

LEARNING OBJECTIVES

9-26-23

PERFORMANCE GAP/ ACTIVITY NEED: The objective of the lecture is to supply physicians' strategies for sustaining resilience and joy at work. It is crucial for providers to make sure they have access to resources to help them with adversity by practicing the strategies they learn in this lecture.

DESIRED OUTCOMES: At the completion of this activity, the participants will be able to:

- notice and recognize when they are feeling burnout.
- describe several strategies for sustaining resilience and joy at work.
- make a plan for practicing one of these strategies each day..

LEARNERS: all clinicians

DESIRABLE PHYSICIAN ATTRIBUTE: Interpersonal and Communication Skills, Professionalism

CLC/IB IDENTIFIED: Reflect on the physician populations most affected and consider how implicit bias may impact appropriate care of these providers.