

Annual Conference – Pre-Conference Workshop PC3

Mindfulness, Self-Compassion, and Personal Resiliency in Medicine

revised 7/19/2017

Thursday, October 19, 2017 from 12:30 to 3:30 PM

Abstract

Burnout is defined as emotional exhaustion, depersonalization (treating patients as objects), and low sense of accomplishment. Physician burnout has been linked to reduced entry into the primary care workforce, reduced productivity, poor quality of care, patient dissatisfaction, increased medical errors, and decreased ability to express empathy. Integrating behavioral health clinicians (BHCs) into primary care is known to increase physician satisfaction and decrease burnout. However, the literature is vacuous about the potential for and impact of BHC burnout in integrated care settings. BHCs see a high volume of patients, experience vicarious trauma, and are additionally sought out for support and consultation by medical providers, trainees, and staff. If the BHCs are taking care of everybody else ... who is taking care of them?

This experiential workshop will include brief didactic material to set the stage by defining burnout, its causes and consequences. The majority of the session will then be devoted to experiential exercises for maximizing wellness and resiliency for both medical and behavioral health clinicians. Ways to imbue these techniques and skills into training environments will also be discussed.

Summary

The landscape of burnout prevention for BHCs is nascent and lacking definitive solutions; however, this workshop will offer strategies drawing upon a growing body of evidence from the physician well-being literature and from diverse fields including neuroscience, compassion research, positive psychology, and mindfulness. The hope for this workshop is raise awareness and open the conversation about why and how clinicians working on the front lines of medicine need to pause and take a dose of their own medicine. With full recognition that enormous responsibility and need for change rests in the healthcare system as whole, this workshop will focus on individual strategies to promote resiliency regardless of setting and system inefficiencies. The workshop will begin with a review of the burnout literature: prevalence, causes, consequences, and strategies to address burnout (~45 minutes). Both individual and organizational strategies will be reviewed. Mindfulness as it relates to clinician well-being (Mindfulness Practice and Mindful Communication) will be defined and exercises to build the skills of 'attention' and 'noticing' with regard to one's internal landscape will be practiced (~60 minutes). The distinction between compassion and empathy will be discussed. The concept of self-compassion will be presented and formally practiced with several

experiential exercises (~45 minutes). Strategies for finding and reclaiming the meaning in medicine will be introduced and practiced (~30 minutes). Resiliency will thus be framed as an outcome of self-care, self-compassion and mindfulness practice.

Objectives

Upon completion of this activity, learners will be able to:

- Describe the contributors to and consequences of clinician burnout.
- Understand the concepts of mindfulness and self-compassion and how they relate to clinician well-being and burnout prevention.
- Participate in a variety of mindfulness and self-compassion exercises to enhance resiliency and reduce burnout.

Presenter

- Christine Runyan, PhD, ABPP, Professor, Dept. of Family Medicine and Community Health, University of Massachusetts Medical School

References

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- Shanafelt, T.D., Hasan, O., Dyrbye, L., et al. (2015). Changes in burnout and satisfaction with work-life balance in physicians and the general US working population between 2011 and 2014. *Mayo Clinic Proc*, 90, 1600-1613.