun 12). In: StatPearls (Internet). Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK538330/>