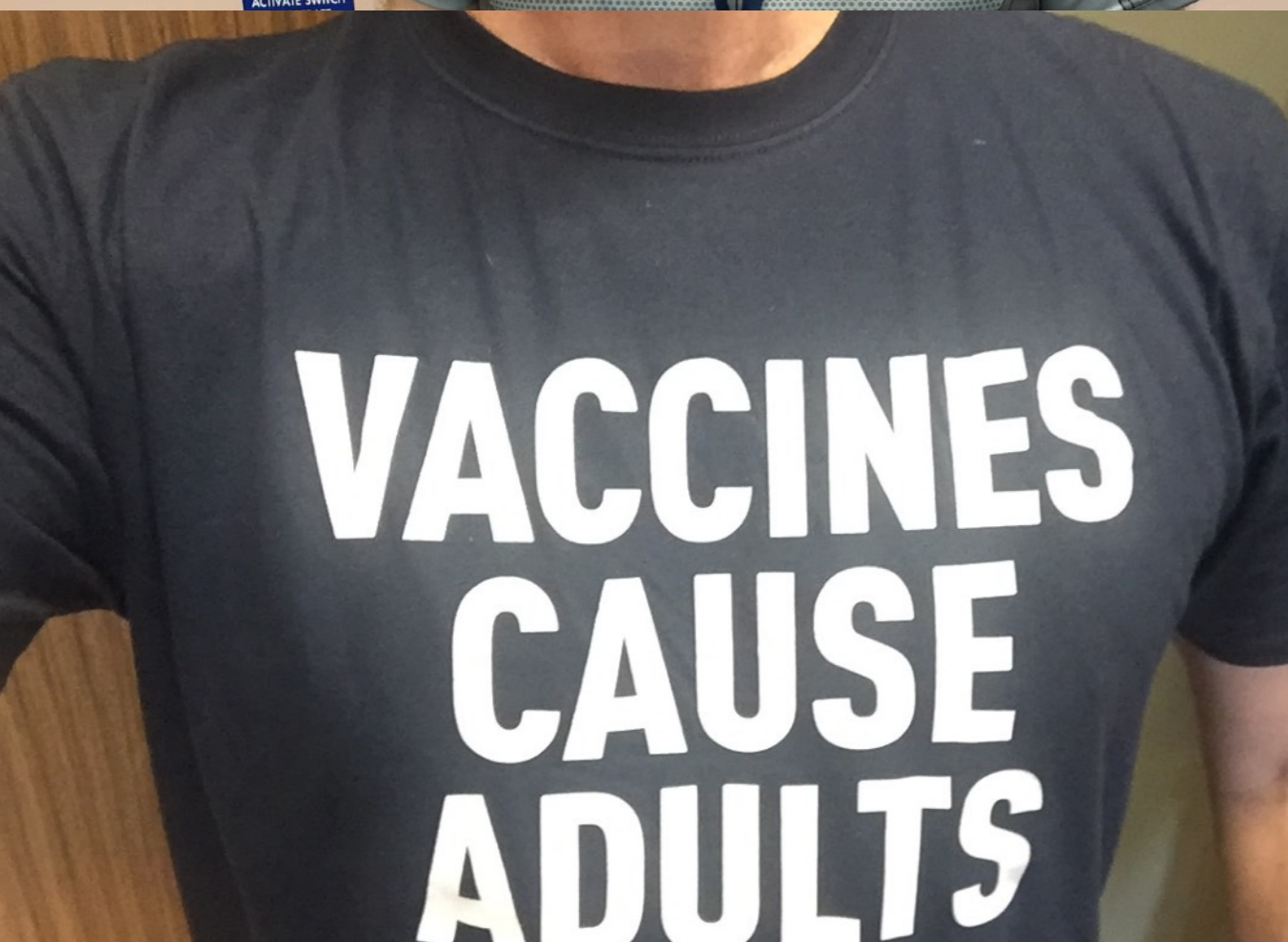




Ken Milne MD
Sept 11th, 2020

The Water is Wide







On the Edge of Burnout



Ken Milne

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

MD Burnout 50%

Shanafelt et al Mayo Clin Proc 2015

A visual metaphor for burnout using five matchsticks. The first matchstick on the left is lit, with a small flame and smoke. The other four matchsticks are unlit. A large, bold, yellow '70%' is superimposed over the center of the matchsticks, indicating that 70% of the matches (or 70% of doctors) are burned out.

70%



Electronic Medical Records



Negative Clinician Consequences



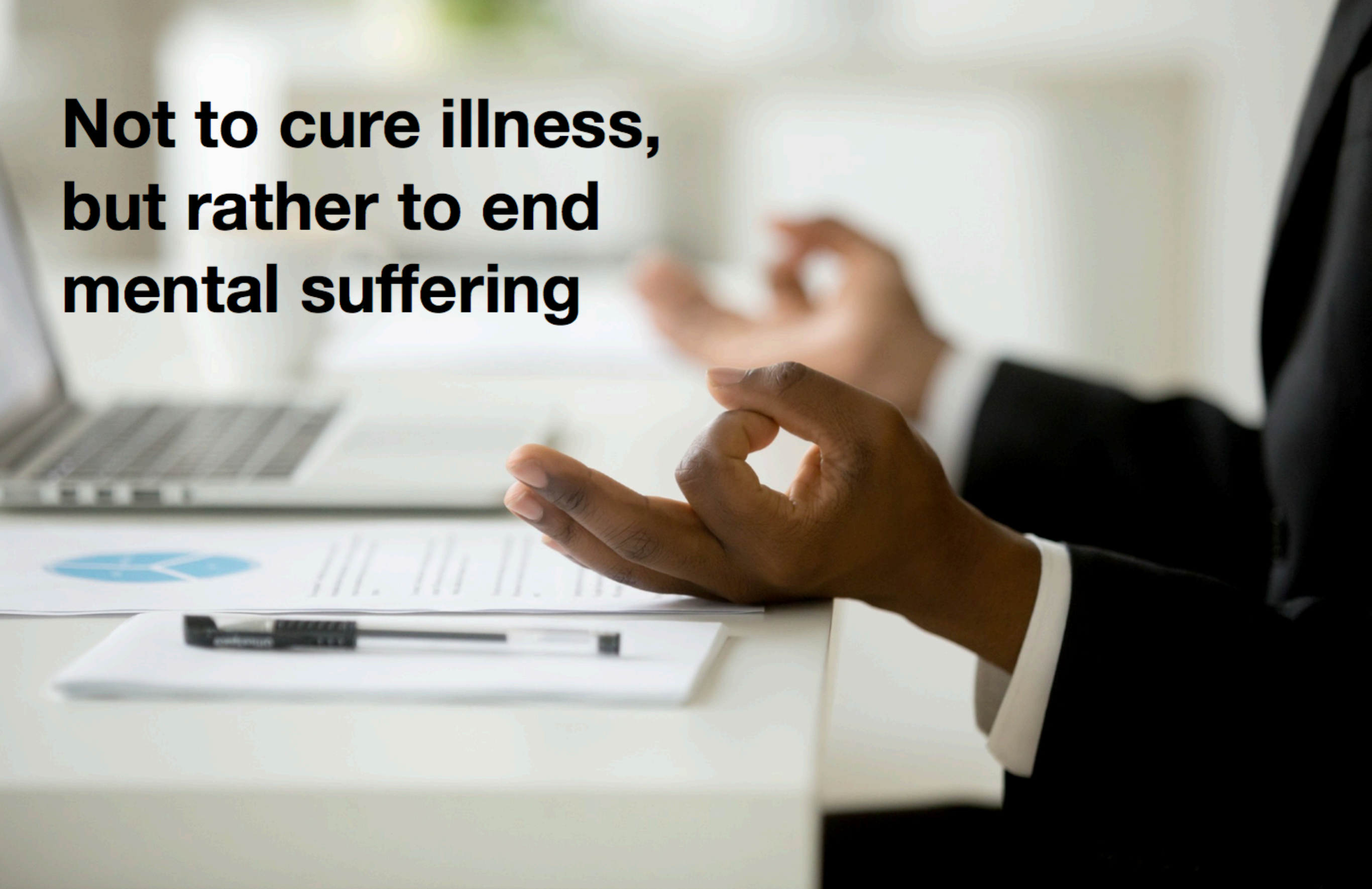
Negative Clinical Consequences

Solutions?

West et al Lancet 2016



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



Mindfulness



ED Burnout 70%

System Problem

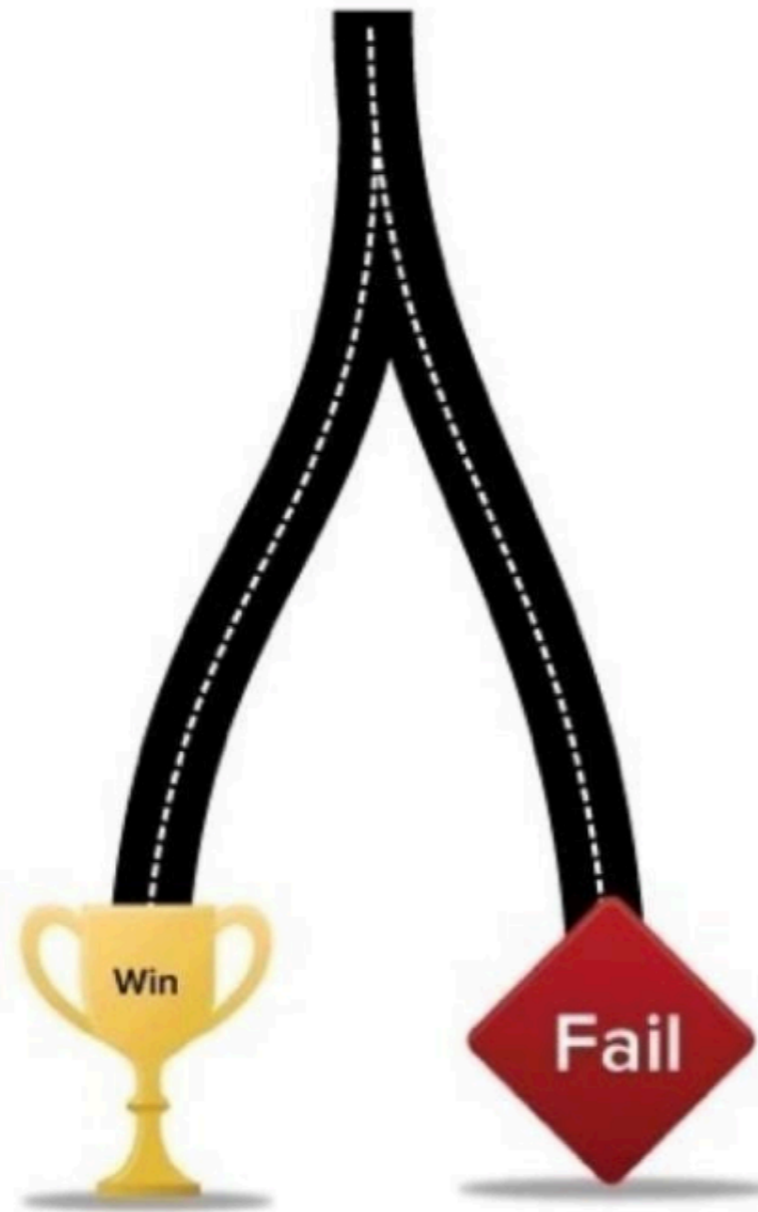
Yogapenia



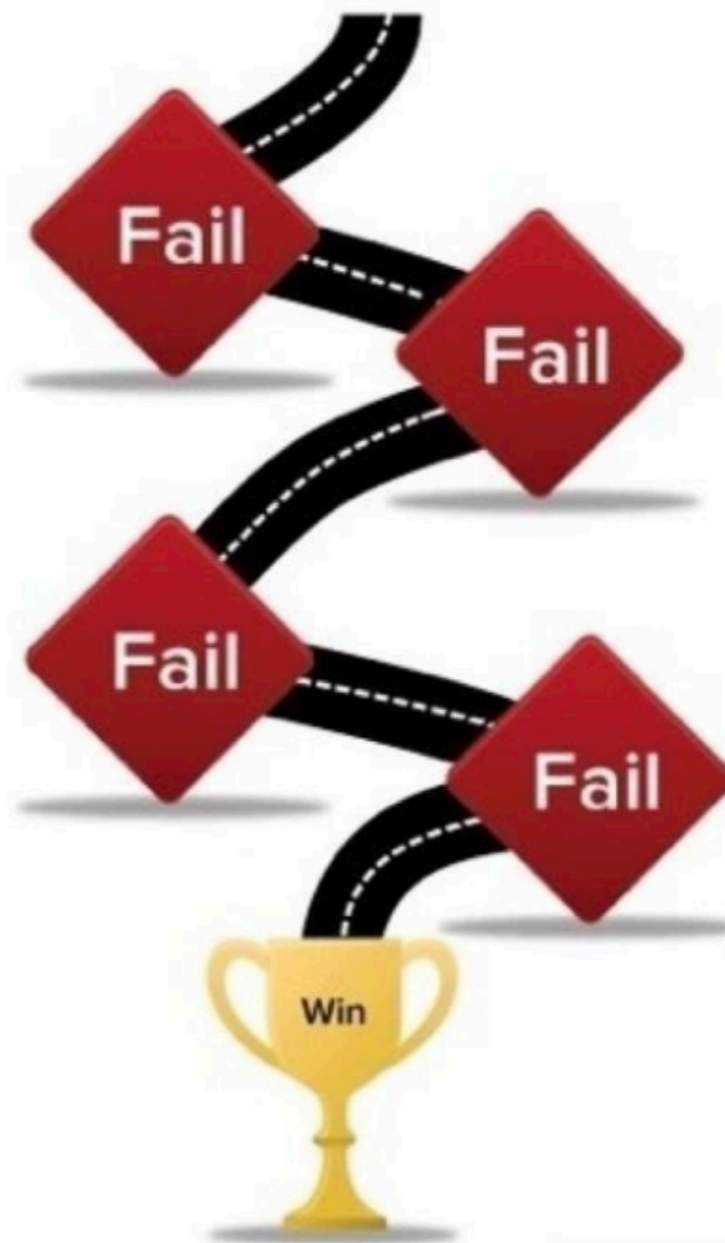
Moral Injury



What Most
People Think



What Successful
People Know



My Burnout/Wellness

Should I receive the flu shot?

YES, we encourage cancer patients on chemotherapy to receive the flu shot 2-3 days before their next cycle of chemotherapy. If you are receiving immunotherapy you should avoid live vaccines. Please speak with your Oncologist to find out if getting the flu shot is right for you.

What about my family or my friends?

To help protect patients, close family and friends of cancer patients are also encouraged to have the flu shot.

If you have concerns about receiving the flu shot talk with a member of your health care team.

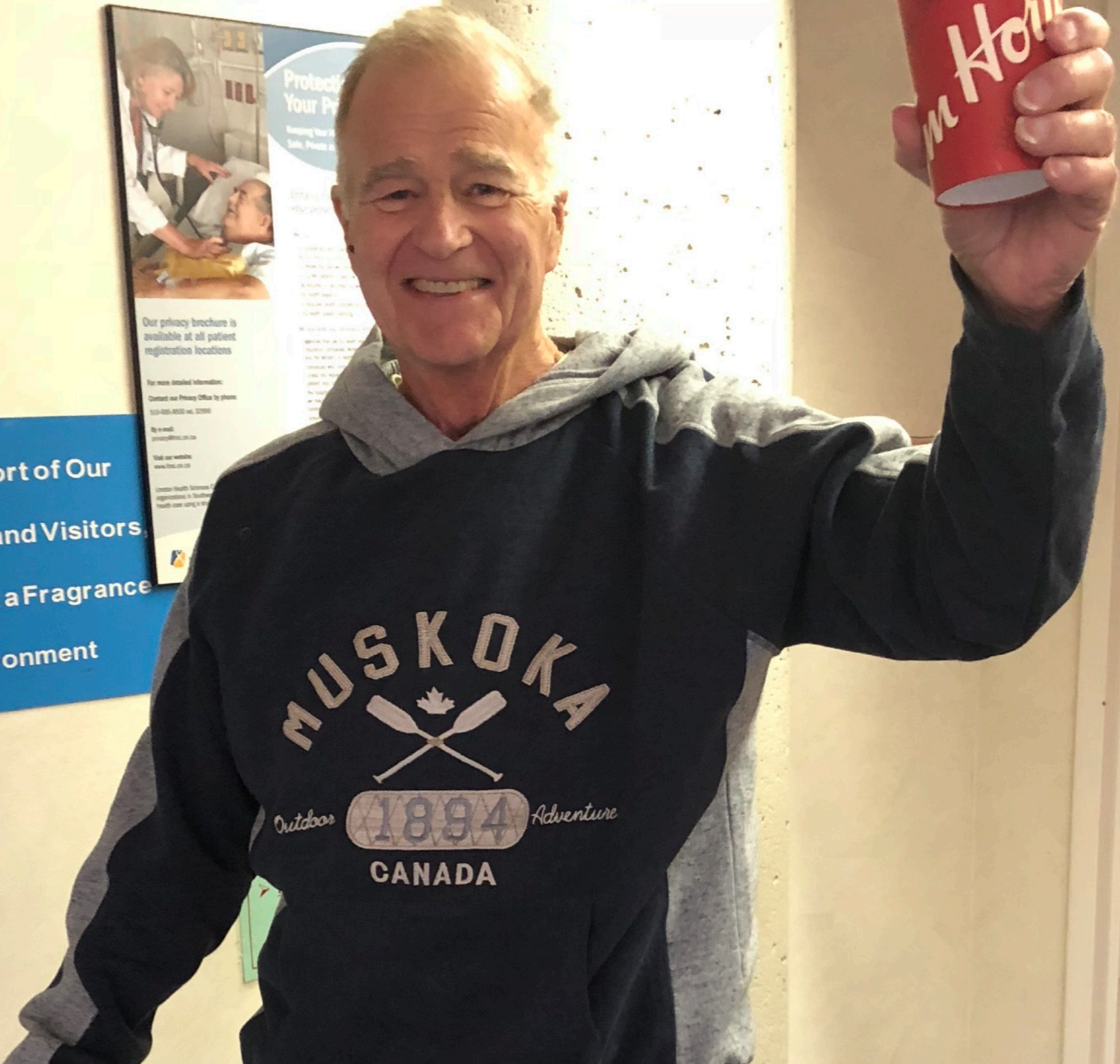
For the Comfort of Our
Patients, Staff and Visitors
Please Support a Fragrance
Free Environment

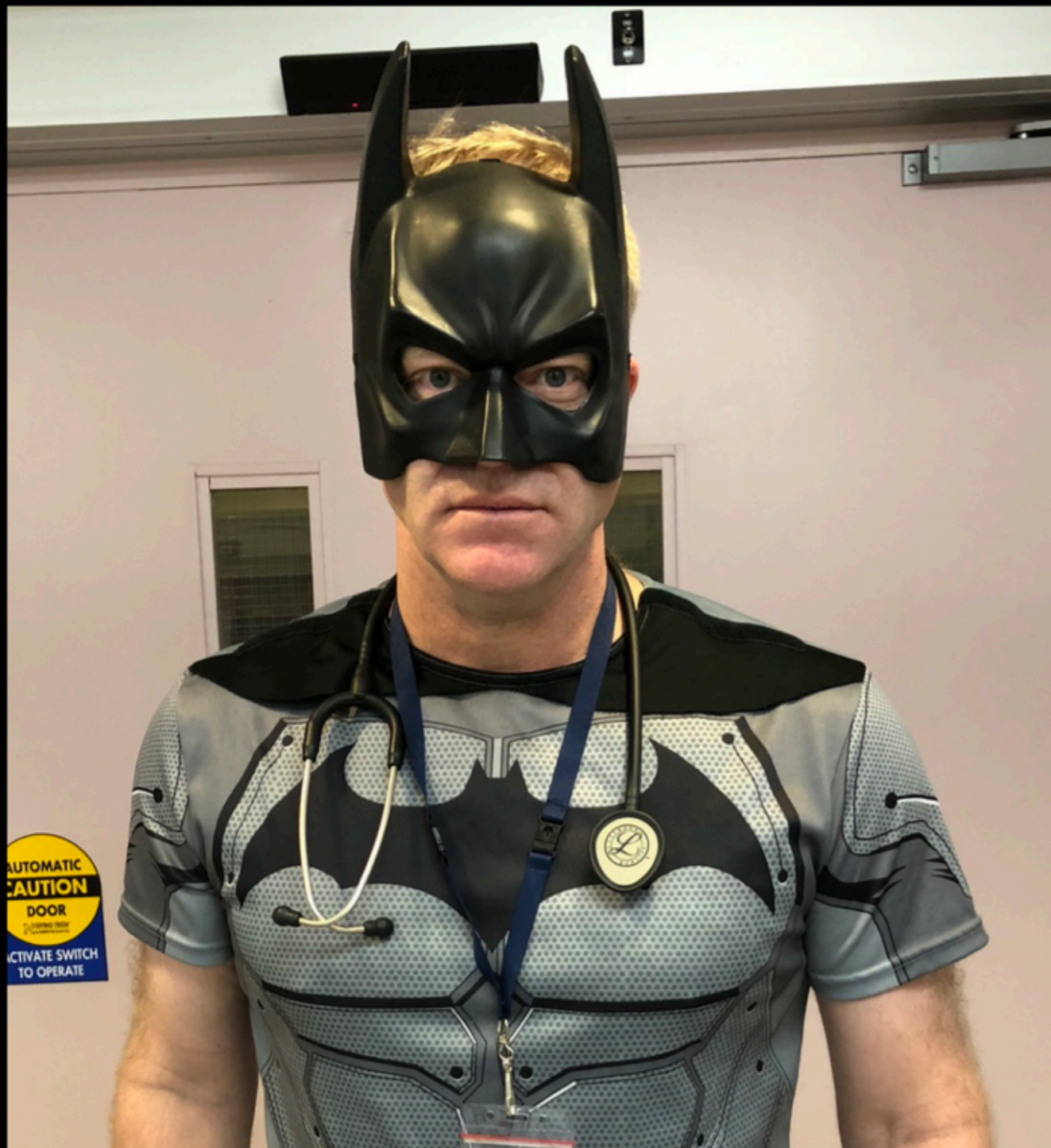
Protect Your Privacy

Our privacy brochure is available at all patient registration locations

For more detailed information:
Contact our Privacy Office by phone:
519-495-8538 ext. 32999
By e-mail:
privacy@hsc.on.ca
Visit our website:
www.hsc.on.ca

London Health Sciences Centre
regional offices in Southern
Ontario are using a new





BatDoc



Dr. Ken Milne Sr.



Life Partner



**#FOAMed
Friends**

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



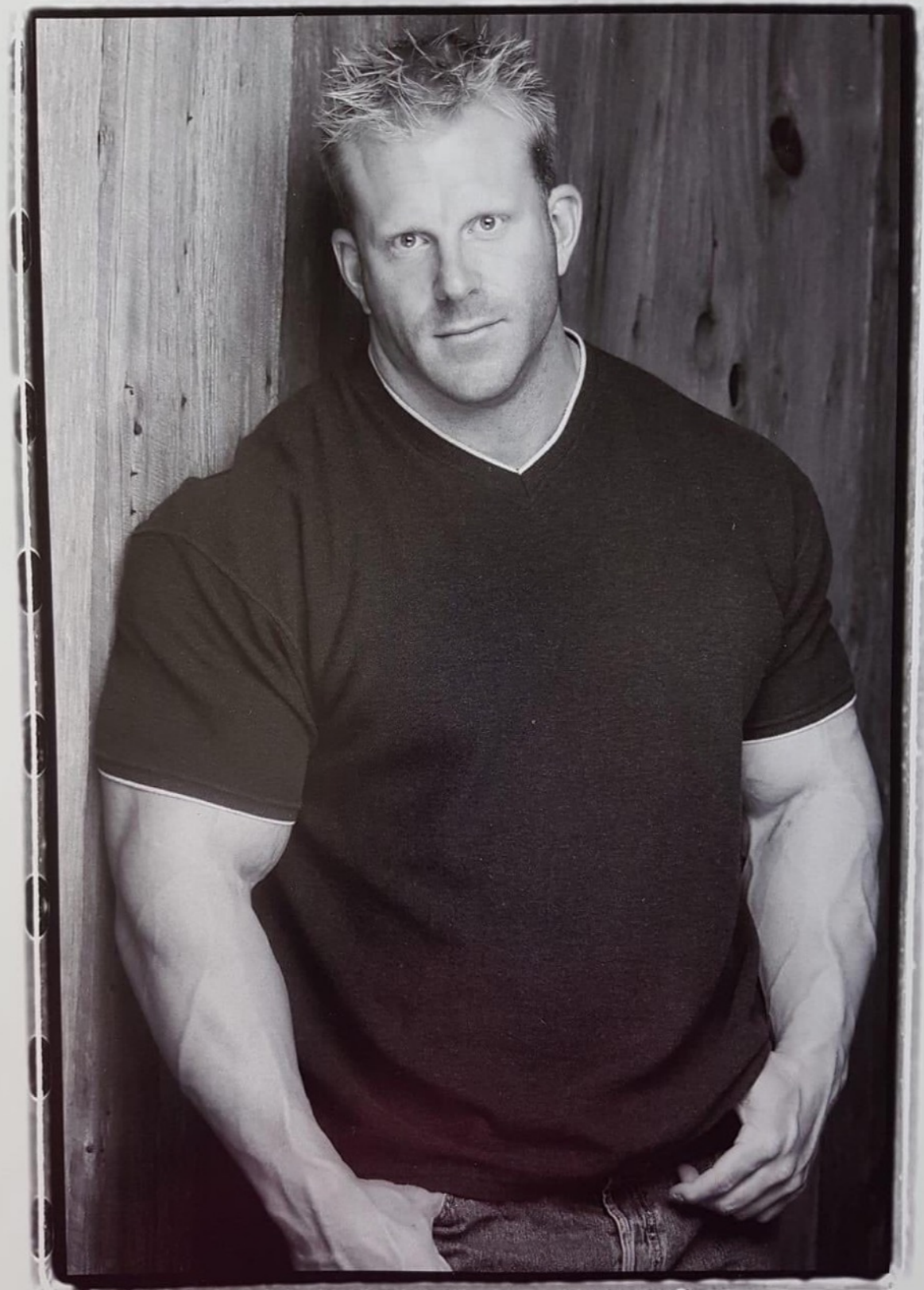
**UNLESS YOU CAN BE BATMAN.
ALWAYS BE BATMAN.**

[WeKnowMemes](#)

It's OK not to be OK



Life Throws Curveballs



SCOTT MILNE



The image features a solid blue background with several red, spherical virus particles scattered around. Each particle is covered in small, sharp, red spikes, giving them a textured, three-dimensional appearance. The particles vary in size and are positioned at different angles, some appearing closer to the viewer than others. The central focus of the image is the text 'COVID-19' in a large, white, sans-serif font.

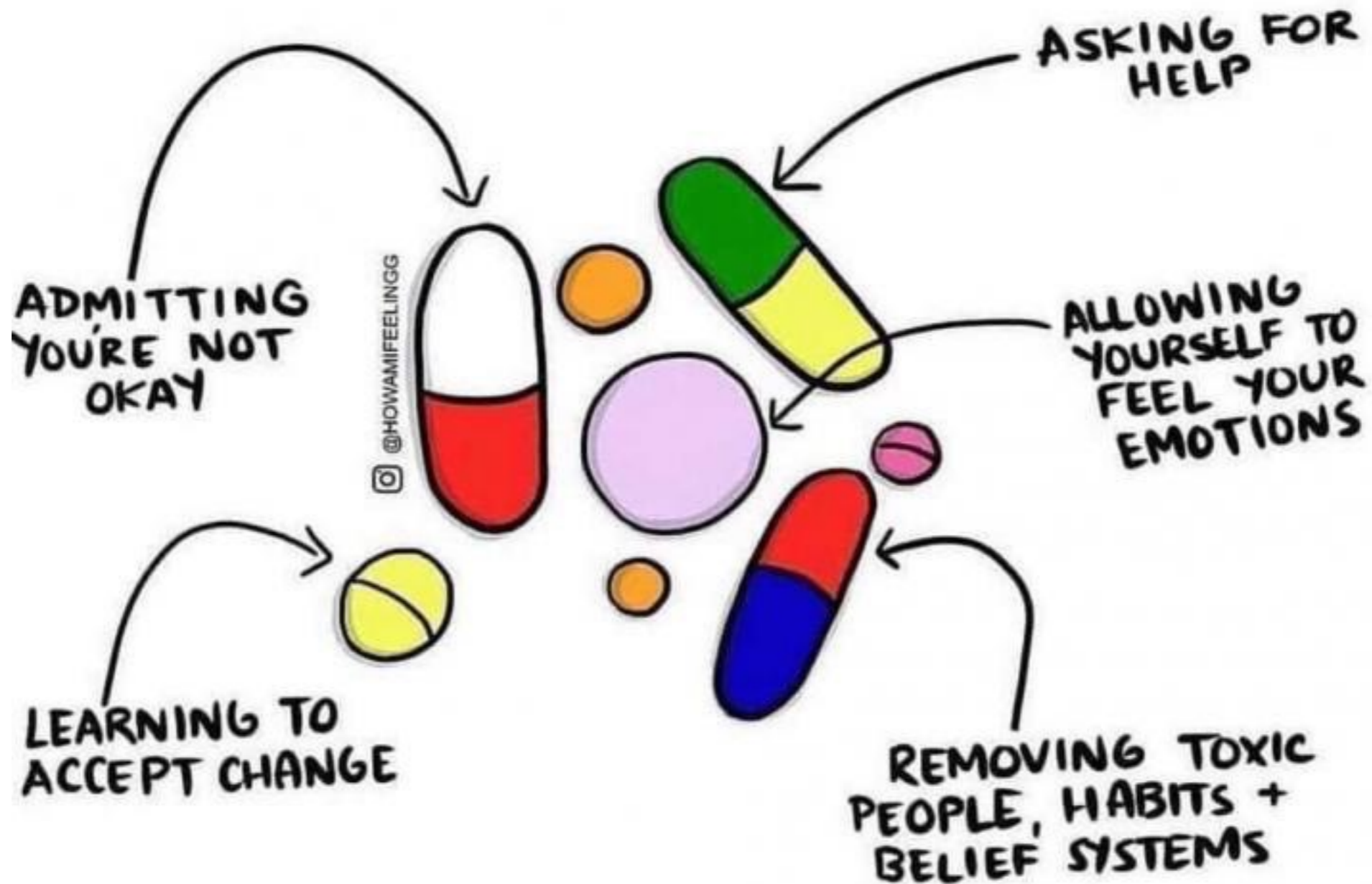
COVID-19





PILLS THAT CAN BE HARD TO SWALLOW

(*BUT CAN HELP A LOT)



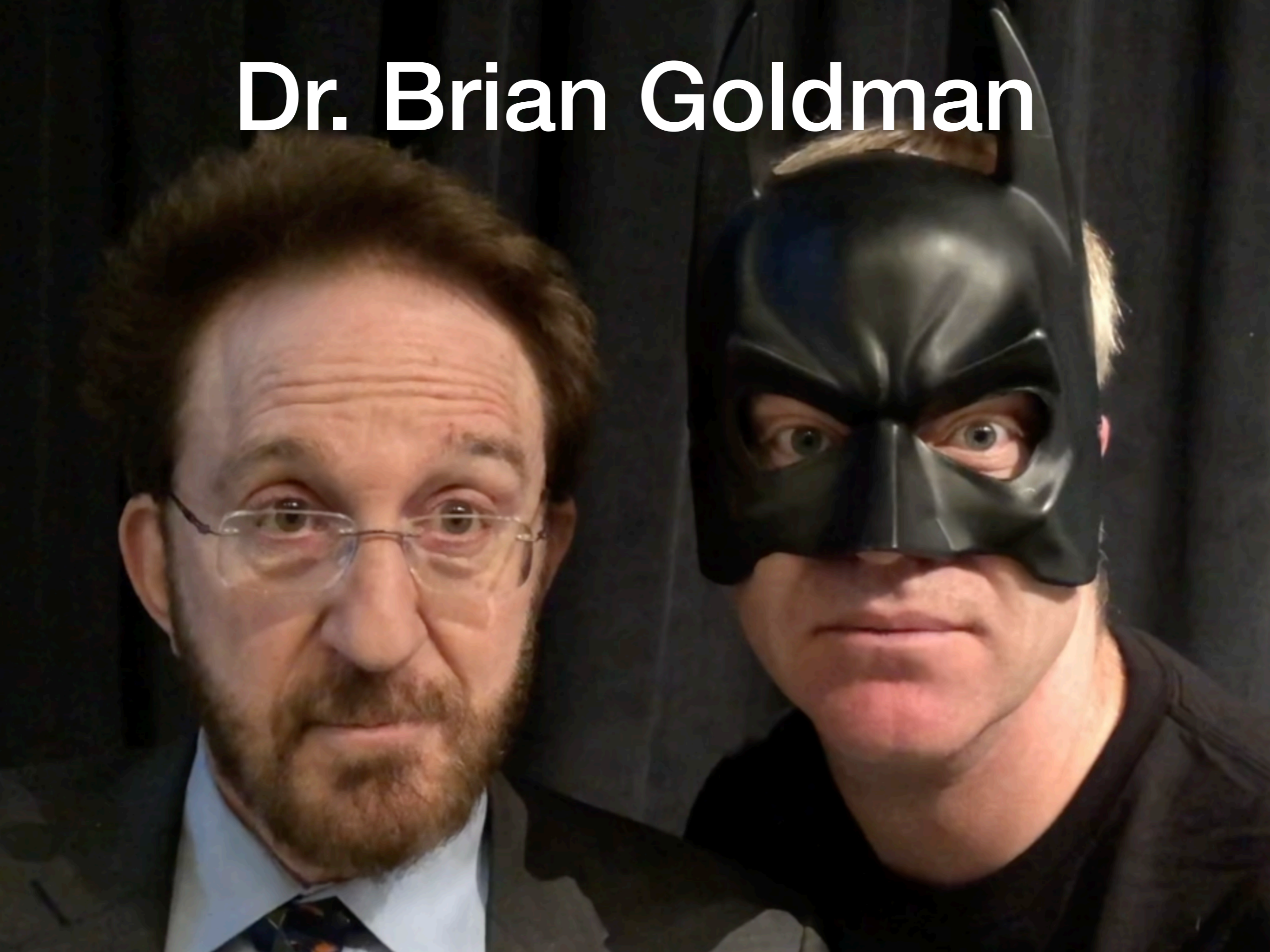




***Be kind, for everyone you
meet is fighting a hard battle.***
Rev John Watson



Dr. Brian Goldman



IN A WORLD WHERE
YOU CAN BE ANYTHING



BE KIND



A stressed and overwhelmed medical system can negatively impact patient care and safety even at the best of times. A global pandemic has made things even harder.

WELCOME
TO THE CLUB.





Hic 