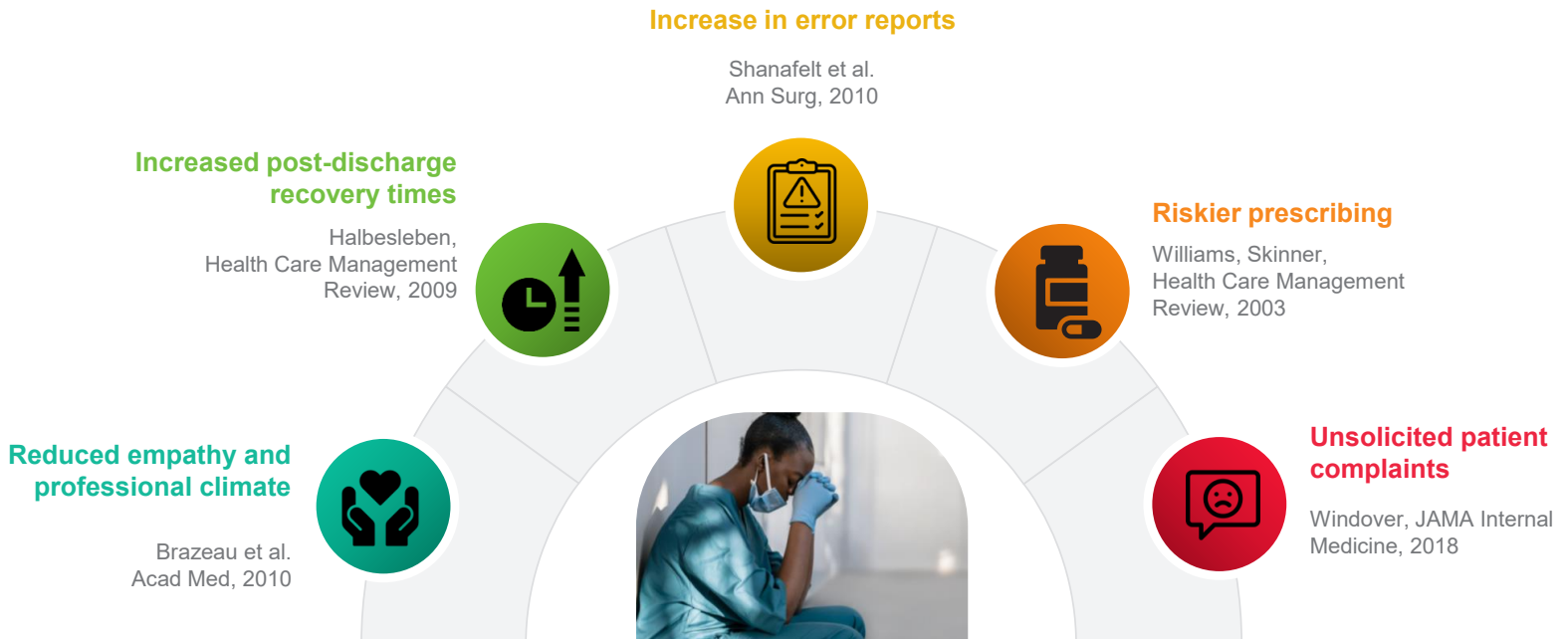


MITIGATING BURNOUT THROUGH INTEGRATED HEALTHCARE

IMPACT OF BURNOUT



High turnover, predicts intent to retire and reduce clinical hours



Turnover disrupts patient care, affects remaining team



Can impact professional and personal lives leading to declining mental health and damaging interpersonal relationships

HOW INTEGRATION CAN MITIGATE THE IMPACT OF BURNOUT

Resources for Health Care Worker Well-Being: 6 Essential Elements



Remember that trans-disciplinary connections are protective. They improve patient care and support staff communication and relations.

Examples include:

- Daily huddles
- Weekly meetings
- Treatment planning sessions

The goal is to create space, collaborate, share information, and problem solve together, moving towards an integrated strengths based approach.

Please click the image above for more resources on each of the essential elements.

KEY TAKEAWAYS



Acknowledge that “Burnout is not a **ME** problem, but a **WE** problem.”



Identify aspects of workplace culture at your organization that impact the well-being of staff (both positive and negative).



Look for ways to implement aspects of integration that will benefit staff at your organization such as increasing collaborative opportunities.



Take steps to prevent isolation by celebrating the value you bring to your colleagues and taking the time to acknowledge the realities of your work with fellow team members. You are not alone!

RESOURCES AND REFERENCES

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