

Burn Out in the Healthcare Environment

Training for Nurses and Midwives

By

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Burnt Out



Burnt out and Self Care

- Objective:
 - To provide information that will help nurses and midwives to be able to look out for the signs and symptoms of burn out and be able to curb the impacts the could otherwise affect their lives and performance at work

Burnt Out

- What is Burning Out?
- - A state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.
- Mental distance from or negativity about work
- Decreased effectiveness at work

Signs and symptoms

- Physical
 - headaches, stomach aches, intestinal issues/indigestion
- Emotional exhaustion
 - Feeling drained, unable to cope, tired

Causes of Burn Out

- **Exercise** (*Measuring Life Stress*)
- Workload
- Gender inequalities
- Discrimination
- Power struggle
- Illness
- Peer pressure
- Low pay
- Family responsibilities
- Cultural/religious beliefs
- -----(add more)

Signs and symptoms

- You cant get excited about work anymore
- You have stopped putting in the effort
- Your performance is suffering e.g. late coming, not meeting deadlines, absenteeism
- Totally exhausted- emotionally depleted and drained e.g getting out of bed
- You are totally dealing with physical ailments e.g insomnia, chest pain, dizziness, fainting, shortness of breath, headaches, gastrointestinal pain

What now?

- Change your attitude
 - e.g. I have to do this perfectly or I will be a failure,
 - Recognise negative habits
- Change your workload
- Decrease your workload

How to stop!!

- Prioritise taking care of yourself to replenish personal resources – seek medical advice
- Analyse your current situation
- Reduce exposures to job stressors – long working hours, working late, weekends
- Increase job resources – reach out to people you trust at work, attend trainings, support supervision and reviews
- Take the opportunity to reassess yourself

Continued....

- Stop doing work that is not yours
- Place hard boundaries between work and the rest of your life
- Start taking care of yourself physically
- Identify what is causing you the stress, see if there is a solution
- **“There is no job that’s worth your health, your sanity or your soul”**

Self Care

- Is any activity that we do deliberately in order to take care of our mental, emotional and physical health.
- Key to good self care
 - Improved mood
 - Take breaks
 - A good relationship with oneself and others

Self care



Examples of Self Care

- Involves four categories (***The Self Care wheel***)
 - Physical
 - Emotional
 - Psychological
 - Spiritual
 - professional

- Develop a regular sleep routine
- Health diet
- Take breaks
- Go for a walk
- Exercise before and after work
- Avoid drugs and alcohol
- Practice good hygiene
- See friends/family to build your sense of belonging
- Try to do something you enjoy

PUT YOURSELF FIRST



NURSE

Just another word to
describe a person strong
enough to tolerate
everything and soft
enough to understand
everyone.

**THANK YOU
AND
COME AGAIN**