

Quick Guide

Recognizing Provider Burnout



Key Signs of Burnout

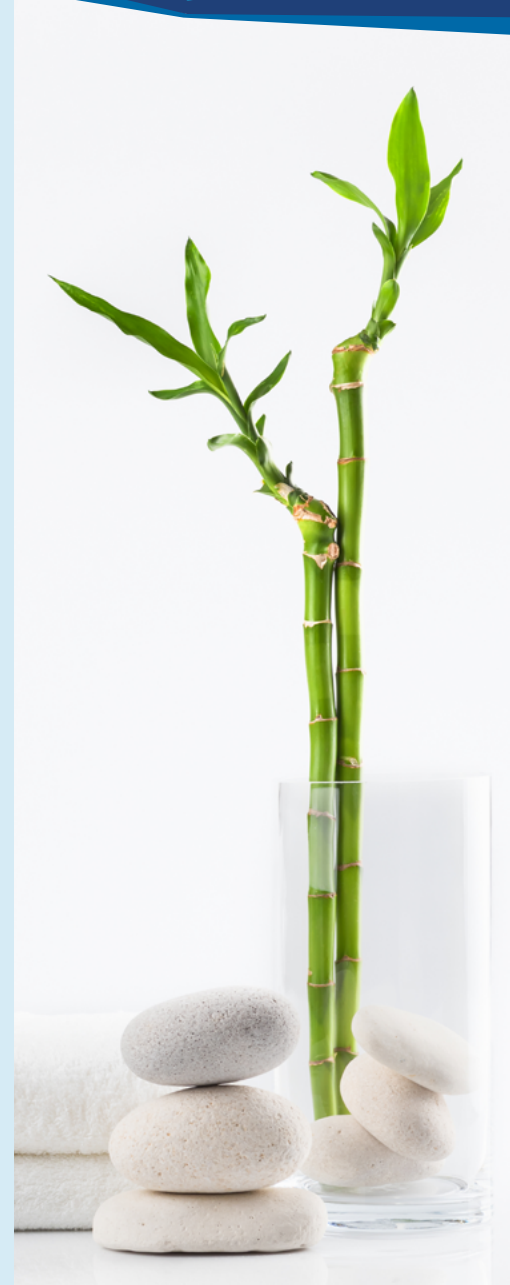
- ▶ **Emotional Exhaustion:** Providers feeling drained and overwhelmed by work.
- ▶ **Reduced Professional Efficacy:** Difficulty in completing tasks and feeling ineffective.
- ▶ **Depersonalization:** A sense of detachment from patients, feeling indifferent or negative.
- ▶ **Physical Symptoms:** Increased fatigue, headaches, or insomnia.

Risk Factors

- ▶ **Long Hours & Heavy Workload:** Consistent overtime, lack of breaks.
- ▶ **Lack of Support:** Absence of peer, administrative, or emotional support.
- ▶ **Work-Life Imbalance:** Difficulty separating personal and professional life.
- ▶ **Constant High Stress:** Unrelenting high-pressure situations.

Combating Burnout

- ▶ **Take Breaks:** Microbreaks between tasks to re-energize.
- ▶ **Seek Support:** Talk to colleagues, or seek professional counseling.
- ▶ **Set Boundaries:** Establish clear work-life boundaries.
- ▶ **Practice Mindfulness:** Incorporate mindfulness exercises during the day.



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Self-Check Questions

Do you feel emotionally drained after each workday?

Are you losing passion or interest in patient care?

Are you struggling to manage everyday tasks effectively?

Resources: How SecureVideo Can Help With Provider Burnout

Tools to efficiently manage patient load and reduce stress



Automatic
Invitations & Reminders



Simplified
E-Document Submission



On-Demand
Interpretation Services



Patient
Self-Scheduling



EHR
Integration



On-Demand
Virtual Clinic



Communication Tools
& Custom Options



24/7 Support from
Caring Professionals



Masked Calling to Protect
Personal Phone Numbers

Contact Us

Learn more about how SecureVideo can support healthcare providers in reducing provider burnout.