

# 7 Ways to Combat Physician Burnout

Many of today's physicians suffer from stress, fatigue, and burnout. In healthcare groups, physician leadership should look for options

to improve workflows and encourage responsible use of physician time — both in and out of the office. Consider implementing one or more of these methods to combat burnout in your healthcare organization.

## 1 Address the emotional stress of caring for patients.

Offer methods of coping with chronic or life-threatening illnesses in patients and navigating the stress of running an independent practice.

## 2 Gain rest and relaxation from personal time and vacations.

Encourage physicians to schedule personal time with loved ones to promote relaxation and mental wellness.

## 3 Lessen in-office administrative tasks to decrease frustration.

Build high-functioning care delivery teams that enable staff to work at the top of their licensure.

## 4 Limit or decrease required EHR reporting.

Develop useable workflows that require fewer clicks and less data entry, and pursue low-commitment methods of measuring EHR efficiency metrics.

## 5 Decrease in-office stress and frustration, where possible.

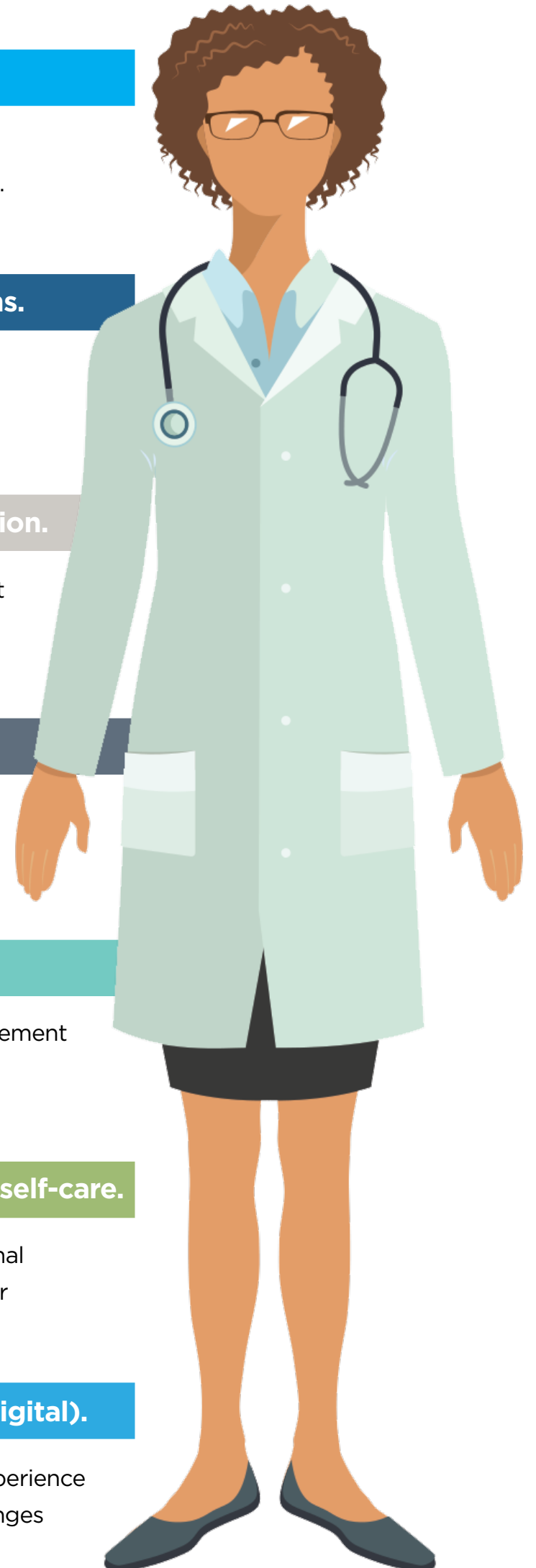
Offer skill-building techniques to improve communication and management skills and foster positive relationships with nurses and staff.

## 6 Improve personal moods and mental happiness through self-care.

Provide physicians guidance on finding joy at work and in their personal lives through self-care techniques, such as meditation, yoga, and other hobbies.

## 7 Join healthy support communities (both in-person and digital).

Recommend participation in online communities, like the Clinician Experience Project, to engage in a community focused on overcoming the challenges of burnout.



**Physician personal care is the most important aspect of patient care.**

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