

CRASH 2016 Goals and Objectives

Second Victim, Burnout, Resiliency

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1. Second Victim – definition /awareness. Attendees will be able to define and will be given tools to recognize second victim phenomena in the work place.
2. Attendees will be able to describe implication of the second victim phenomenon on patient safety.
3. Burnout Prevention vs. Burnout Recovery – Attendees will be able to define burnout and given references describing the complexity and necessary steps to recover from and/or prevent burnout.
4. An interactive demonstration of HeartMath technology will show attendees how to use this technique for stress reduction.
5. Mindfulness will be explained and demonstrated. Attendees will have the opportunity to practice this technique and learn to apply mindfulness to daily practice.
6. Appreciative Inquiry (AI) will be demonstrated and then practiced in a safe, non-threatening manner; attendees will begin to develop his/her own AI vernacular.
7. At the conclusion of the workshop a personal wellness/resilience goal will be identified to be set into action within attendees' home environment.

Timeline:

- Using an audience response system we will find out attendees' previous exposure and experiences related to burnout, resilience, second victim and resiliency training.
- Brief introductions of the three panelists which will include the "why" behind their wellness work.
- Second Victim informative/interactive session.
- Burnout – facts and figures related to the field of medicine and anesthesiology specifically with an emphasis on the individual rather than the organizational level. Prevention and recovery focused.
- Resilience – a brief review of the literature primarily individual focused, then an interactive introduction to three tools that can enhance resilience: HeartMath, Mindfulness, and Appreciative Inquiry.