Enhancing Caregiver Resilience: Burnout and Quality Improvement

SAVE THE DATE NOW!!
Registration opens October 1
Two locations in 2014! Complimentary training for Hospital Council Members
BRN Credit: 3 contact hours (each session)

Fresno
November 18, 2014, 9:00 am-12:30 pm
Fresno Heart & Surgical Hospital
Bite Sized Resilience Interventions: A Crash Course in Beating Burnout
Dr. Sexton returns to the Central Valley by popular demand!!
Enhancing resilience through the Bite-Sized Resilience Series at Duke is about refilling the largely depleted buckets of our emotional, spiritual, cognitive and physical reserves. Before we care about quality, we have to care about our work, and before we can care about our work, we have to take better care of ourselves. The growing consensus in the peer reviewed literature is that burnout levels in healthcare workers are reaching the breaking point. Against the backdrop of healthcare reform and economic uncertainty, our resilience is even further compromised.

Chico
November 19, 2014, 9:30 am-1:30 pm
Enloe Medical Center
From Surviving to Thriving: The Resilience Essentials Course
This is a special course at the Duke Patient Safety Center. Based on our 3-day course, this primer on resilience covers 5 modules: prevalence and severity of burnout, fatigue management, mindfulness techniques, dealing with difficult colleagues, and coping with change. “Enlightening”, “refreshing”, “interactive”, and “entertaining” are the most common descriptors of this course. Tune in, charge up, and go forward.

J. Bryan Sexton, PhD
Associate Professor
Director of Patient Safety Research and Training
Duke University Health System

J. Bryan Sexton, Ph.D., is a psychologist member of the Department of Psychiatry at Duke University Hospital, and he is the Director of the Patient Safety Center for the Duke University Health System. He has captured the wisdom of frontline caregivers through rigorous assessments of safety culture and teamwork. His research instruments have been used around the world in over 2500 hospitals, in 20 countries. He has studied teamwork and safety practices in high risk environments such as the commercial aviation cockpit, the operating room, and the intensive care unit, under funding from NASA, AHRQ, Robert Wood Johnson Foundation, Swiss National Science Foundation, and the Gottlieb Daimler and Karl Benz Foundation.

Online: http://www.hospitalcouncil.net/post/enhancing-caregiver-resilience-burnout-and-quality-improvement-0