

**4th Annual
National Conference
September 21-23,
2023**

RhAPP
RHEUMATOLOGY ADVANCED
PRACTICE PROVIDERS





Burnout Intervention Workshop

Talia Sierra, DMSc, PA-C

Heidi Posey, PA-C

Disclosure of Relevant Financial Relationships

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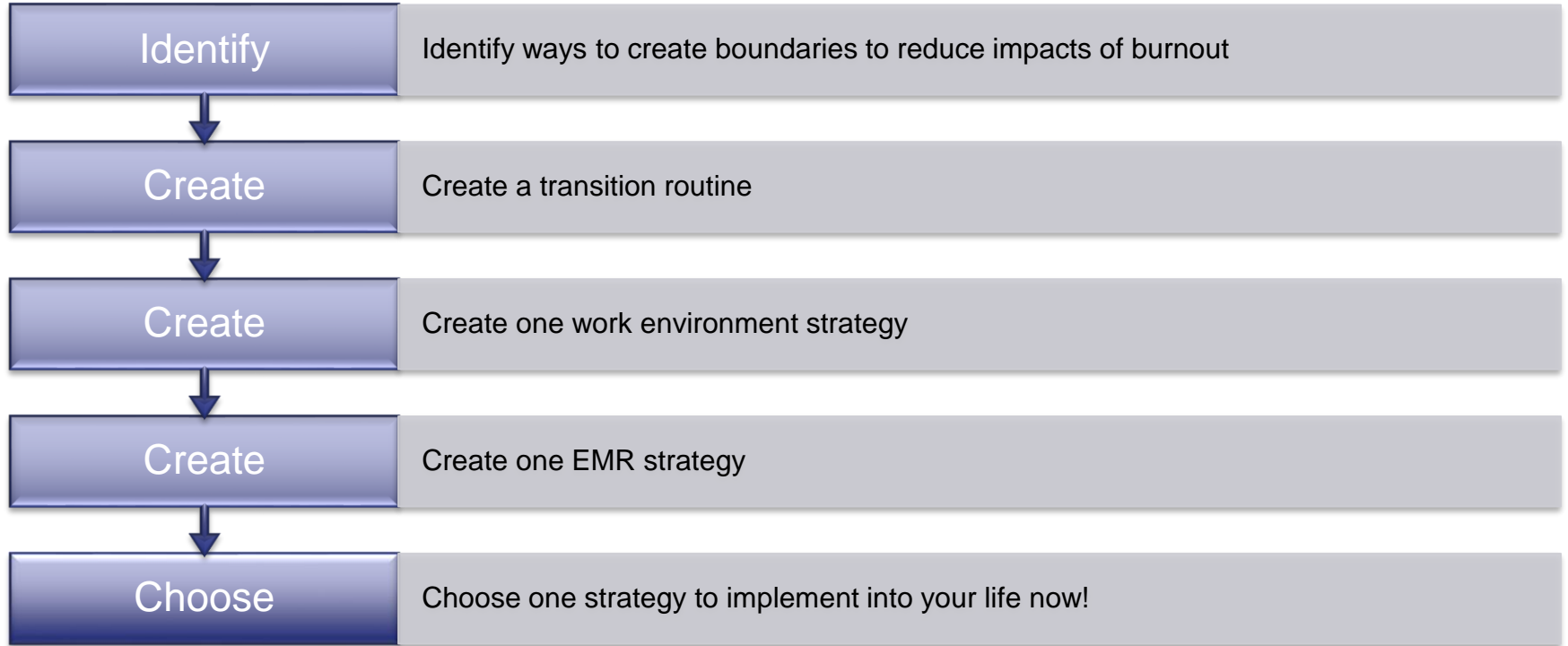
Talia Sierra, DMSc, PA-C

- There are no relevant financial relationships to disclose.

Heidi Posey, PA-C

- There are no relevant financial relationships to disclose

Objectives



Transition Routine



- Creating mental boundaries between work and home life
 - Cup of coffee/ tea
 - Yoga/ stretching/ walk
 - Put work in a box and close it
 - Breathing exercises
 - Physical transition point
 - Road/ Bridge/ Door threshold

Work Environment Strategies

- Work Environment
 - Autonomy in schedule
 - Seek flexibility
 - Schedule autonomy allows independence
 - Reward for work
 - Find your joy in work
 - Why do you do what you do?
 - Prioritize what we want from life and/or our job
 - Creating boundaries
 - If it doesn't fit with your ideal job, just say no
 - Addressing triggers and responses



EMR Strategies



- Bulk processing
- Creating templates for “broken record” moments
- Make patient information handouts
- Spend time with a superuser
 - 10 min at the end of the day
- Team documentation
- Team huddles
- Give enough refills to get to follow-ups
- Always schedule follow ups at the time of their appointment

Always Remember.....

-Sometimes It's Not You!!

Discussion and Questions

- Pick one of the three strategies from each identified areas to work on now!
 - When are you going to do it? When will you start?
 - How are you going to do it?
 - Who will hold you accountable?