

S015 Bureaucracy, Compliance, and Burnout: What it Means to Dermatologists
Handout for Solutions: Identifying and Mitigating Burnout
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What is Burnout?

Physical or mental collapse caused by overwork or stress. Characterized by 3 elements:

1. Physical and emotional exhaustion
2. Depersonalization manifesting by cynicism and detachment
3. Feelings of ineffectiveness and lack of accomplishment

What can Burnout lead to?

It affects work performance with decreased productivity, decreased quality of care and increased medical errors

It can lead to other issues like depression, anxiety, suicidal ideation, substance abuse and relationship issues

What can be done to treat/prevent Burnout?

Step 1: Fine Tune Your Practice

Think about your ideal practice and try to make changes to make that come to life

Work with your staff to help make things better

Step 2: Adjust your mindset

Think about what happiness and success means to you

Step 3: Realize you are only human

Step 4: Celebrate your successes

Step 5: Recharge your batteries

Prioritize things that are important to you that refresh you

Utilize music, hobbies, activities that reenergize you

Stay involved with other doctors- local societies, CME meetings, skin cancer screenings

Step 6: Manage your stress

Take care of yourself- exercise, sleep, eat well

Smile, breathe, practice gratitude

Learn about mindfulness

Go to a support group, see a therapist or counselor