

# Boundaries or Burnout?

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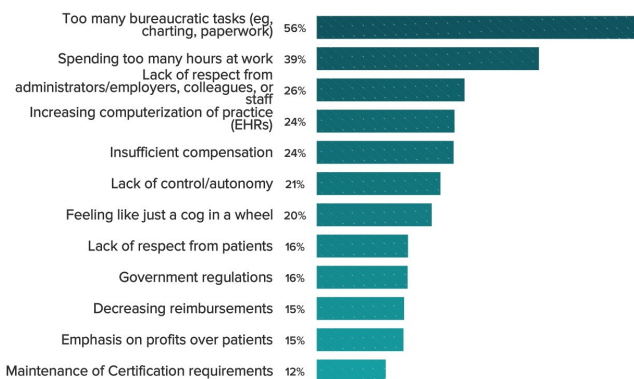
YOU MAKE THE CHOICE

## Background

45% of healthcare professionals identify as being burned out. 57% of providers know a physician that has tried or committed suicide.

Burnout affects EVERY profession. Causes of burnout include emotional and physical exhaustion, loneliness, and lack of feeling accomplished in their roles.

What Contributes to Physicians' Burnout?



## Methods to avoid BURNOUT

- Take your vacations
- Journal your days
- Build in breaks throughout your day
- Learn the power of NO
- Delegate your work whenever possible

## Aims

**REDUCE BURNOUT AMONGST HEALTHCARE PROFESSIONALS**

**CREATE BOUNDARIES TO ALLOW HEALTHCARE PROFESSIONALS OPERATE AT THEIR BEST**

**CREATE ENVIRONMENTS WITH REDUCED STRESS AND ILLNESSES**

**REDUCE EMPLOYEE TURNOVER**

**HAVE PROFESSIONALS WORKING WITHIN THEIR SCOPE**

**MINIMIZE WORKLOADS**

## Limitations

- Limited staffing
- Financial challenges
- Ever-changing compliance changes
- Aging population
- Increase in chronic diseases
- EHR/EMR

## Summary

- Burnout can be prevented
- Collaboration required by CEO to front lines to add
- Personal boundaries required for change
- Demands on the healthcare system continue to expand, causing more stress

### Resources:

<https://www.medscape.com/slideshow/2018-lifestyle-burnout-depression-6009235>

<https://www.beckershospitalreview.com/hospital-physician-relationships/45-of-healthcare-professionals-feel-burnt-out.html>

<https://www.BreakfastLeadership.com/blog>

