



# RhAPP

RHEUMATOLOGY ADVANCED  
PRACTICE PROVIDERS

## Second Annual National Conference

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**RhAPP**

RHEUMATOLOGY ADVANCED  
PRACTICE PROVIDERS

# Managing Burnout and Wellness

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# Disclaimer

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# Disclosures

- Kyle George, PA-C:
  - There are no relationships to disclose
- Talia Sierra, DMSC, PA-C:
  - The Burn Clinic
- Heidi Brown, BHS, PA-C:
  - There are no relationships to disclose

# Prevalence

- 2021 Medscape Physician Burnout & Suicide report
  - 50% of rheumatologist have burnout
  - Second only to critical care at 51% burnout

# Why So High for Rheumatology?

- Increase demand
- Aging population
- Complex comorbid medical conditions
  - Complex pain
  - Complex fibromyalgia
  - Idiopathic conditions

# Why So High for Rheumatology?

- Practices increasingly rely on APPs
  - Increase your workload and responsibilities
  - No increase in time
  - Waiting lists are just getting longer....
  - Medicine as a business model

# What Is Burnout?

Emotional Exhaustion

Depersonalization

**BURNOUT**

Lack of Personal  
Accomplishment

Cynicism (as a 4<sup>th</sup>  
measure)



# Emotional Exhaustion

- Fatigue
- Susceptibility to illness
- Anxiety
- Depression
- Irritability
- Dread
- Apathy

# Depersonalization

- Lack of empathy
- Detachment from care for patients

# Lack of Personal Accomplishment

- Questioning competence
- Lack of purpose
- Nobody will ever think I am as good / knowledgeable as a physician
- Not trying to get better/engage in self growth

# Cynicism

- Distrusting that patients are sincere to want to get better/follow treatment recommendations
- Negative attitude towards patients and your purpose

# What to Do?

- ALL THE THINGS

- Acknowledgment

- Self care plan

- Know what you want

- Managing your personal environment

- Managing your work environment

- Workplace efficiency

- Negotiations

- Organizational changes

- Supporting each other

# Transition Routines



**CLINIC**



**HOME**

# Separate Work Space at Home



# Join Us for Our Workshop

- Preventing and Treating Burnout – Take Your First Two Steps
  - Develop a self care plan
  - Assess where you are now and make a plan to get where you want to be



A background image showing several paper boats on a dark, rippling surface of water. One boat in the foreground is bright orange, while the others are grey. In the upper portion of the image, several dark, five-pointed stars are scattered across the sky.

# Questions?

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