

Thriving Beyond Burnout: Resilience for Healthcare Providers Part II

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Part I - January 12, 2022

Part II - March 31, 2022

Part III - May 26, 2022

Part IV - July 28, 2022

Course Objectives

1. Participants will list the three components of burnout and how they apply to healthcare providers
2. Participants will define resilience and identify the four domains that are beneficial for fostering resilience
3. Participants will identify 3 fundamental areas within the physical domain of resilience
4. Participants will understand the role of healthy lifestyle behaviors in resilience

Take a Moment...



What is Burnout?

Burnout is recognized by the World Health Organization as an occupational phenomenon which occurs as a result of chronic, unresolved workplace stress

It is characterized by three dimensions:

- 1) Feelings of energy depletion or exhaustion
- 2) Feelings of negativity or cynicism
- 3) Reduced professional efficacy

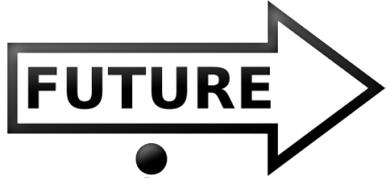


Incidence of Burnout

- Studies suggest that nearly half of physicians are experiencing symptoms of burnout
- Allied health professionals including Speech Therapists, Occupational Therapists and Social Workers report the highest level of burnout at nearly 60%
- A recent study by the International Council of Nurses reports that nursing burnout rates have risen to as high as 70%



Odds of burnout are significantly lower in those who felt valued by their organization



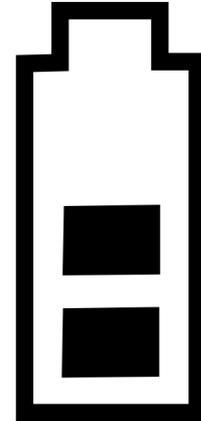
Consider: How can we empower ourselves?

Organizational Factors

- lack of autonomy
- excessive paperwork
- unrealistic standards
- complex patients
- unappreciated

vs. Personal Factors

- not enough time for self
- thoughts, mindset
- coping strategies
- personality traits
- lack of boundaries



Resilience

“The ability to bounce back from negative emotional experiences or adversity”



“How one deals effectively with pressure, ambiguous and emerging conditions, and multiple tasks”

Anticipates change and learns from mistakes. Recovers quickly from setbacks.

What Makes A Person More Resilient?

Resilience

Four Domains of Resilience

1) **Spiritual**

- adhering to beliefs and values
- aligned with purpose

2) **Physical**

- healthy lifestyle behaviors
- physical activity balanced with rest

3) **Mental**

- ability to cope with stressors
- attending to needs, thoughts

4) **Social**

- build and value relationships
- create & maintain social networks



Resilience: The Physical Domain

Physical resilience refers to the body's ability to exert it's true power and then return to a healthy resting state





Take a moment to consider...

On a scale of 1-5 (1- not so good, 5- great), where do you fall in each category?

- Nourish
- Recharge
- Movement

Existing long term in this cycle of stress can begin to impact a number of different areas of your system

Food and Drink

Eating a balanced diet, rich in fruits, vegetables, and legumes

Lean meats and plant based proteins

Whole grains and healthy fats

Staying properly hydrated!!



What does this look like in the real world?

Rest and Relaxation

- **Are you getting enough sleep?**
 - Practicing good sleep hygiene
 - Consider sleep surroundings
 - Utilize bedtime routines
 - Seek professional for support
- **What are some other ways to incorporate rest and relaxation?**
 - Practicing deep breathing throughout your workday
 - Restorative Yoga or Yoga Nidra
 - Trading technology for time in nature or a book
 - Switching up high intensity exercise routines



Physical Activity

Formal

Yoga, pilates, dance, barre classes
Run or walking, biking, swimming
Gym, weight training, martial arts

Functional

Gardening, cleaning, grocery shopping
Parking further away, taking the stairs
Playing with your kids, walking the dog

TIPS AND TRICKS

- ⇒ Make it Fun
- ⇒ Be Flexible

- ⇒ Get Support
- ⇒ Write it Down

- ⇒ Listen to Music
- ⇒ Think Variety

Start Small and Work Your Way Up

Unlocking Resilience: The Physical Domain

Sleep

Improved memory, reasoning, problem solving, and concentration

Nourish

Reduced inflammation, improved digestion, combat headaches and fatigue



Move

Reduced stress, improved depressive symptoms, and cognitive function

Questions?



Resources

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Resources

9. Physician Burnout: It Just Keeps Getting Worse. Medscape (2015).
10. <https://proceedings.esri.com/library/userconf/proc04/docs/pap1646.pdf>
11. <https://www.dla.mil/Info/Resiliency/>
12. <https://www.frontiersin.org/articles/10.3389/fnbeh.2020.626769/full>
13. <https://www.psychologicalscience.org/observer/burnout-and-the-brain>
14. Free course: <https://www.coursera.org/learn/resilience-uncertainty>
15. <https://rightasrain.uwmedicine.org/body/food/healthy-eating-for-resilience>
16. <https://www.ama-assn.org/practice-management/physician-health>
17. <https://www.myamericannurse.com/my-nurse-influencers-the-dauntless-nurse-nurse-burnout/>
18. <https://www.healthline.com/health/balanced-diet#putting-it-together>
19. <https://www.forbes.com/sites/kevinkruse/2021/07/30/research-says-to-improve-resilience-improve-your-sleep>

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990

National Suicide Prevention Lifeline at 800-273-8255

Thank you for all that you do!

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