

How to Handle Burnout!

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Disclosures

- No relevant financial disclosures
- Non-financial disclosures
 - Current member of the Academy Board of Directors



Texas Ear Clinic



Missouri
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UNIVERSITY



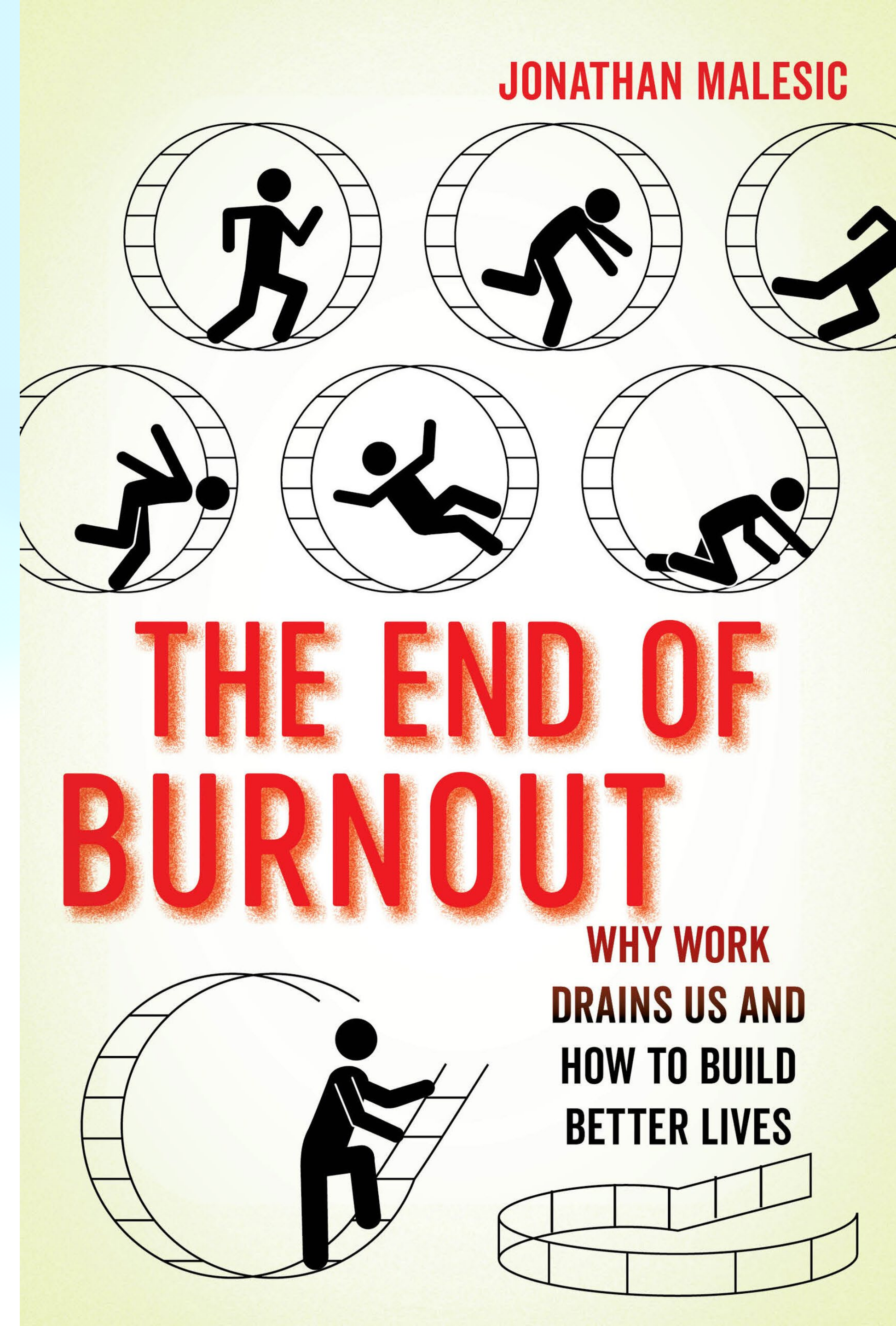


About a Nurse

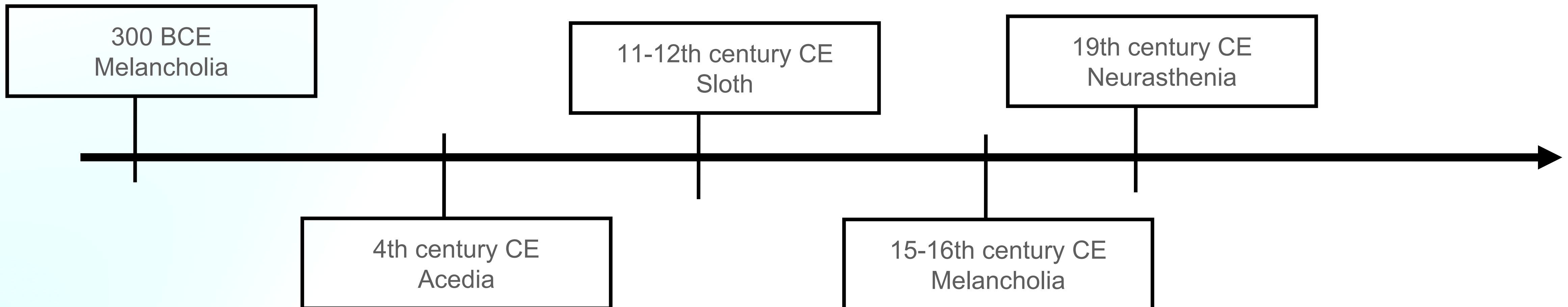


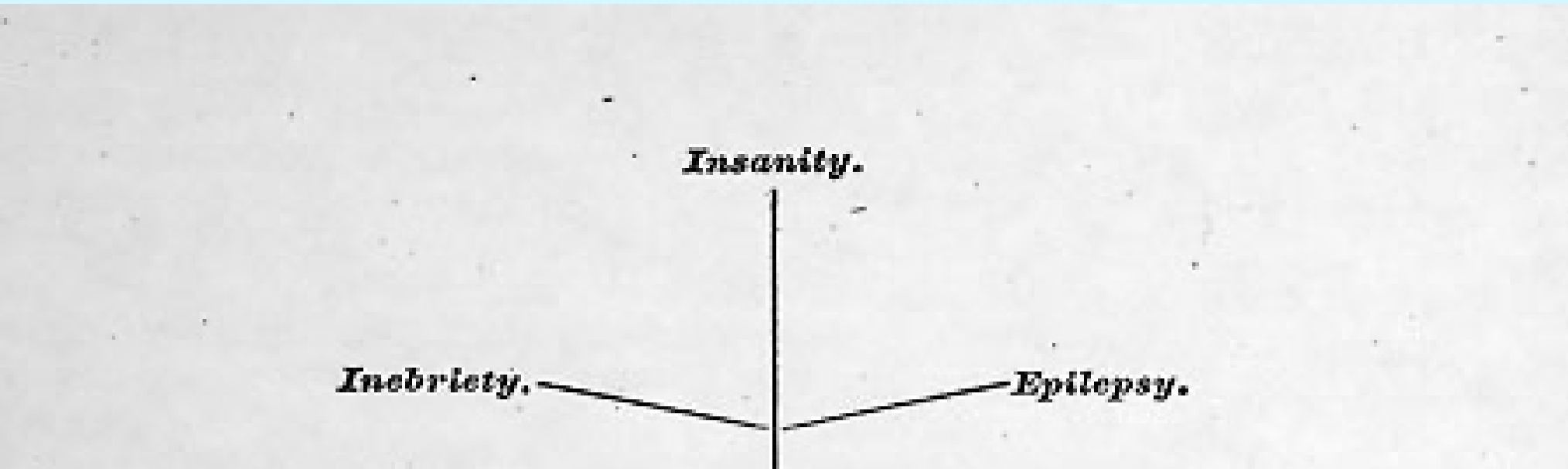
*"Frank just up and exploded.
I hope I never get that burned
out."*

- What is burnout?
- Students and burnout
- New professionals and burnout
- How to avoid burnout



Burnout isn't new





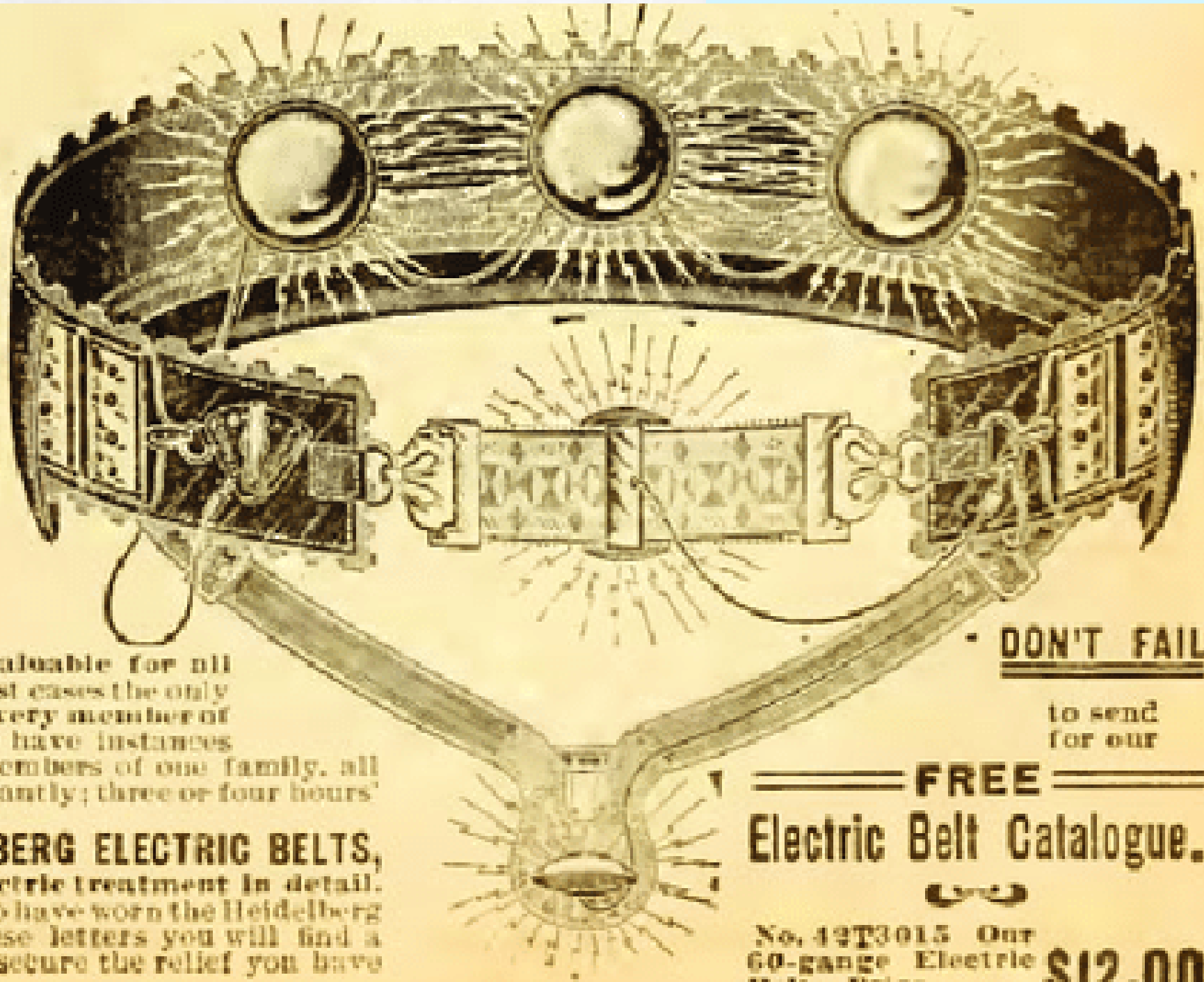
OUR \$12.00 HEIDELBERG BELT.

\$12.00 IS OUR PRICE for this powerful 60-gauge genuine Heidelberg Belt. Electric Belts equal to our \$12.00 15-cell, 60-gauge current Heidelberg, are being sold by widely advertised doctors at \$40.00 and upwards, and yet all of these high priced Electric Belts lack the peculiar strengthening curative properties of the Heidelberg Alternating Current Belts. The Heidelberg Belt seeks the weak, diseased parts at once. It produces an invigorating current of magnetic and galvanic electricity, wonderful cure for semial or vital weakness, nervous debility or impotence, stops almost immediately the unnatural waste or loss of vitality. The \$12.00 Belt has just the power required for cases that are not too aggravated; will help any man or woman suffering from any organic disease no matter of how long standing.

OUR SPECIAL \$12.00 HEIDELBERG BELT is one of the simplest Electric Belts made. Has no complicated parts to get out of order. It is easily adjusted, perfect in fit, most comfortable Electric Belt made. Self adjusting, no discomfort while worn, easily put on or off, perfectly sanitary; made of high grade materials throughout; will last forever. Our \$12.00 Belt is a result of years of scientific study and experiment, it is a belt that combines the latest features, comfort and health giving points not to be found in any other make.

GOOD FOR EITHER SEX. Our \$12.00 Belt can be worn (without the suspensory attachment), by women and is invaluable for all cases of female weakness. The electric current is a great strengthener. In most cases the only treatment required by women suffering from weakness peculiar to their sex. Every member of the family can be benefited by the use of a Genuine Heidelberg Belt. We have instances where one of our Heidelberg Belts has been worn successively by five or six members of one family, all of whom experienced good results. Remember, the belt need not be worn constantly; three or four hours' wear at a time is sufficient.

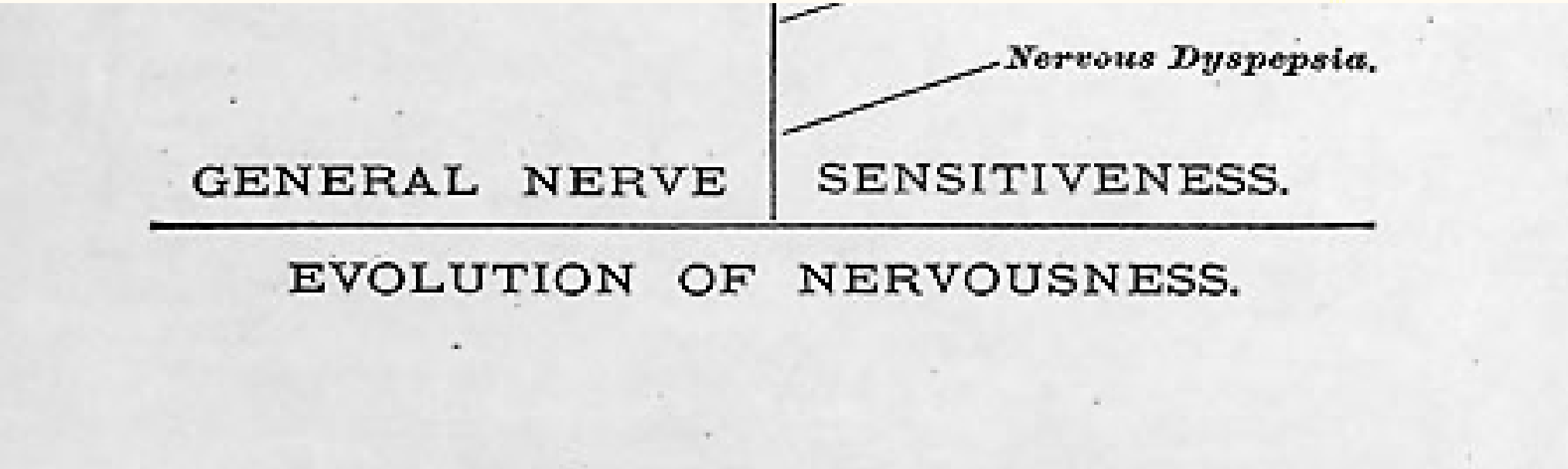
IF YOU HAVE ANY DOUBTS AS TO THE EFFICACY OF OUR HEIDELBERG ELECTRIC BELTS, let us send you our complete book describing them and explaining the electric treatment in detail. Our Free Electric Belt Catalogue contains numberless letters from people who have worn the Heidelberg Electric Belt and realized wonderful benefit from its use. Perhaps among these letters you will find a case similar to your own and may be induced to give the belt a trial, and thus secure the relief you have heretofore looked for in vain.

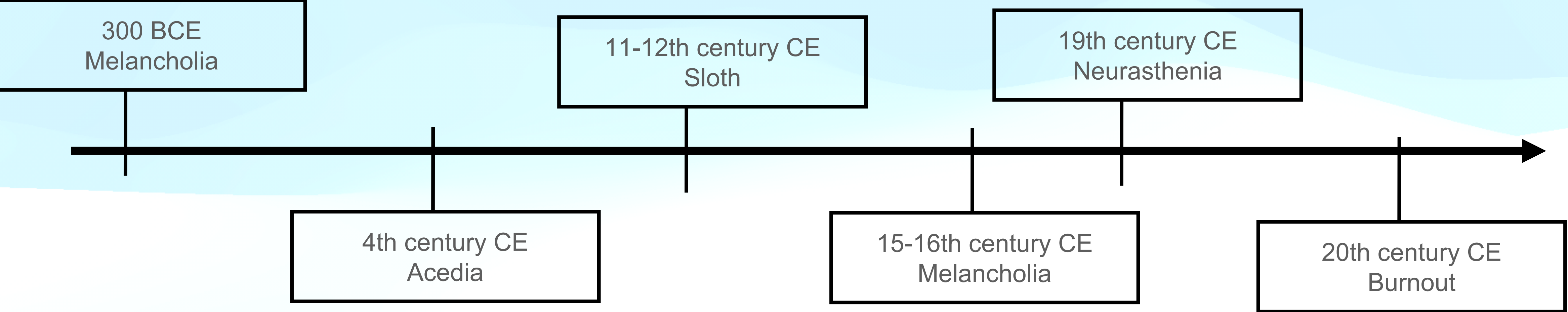


DON'T FAIL
to send
for our

FREE
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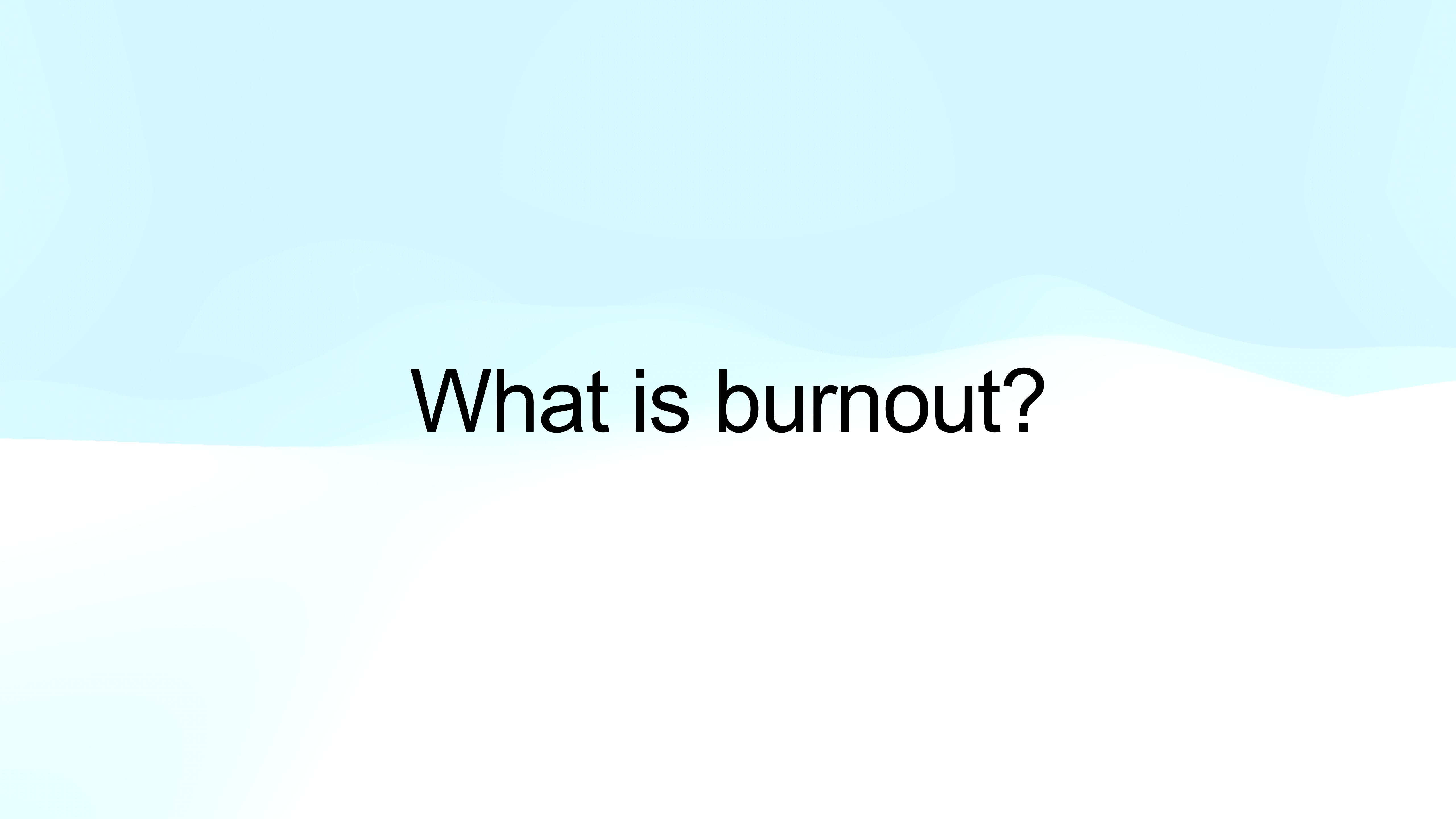




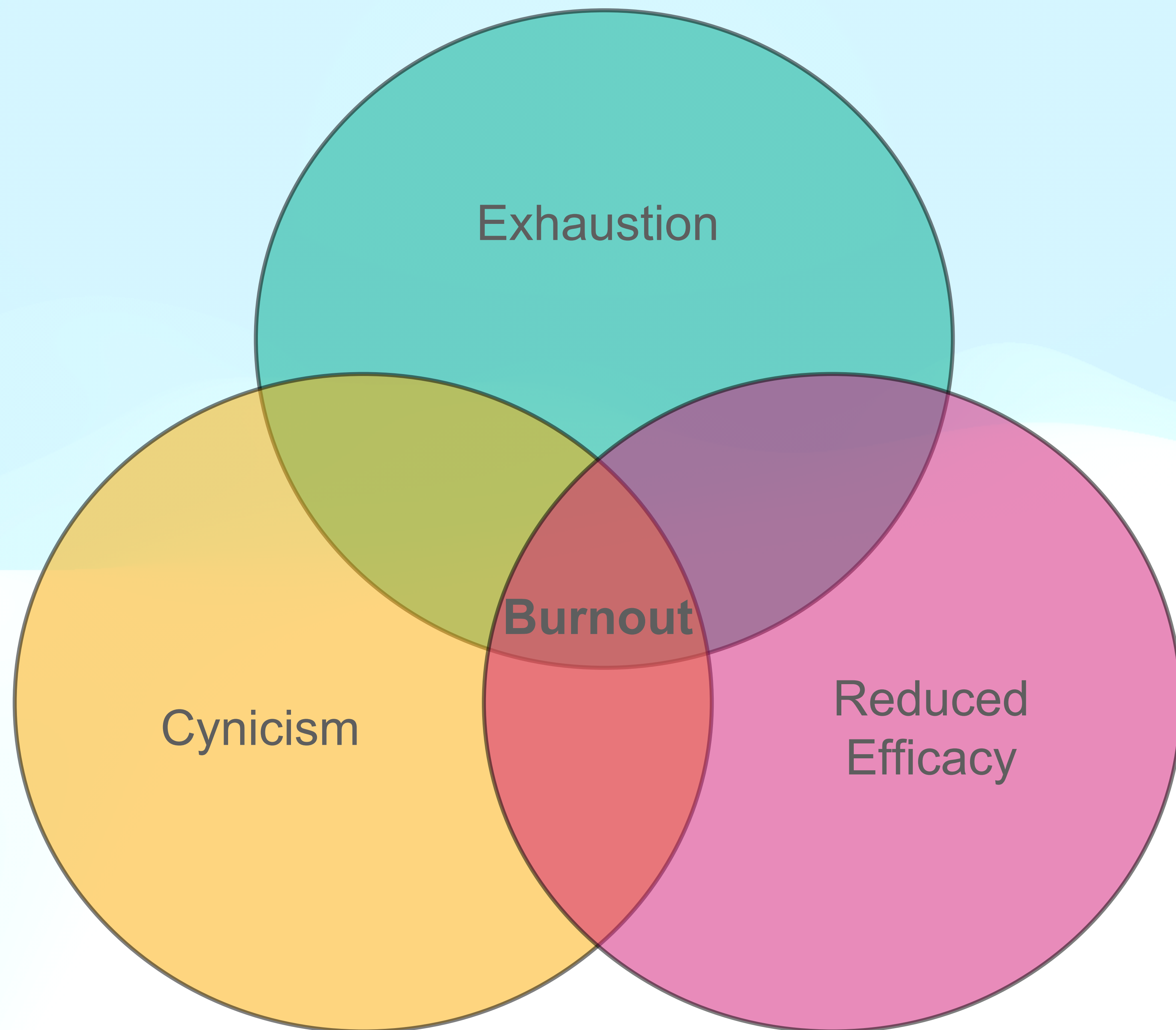
Origins of Modern Burnout

- Christina Maslach, PhD
- Studied depersonalization in human-service work.
- Detachment used to protect emotions.
- “If detachment becomes too extreme, the service professional experiences ‘burn-out’,...[which] describes the loss of any human feeling for clients.” -*Dehumanization in Institutional Settings*





What is burnout?



Exhaustion

Cynicism

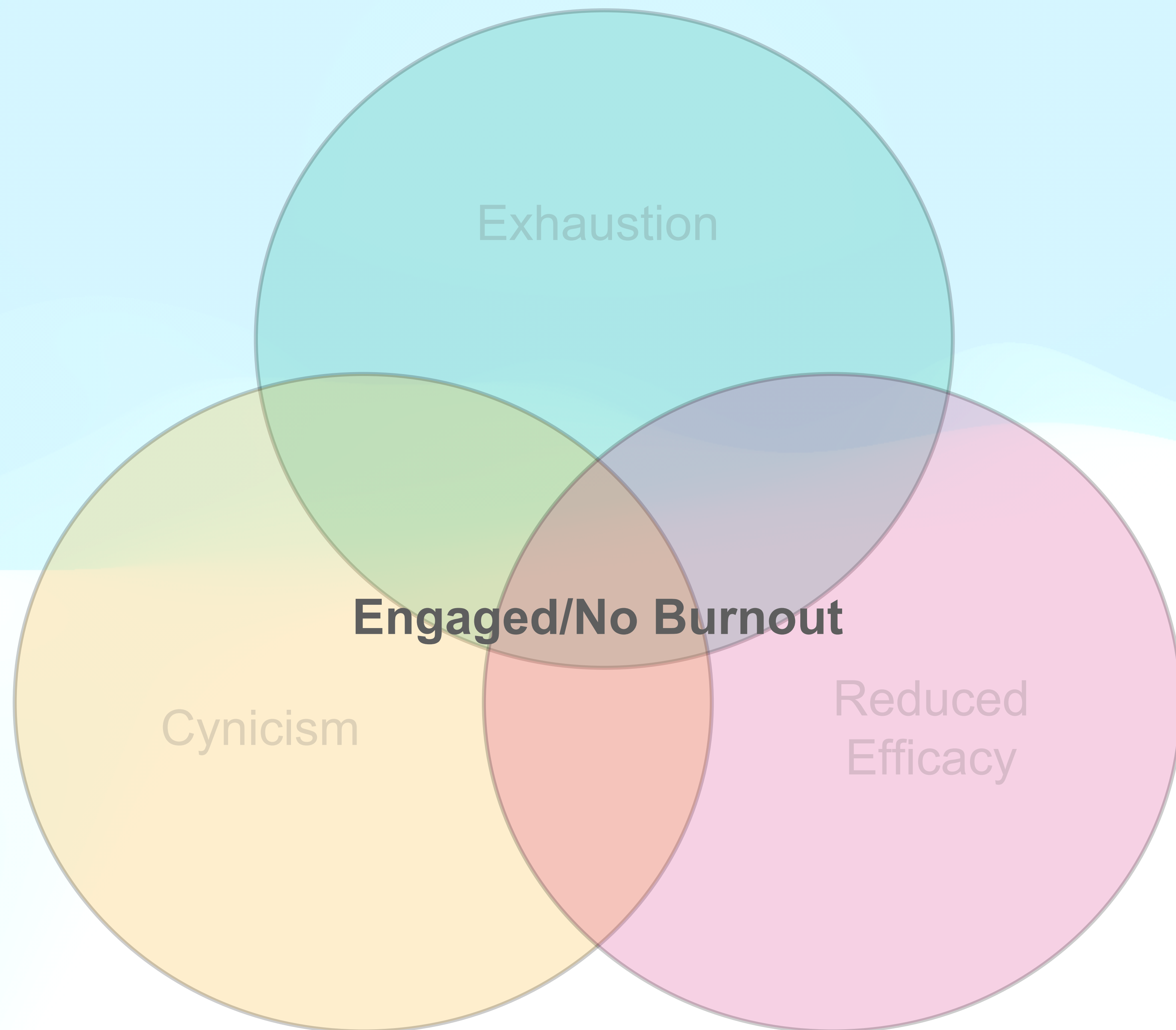
Burnout

Reduced
Efficacy

Burnout - the gap
between our ideals
for work and the
reality of our job



Maslach and Leiter 5 Profiles of Burnout

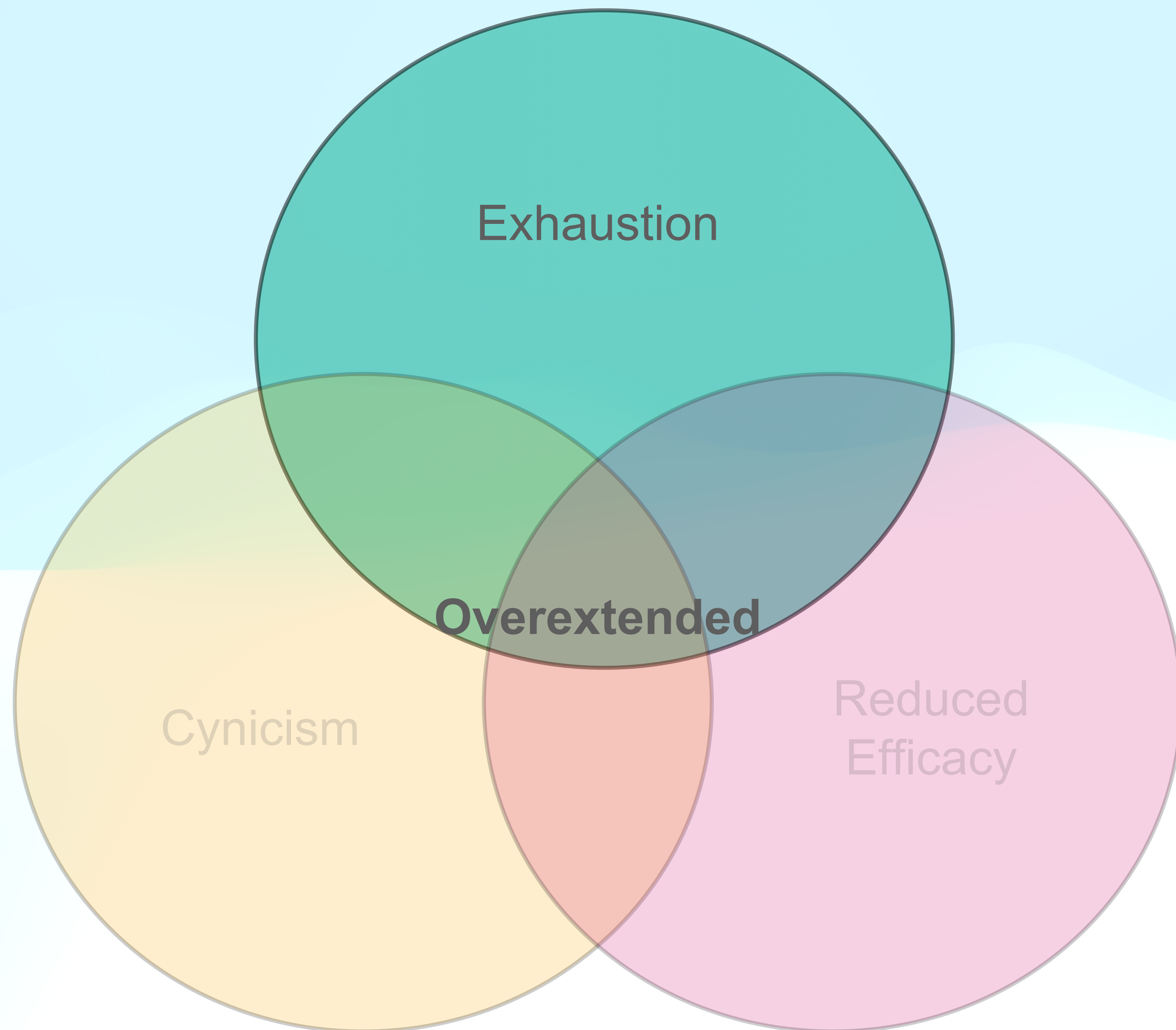


Exhaustion

Cynicism

Reduced
Efficacy

Engaged/No Burnout

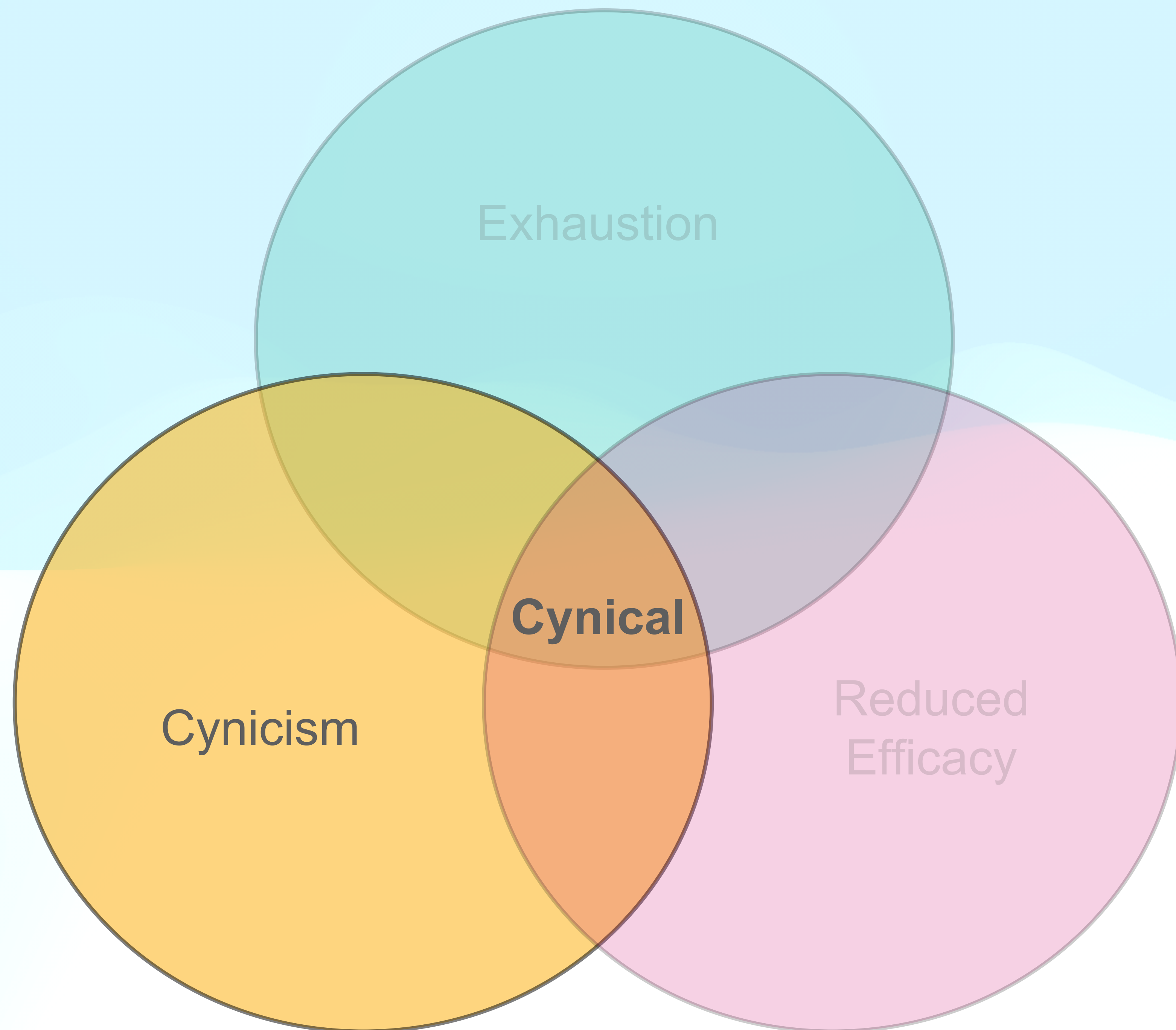


Exhaustion

Cynicism

Reduced
Efficacy

Overextended

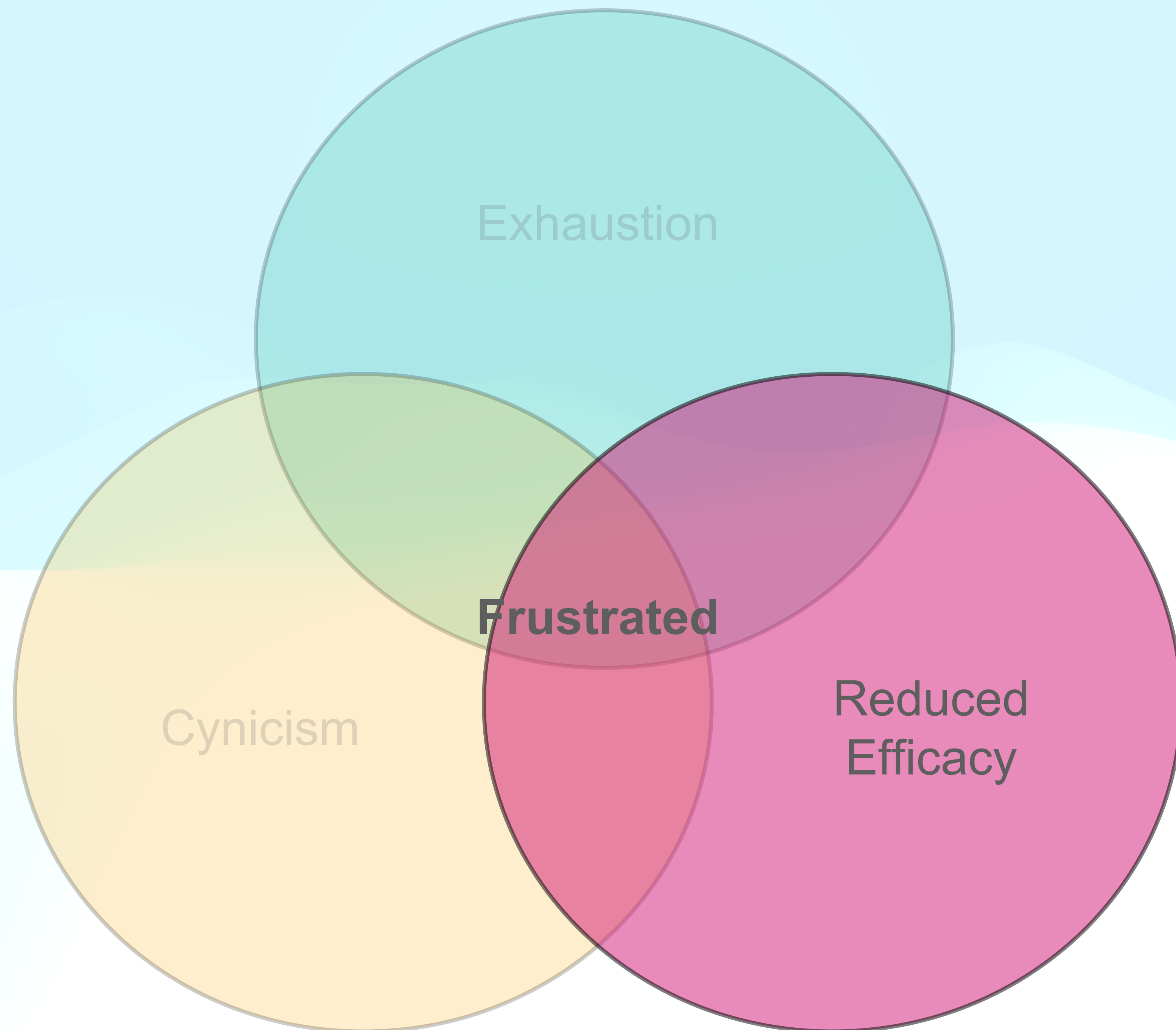


Exhaustion

Cynicism

Cynical

Reduced
Efficacy

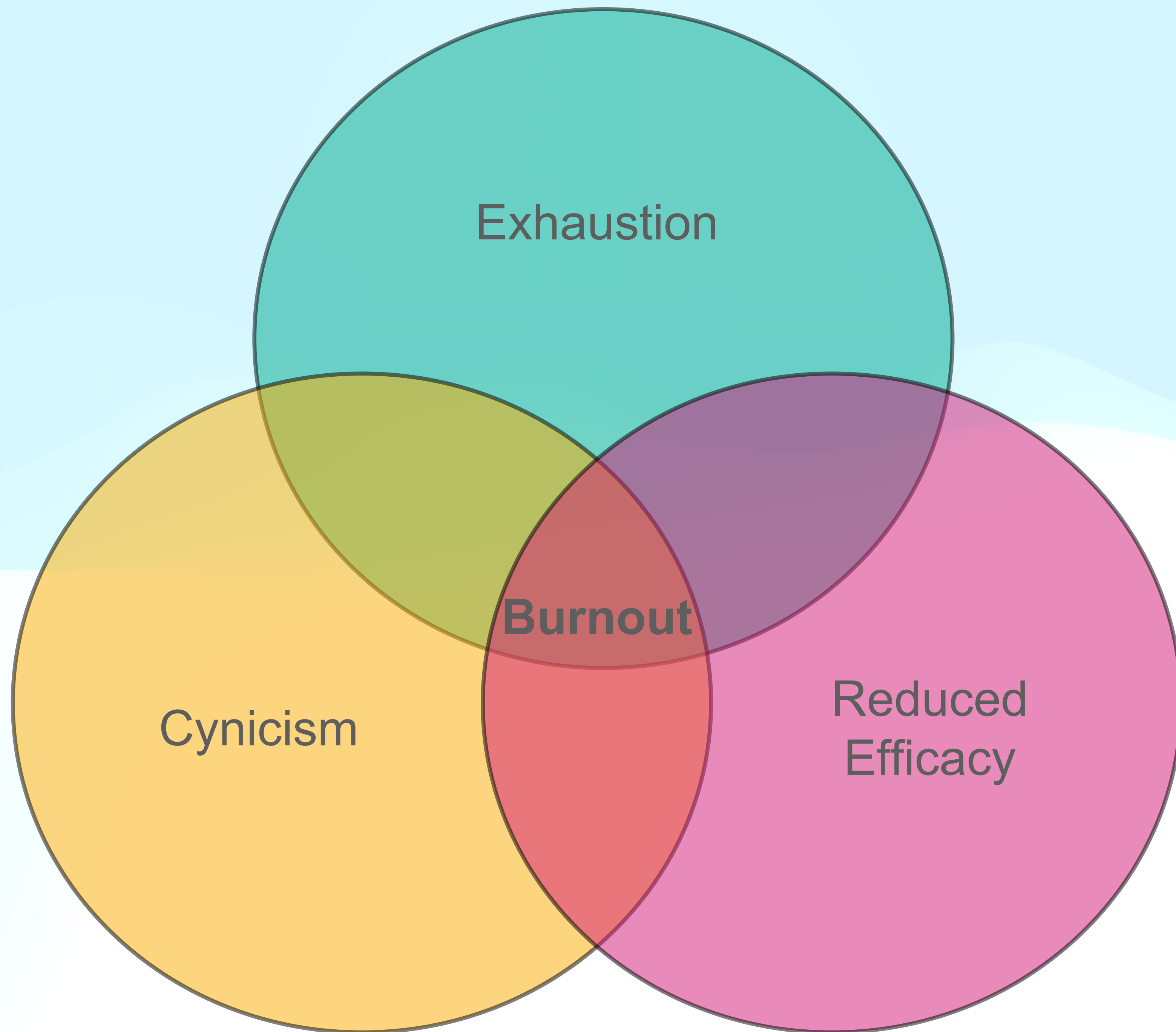


Exhaustion

Cynicism

Reduced
Efficacy

Frustrated



My Burnout Story: Student Life



follow your
PASSION
find your
PLACE

Student Burnout

- Different stressors but

My Burnout Story: New Professional



Professional Burnout

The background of the slide features a series of horizontal, wavy lines in a light blue, teal, and yellow color palette, creating a soft, abstract landscape effect.

Ways to Avoid Burnout

Ways to Battle Burnout

- Self care
- Talk with family and friends
- Clean your home
- Paint your bedroom or re-decorate
- Set a budget
- Read books
- Eat healthy
- Get 10,000 steps a day
- Find a hobby
- Watch TV
- Do something you enjoy
- Get good sleep

Ways to

- Self care
- Talk to friends
- Clean
- Pair down or re-decorate
- Set a
- Read books
- Eat healthy
- 10 steps a day
- y
- ng you enjoy
- sleep

Finding Your Dignity

- We can't change the reality of our work unless we join work movements and/or change jobs regularly. Not always an option
- As caring professionals, we tend to let our work define us (like in my NP story). We need to remember and realize that we have an inherent dignity and WE are the ones who bring that dignity to our work, not our work giving it to us.
- Define dignity
- See next slide

- Improve conditions while reducing social, moral, and spiritual expectations from work
- Work doesn't dignify us, we dignify work. Dignity of. The person is the highest principle in labor
 - People aren't the means to an economic end, but are the "ends in themselves"
 - Once we have dignity at work, the ordinary slights we experience won't seem like personal assaults
- We need to lower our ideals of work to

prevent burnout and have higher ideals for ourselves

- Get over the work when the day is done
- Work has dignity because we have dignity. We always respect the dignity of the patient in front of us; we have to respect our own dignity as well in order to avoid burnout and have a more balanced life.