

Point of Care Resilience

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Key Concepts and Major Points

1. Alternate Definition: Burnout is at its core the inability to experience positive emotions
2. We are not powerless in our own resilience. We can train to be more resilience physically and emotionally.
3. Mindfulness has been shown to reduce burnout, improve our relationship with patients and overall performance in stressful environments.

Pitfalls for the clinician:

1. Positive emotions can be tiny engines that recharge us and have an undoing effect on burnout.
2. Burnout is driven, in part, by our removal from the doctor patient relationship. Pursuing meaningful connections with patients can restore the sense of purpose and open the path for positive emotions.
3. Mindfulness can be triggered by cues in our work environment to pause, reset and be present.

References and Further Learning:

1. Authentic Happiness by Martin Seligman
2. Three good things <http://www.dukepatientsafetycenter.com>
3. 10% Happier by Dan Harris : Written from a skeptics perspective on mindfulness
4. Krasner, Michael S., et al. "Association of an educational program in mindful communication with burnout, empathy, and attitudes among primary care physicians." *Jama* 302.12 (2009): 1284-1293.
5. West, Colin P., et al. "Intervention to promote physician well-being, job satisfaction, and professionalism: a randomized clinical trial." *JAMA internal medicine* 174.4 (2014): 527-533.
6. Beach, Mary Catherine, et al. "A multicenter study of physician mindfulness and health care quality." *The Annals of Family Medicine* 11.5 (2013): 421-428.
7. Johnson, Douglas C., et al. "Modifying resilience mechanisms in at-risk individuals: a controlled study of mindfulness training in Marines preparing for deployment." *American Journal of Psychiatry* 171.8 (2014): 844-853.
8. IHE Position Paper :
http://healthcareexcellence.org/wp-content/uploads/2018/04/NTH-Business-Case_2018.pdf

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