

## PHYSICIAN WELL-BEING: Hardwiring a Personal Strategy

Across healthcare, 2020 has been the most disruptive year in over a century, adding additional stress upon physicians. Medical training conditions physicians to “never show weakness” and “the patient comes first” – healthcare’s two Prime Directives. This programming is so powerful that physicians may feel guilty *even thinking about their own self-care*. As helpers/healers, this can take a toll on all healthcare workers, placing them at increased risk for burnout.

*When you are with the patient, the patient comes first. When you are not with the patient, we must recharge, restore our energy accounts, regain balance, and practice radical self-care.*

### ABOUT SE HEALTHCARE’S BURNOUT PREVENTION PROGRAM

SE Healthcare offers a one-of-a-kind Burnout Prevention Program to MUSC physicians. The Program was developed in collaboration with the leading coach on burnout prevention, Dr. Dike Drummond who has trained more than 40,000 clinicians and 175 corporate clients. The program is web-based, on-demand and includes education about burnout, practical tools to increase efficiency, improve communication, and achieving work-life balance - culminating in participants **building a personal burnout prevention strategy**.

### ENRICHMENT CENTER

The Enrichment Center is built on Dr. Drummond’s training curriculum and includes over 50 videos and audios that carry 14.5 CME credits. The Enrichment Center takes a proactive approach but is especially timely for those already experiencing symptoms of burnout *to prevent progression*. The content is designed as a planned sequence; however, users can pick and choose. The goal of the content is to coach individuals towards changing simple behaviors: pick a tool, integrate it into your practice. Once that tool is stable, add another, then another, until your personal strategy yields the positive results you are seeking.

*“If you change nothing, then nothing will change”*

### SURVEY

The survey is only 10 questions that measure what matters - *particularly* 3 open-ended questions on physicians’ top stressors. Please answer the survey questions honestly - your responses will be kept strictly confidential. This information provides a deep understanding of *specific day-to-day stressors* that closed-ended questions fail to capture. In large healthcare organizations, it can be difficult to capture “the voice of every physician”. This survey *is different* and does just that. SE Healthcare’s Burnout Prevention Survey provides a structure to identify and address organization-generated contributors to stress and the basis for dual, parallel strategies to impact the issue of physician burnout.

### PARTICIPATION IN THE PROGRAM IS EASY:

1. Visit SE Healthcare’s Enrichment Center\* (be sure to bookmark the login page!):

<https://www.physicianburnoutprevention.com/create-ec-user/MUSC>

2. Choose your 3 modules (we strongly recommend watching videos sequentially for the full benefit)

3. Take the survey – link is within the Enrichment Center\* banner

\* Optimized for Google Chrome, Microsoft Edge, and Mozilla Firefox