

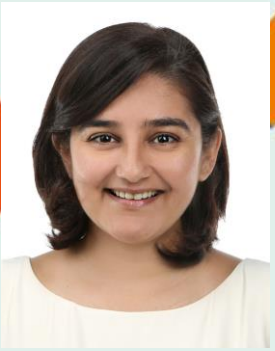


# Beat the Burn

*Presented to you by:  
College of Allied Health Executive Committee,  
&*

*Haier Diana Binte Hashim  
Maximillian Chen Ruyang  
Pearlyn Lee Peiling*





## Lecture

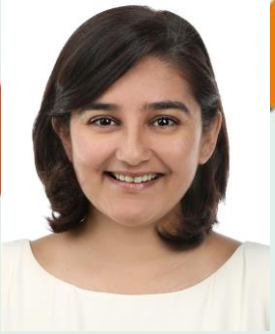
- Overview on burnout among allied health professionals
- Recognizing and preventing burnout
- Creating a psychologically safe workplace
- Using movement to beat burnout



## Workshop

- Learn and practice skills and strategies for personal use and to share with your colleagues
  - Management of your time
  - S.T.O.P
  - One Good Thing
  - Art Reflection
- *Have your handouts / pen-and-paper ready*





# BURNOUT EPIDEMIC

## ▲ Stress and Psychological Well-being among Allied Health Professionals

Lynne M. Harris, BSc (Psych) Hons, MPsychol (Clin) Hons, PhD  
Steven R. Cumming, BA, BA Hons, MPsych, PhD  
Andrew J. Campbell, BA, MAppSc, PhD

## Prevalence and associated factors of burnout in allied healthcare professionals in a tertiary hospital in Singapore

Yao Hao Teo, Jordan Thet Ke Xu, Cowan Ho, Jui Min Leong, Benjamin Kye Jyn Tan, Elisabeth Ker Hsuen Tan, Wei-An Goh, Elson Neo, Jonathan Yu Jing Chua, Sean Jun Yi Ng, Julia Jie Yi Cheong, Jeff Yi-Fu Hwang, See Ming Lim, Thomas Soo, Judi Gek Khim Sng,  Siyan Yi  
doi: <https://doi.org/10.1101/2020.08.16.20176206>

**Letters** » Burnout in healthcare

## Burnout in healthcare: medical educators' role

BMJ 2019 ; 366 doi: <https://doi-org.libproxy1.nus.edu.sg/10.1136/bmj.l5570> (Published 19 September 2019)

Cite this as: BMJ 2019;366:l5570





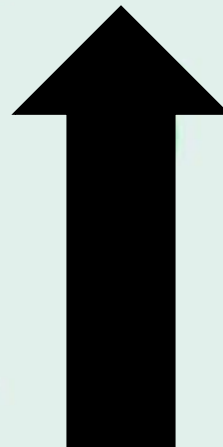


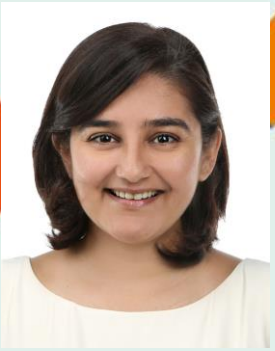
# BURNOUT

Emotional  
Exhaustion

Depersonalization

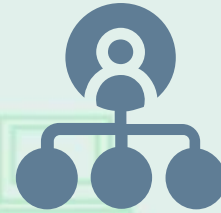
Personal  
Accomplishment





## Individual

- Performance suffers
- Decline in efficiency, productivity & professional competence (risk of medical errors)
- Increase in sick days, disability leave, resignation and or dismissal



## Organizational


- Job dissatisfaction
- Workplace unhappiness
- Reduce morale, conflict, dysfunctional teamwork
- Increased staff turnover, absenteeism, presenteeism
- Reduced productivity







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**doi:** <https://doi.org/10.1101/2020.08.16.20176206>



MBI-HSS



328

**67.4%**



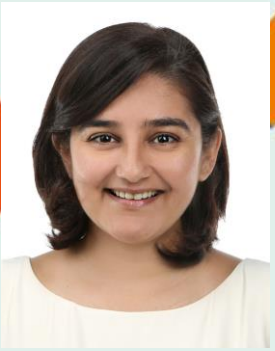
AGE < 30 Years  
EXP > 3 Years



Workload Burden *interferes*  
with “personal interests”

Lack of Motivation  
Time Constraints





1. Are you troubled by unexplained headaches, backaches, or other physical complaints?
2. Do you dread going to work? Do you see work as a chore?
3. Are you unconcerned about the quality of your work?
4. Have you become irritable or impatient with co-workers or clients?
5. Do you chronically worry about your job?
6. Have your sleep habits or appetite changed?





### Emotional

- Feeling Overwhelmed
- Sense of Hopelessness / Powerlessness
- Dread
- Becoming Cynical
- Feelings of Resentment
- Anger
- Emotional Outbursts
- Depression

### Behavioural

- Change in Appetite / Sleeping Patterns
- Using Food, Drugs or Alcohol to Cope
- Avoidance and Procrastination
- Lack of Motivation
- Absentmindedness

### Physical

- Depletion of Energy
- Feeling Tired and Drained Most of the Time
- More Prone to Aches and Pains
- More Prone to Illness







# Thank you!

