



On the Edge of Burnout



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@TheSGEM #ACEM18

www.TheSGEM.com



Edge of Life and Death



Early Adopters

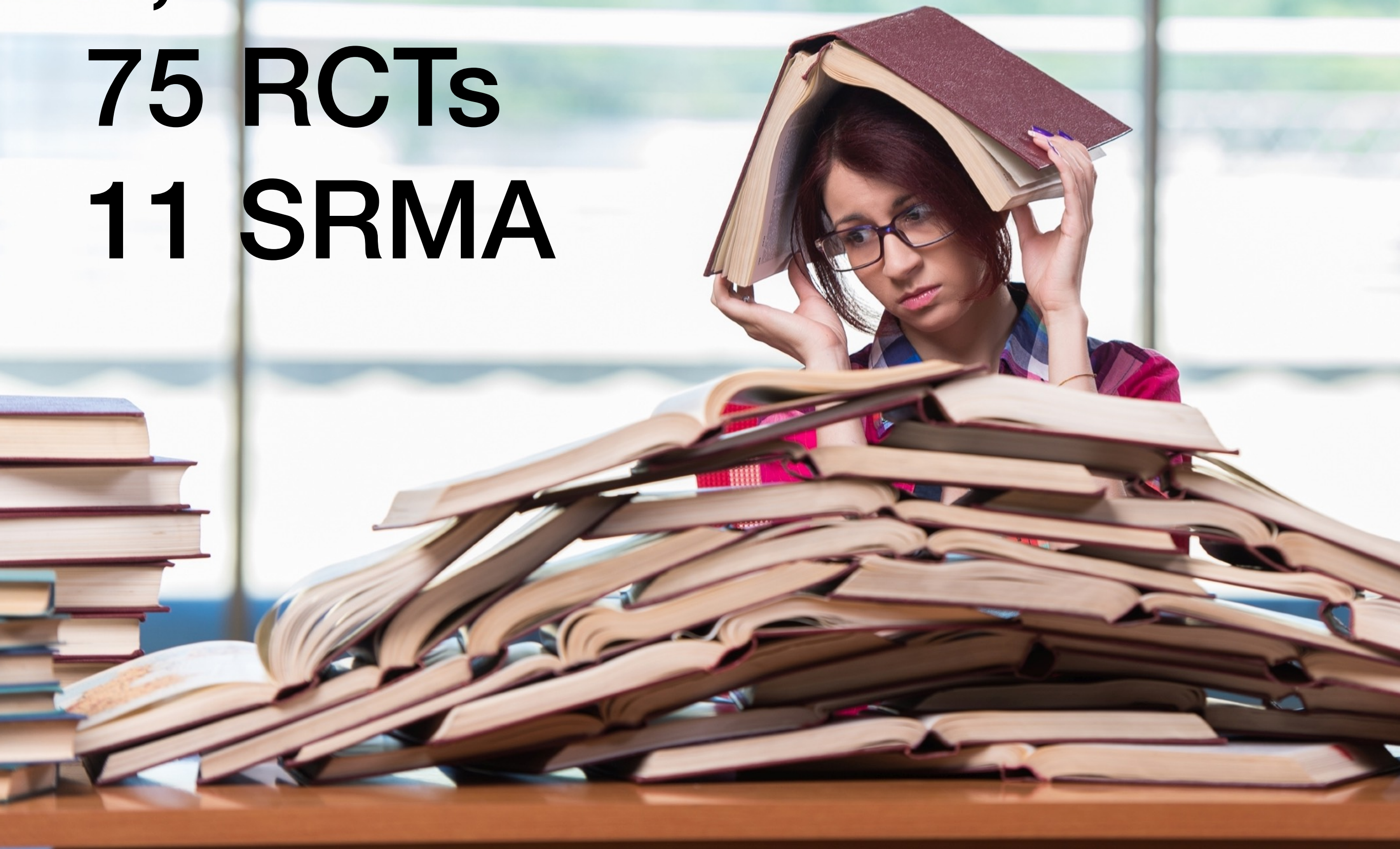


Get it Wrong

3,800 Articles

75 RCTs

11 SRMA





FOAMed

Burnout

Herbert Freudenberg 1974

“A state of fatigue or frustration that resulted from professional relationships that failed to produce the expected rewards”





Emotional Exhaustion



Depersonalization



Personal Accomplishment



Unknown ED Physician 2015

MD Burnout 50%

Shanafelt et al Mayo Clin Proc 2015





Electronic Medical Records



Negative Clinician Consequences



Negative Clinical Consequences



Millennials - Whingers?



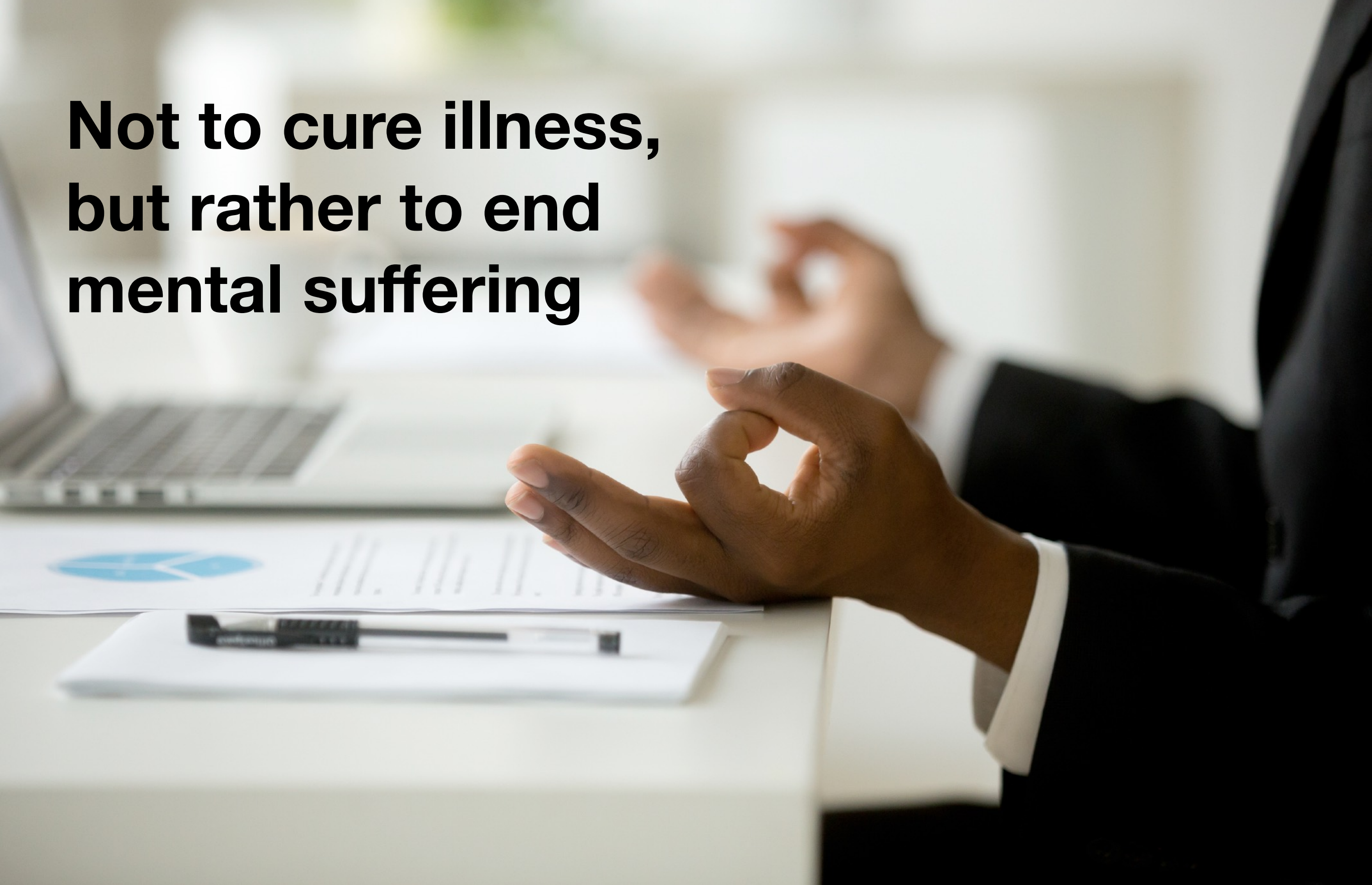
Four Yorkshiremen

Solutions?

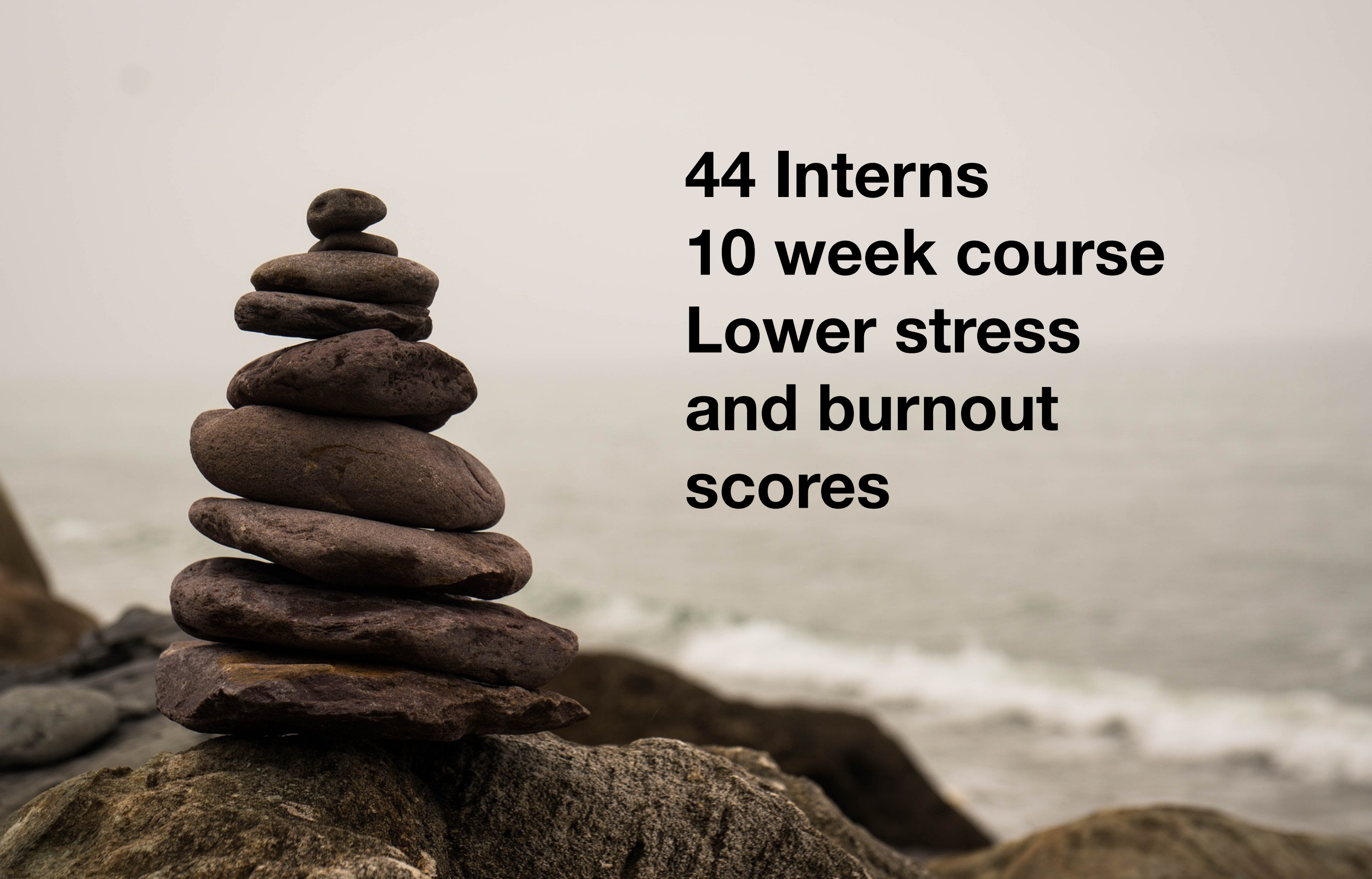
West et al Lancet 2016



**Not to cure illness,
but rather to end
mental suffering**



Mindfulness



**44 Interns
10 week course
Lower stress
and burnout
scores**

Ireland et al Medical Teacher 2017

5 Other Things:

Pace
Money
Expert
Confidant
Non-Medical



A photograph of a dilapidated industrial workshop. The scene is filled with various pieces of old machinery, including large metal wheels, gears, and a prominent yellow engine in the center. The floor is covered in dirt and debris, and the walls are made of brick, some of which is peeling. A large red barrel sits on the right side. The overall atmosphere is one of neglect and decay.

ED Burnout 70%

System Problem



Power of Kindness

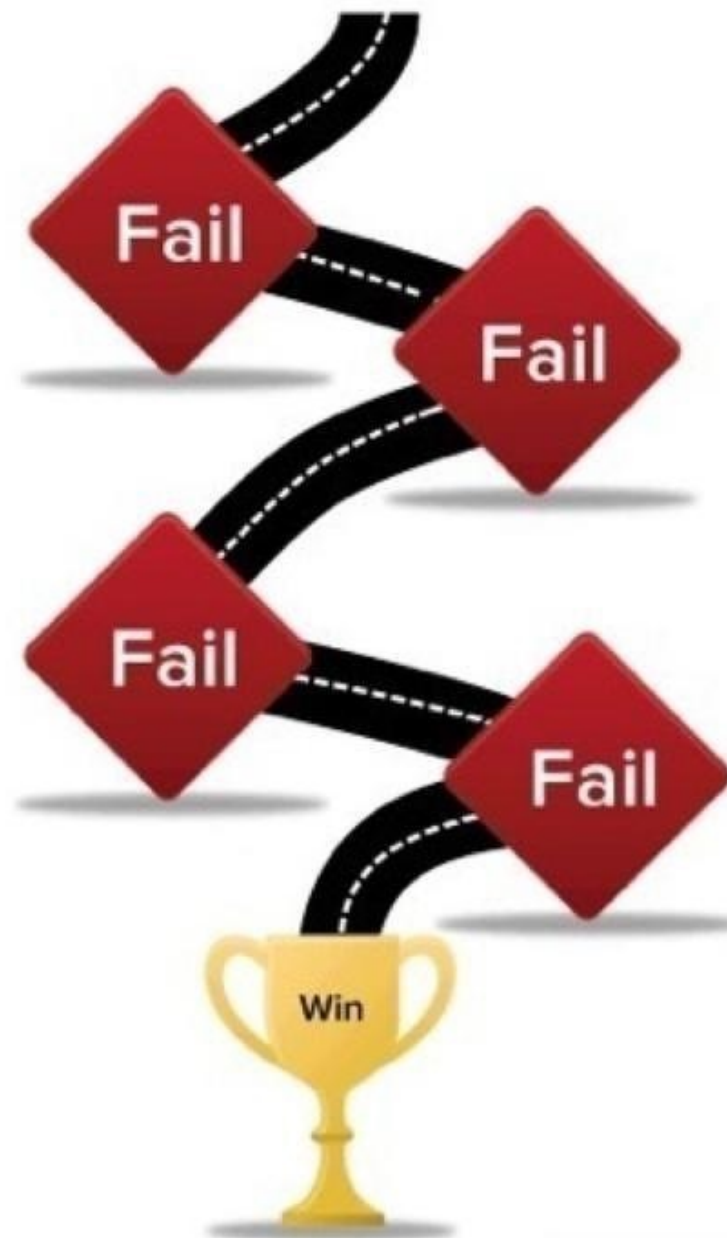


Student Wellness

What Most
People Think



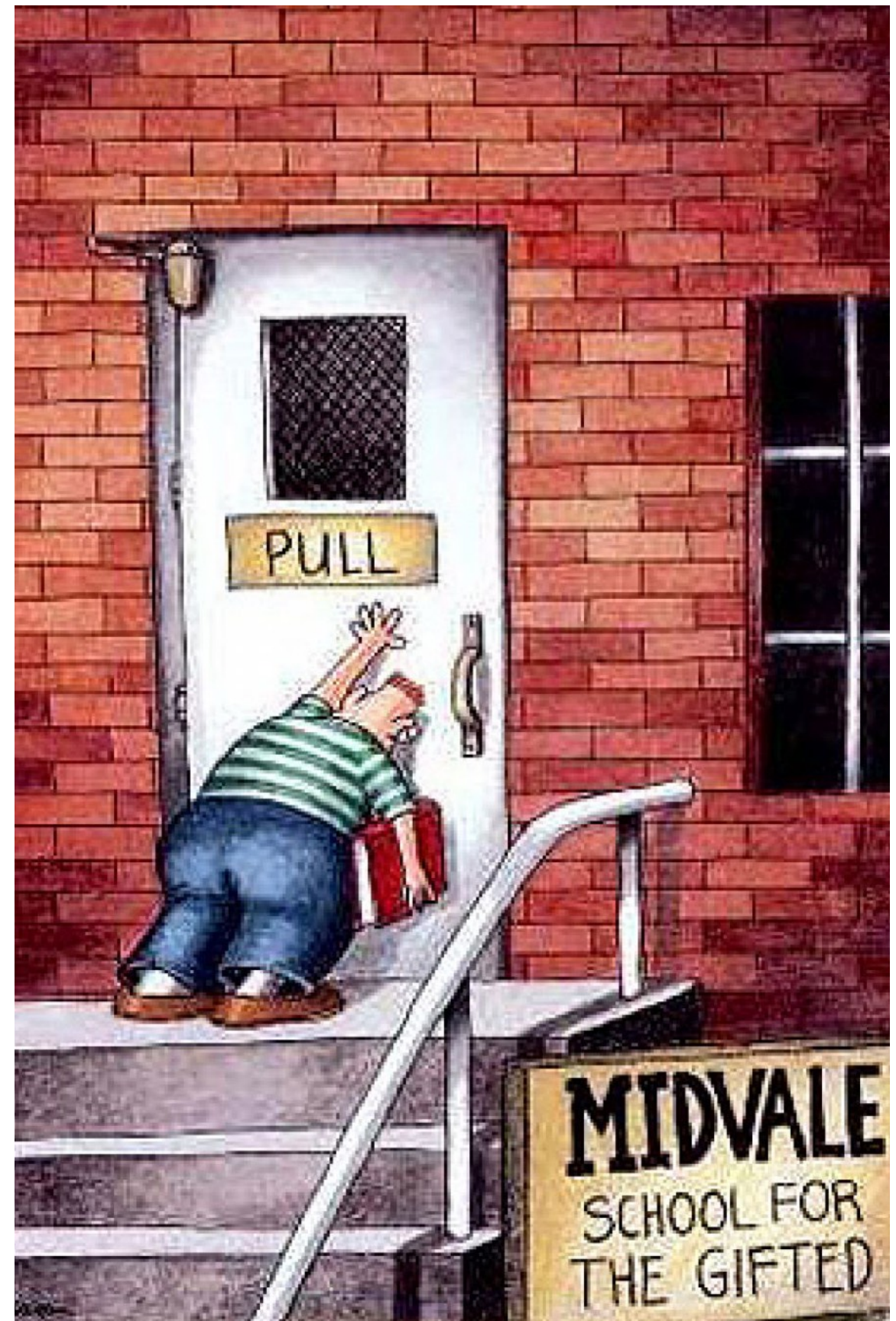
What Successful
People Know



My Burnout/Wellness

Medical School

I did not get accepted
on my first attempt



Life Throws Curveballs







Dr. Ken Milne Sr.



BatDoc



Life Partner



**#FOAMed
Friends**

**The most important thing in life
is to be yourself.**



**UNLESS YOU CAN BE BATMAN.
ALWAYS BE BATMAN.**

WeKnowMemes

It's OK not to be OK



NNT = 1

www.ACEM.org.au Member Wellbeing



PERTH
AUSTRALIA

The SGEM
Goes to the Edge

Edge of Burnout

ACEM 2018 ASM