Burnout in Pediatric Hematology/Oncology: Moving from Discussion to Action

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Definitions

• Resilience
  • Resilience is the strength of body, mind, and character that enables people to respond well to adversity
Definitions

• Cumulative stress/burnout
  • A state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity
Definitions

• Compassion fatigue
  • The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events
Definitions

• Acute stress reactions/critical incidents
  • An unusually challenging event that has the potential to create significant human distress and can overwhelm or interfere with one’s usual coping mechanisms
Self-Assessment Questions

• I enjoy my work. I have no symptoms of burnout.
• Occasionally I am under stress, and I don’t always have as much energy as I once did, but I don’t feel burned out.
• I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
• The symptoms of burnout that I’m experiencing won’t go away. I think about frustration at work a lot.
• I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.
Your Assignment

• Answer self-assessment burnout question
• Identify underlying factors
• Discuss/list responses in the small groups
• Identify proactive strategies to address the underlying factors
• Identify reactive strategies to address the underlying factors
• Set a goal to implement a specific proactive strategy including what and when: share in the group
Resources

• Strategies: Proactive and Reactive
  • (list weblink)