

BUILDING RESILIENCE IN MEDICINE AND PREVENTING BURNOUT

ENRH-157

Course Director: Blake Barker, MD

Department: Student Wellness & Counseling

Student Liaisons: Cameron Ward, Stephanie Shea, & Maryam Ali

REQUIREMENTS

Minimum participants for the course to be conducted: 8

Maximum number of students to be enrolled: 20

COURSE DESCRIPTION

This elective aims to introduce UT Southwestern Medical Center (UTSW) students to the growing issue of burnout experienced among medical students, trainees, and professionals. The focus will be on understanding the causes and consequences of burnout, instilling practices and coping mechanisms to combat burnout, and shaping a healthy and balanced workforce that will be capable of navigating the professional medical environment.

Students registered in this elective will be exposed to physicians who have remained resilient while practicing medicine, participate in group discussions around the theme of burnout, and gain an understanding of how their personal traits and goals might contribute to their level of stress. This course will emphasize that students' willpower is not the problem; but while the systemic issues are being improved, they can do their best to maintain wellness.

COURSE OBJECTIVES

- Recognize the signs, prevalence, and impact of burnout
- Practice skills and coping mechanisms to combat burnout
- Reflect on sources of burnout while in medical school, residency, and as a professional
- Sustain empathy in the face of stressful situations and exhausting hours
- Implement effective coping mechanisms for dealing with death and dying
- Cultivate healthy peer-group relationships in which vulnerability and health seeking behaviors are endorsed

FORMAT

This course will consist of online lectures, small group discussions, and active learning over 12 one-hour sessions. Students will be expected to complete short assignments or readings prior to each meeting and are encouraged to contribute to discussions. One make-up session will be allowed per student which will require attending an online, UT Southwestern Student Center group fitness class or an Effective Teacher Series lecture in lieu of the missed session.

STUDENT EVALUATION

Grades will be pass/fail. Attendance is required to receive credit for this course.

COURSE EVALUATION

Grading will be pass/fail. To receive transcript acknowledgment, students must attend 10 of 12 participant hours and complete the online REDCap course evaluation form.

BUILDING RESILIENCE IN MEDICINE AND PREVENTING BURNOUT SCHEDULE

All classes are scheduled for Mondays from noon to 1pm

SESSION 1 (Aug 24)- Introduction to Burnout

SESSION 2 (Aug 31)- Personality and Burnout

SESSION 3 (Sept 14)- The Development of Resilience (Peer advocates)

SESSION 4 (Sept 21)- Time Management (Dr. Molly Camp)

SESSION 5 (Sept 28)- Maintaining Balance (panel of MDs)

- Dr. James Wagner
- Dr. Blake Barker
- Dr. Jaclyn Albin
- Dr. Hina Dave

SESSION 6 (Oct 5)- Imposter Syndrome (Monique Jones MSW, M.Div)

SESSION 7 (Oct 12)- Resilience through Wellness and Gratitude (Dr. Preston Wiles)

SESSION 8 (Oct 19)- Medicine as a Calling (Dr. Melanie Sulistio)

SESSION 9 (Oct 26)- Accepting Critical Feedback (AOA)

SESSION 10 (Nov 2)- Narrative Medicine

SESSION 11 (Nov 9)- Death and Dying (GHHS)

SESSION 12 (Nov 16)- Empathy