

From Burnout to Balance

EMBRACING SELF-CARE IN MEDICINE

Sarah Cawley PA-C, IFMCP

Co-Founder- Practical Healing

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DISCLOSURES

Relevant Financial Relationships

- Co-Founder of Practical Healing and PH Performance



PRACTICAL HEALING

Relevant Non-Financial Relationships

- Participating in ongoing research study funded by WHOOP in partnership with University of Queensland Australia regarding wearable technology and its impact on women's metabolic health and weight loss.



RESHAPE
PRACTITIONER SUPPORTED, SCIENCE BASED

OBJECTIVES

- Understand the physiology of stress and its impact on our health
- Review the impact of various lifestyle practices in our current culture of healthcare
- Review practical strategies to combat the effects of the healthcare environment

BURNOUT

Emotional Exhaustion

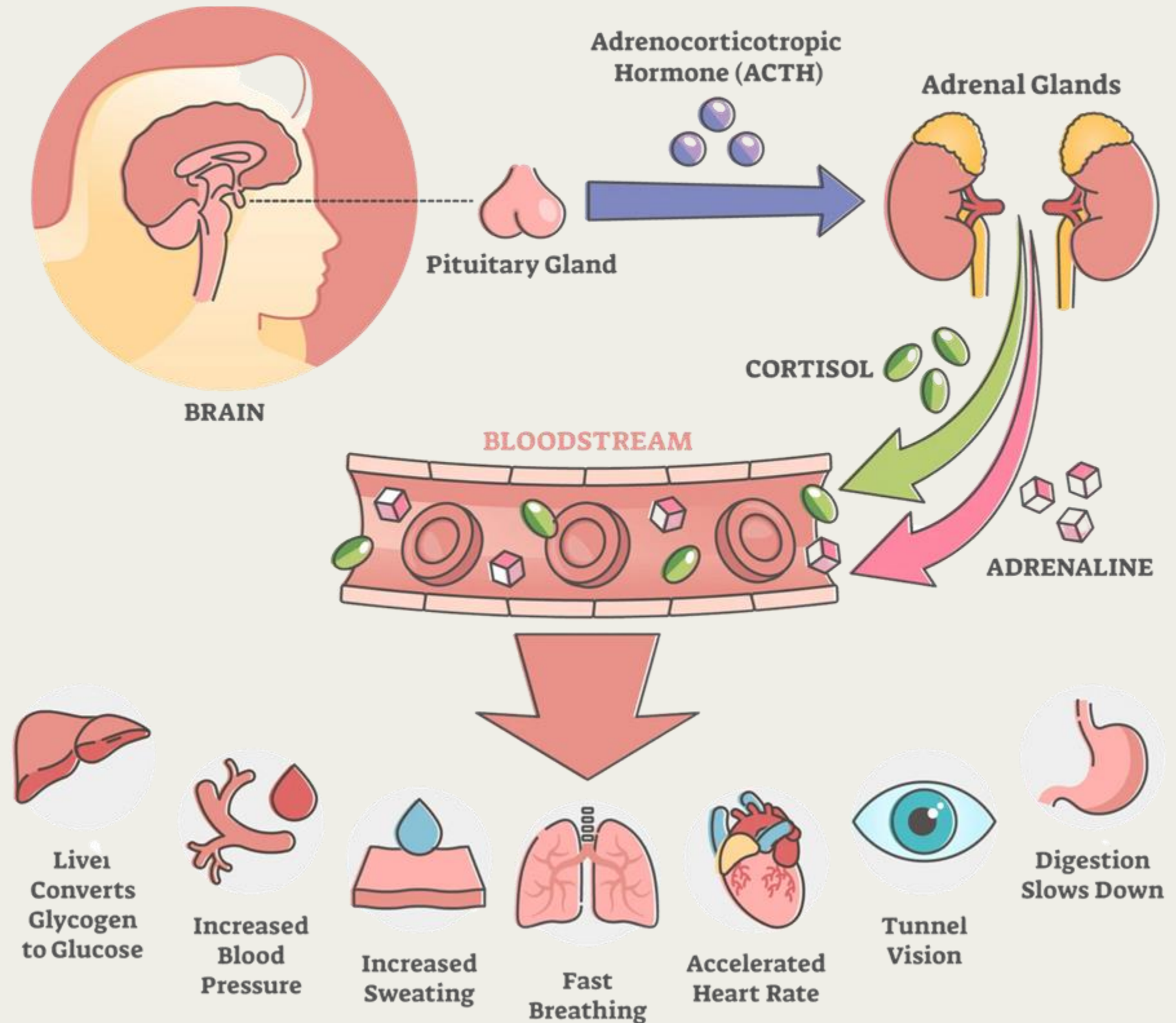
**Cynicism and
Detachment**

Depersonalization

**Sense of Ineffectiveness
or Reduced Personal
Accomplishment**

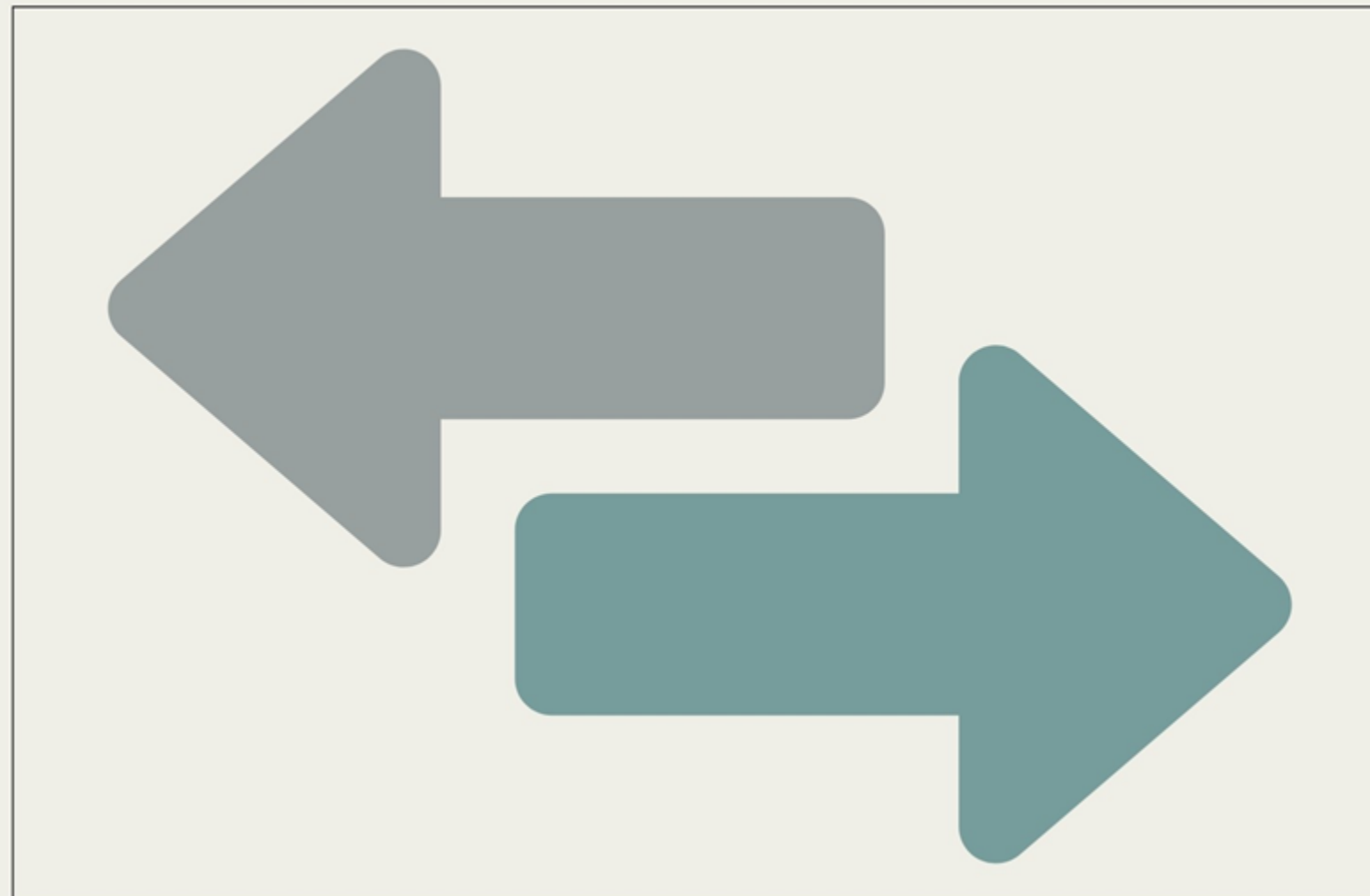
STRESS RESPONSE

- Tigers are everywhere!
- Overactivation of sympathetic nervous system
- Stress and Burnout are correlated with cognitive impairment, CVD, HTN, diabetes



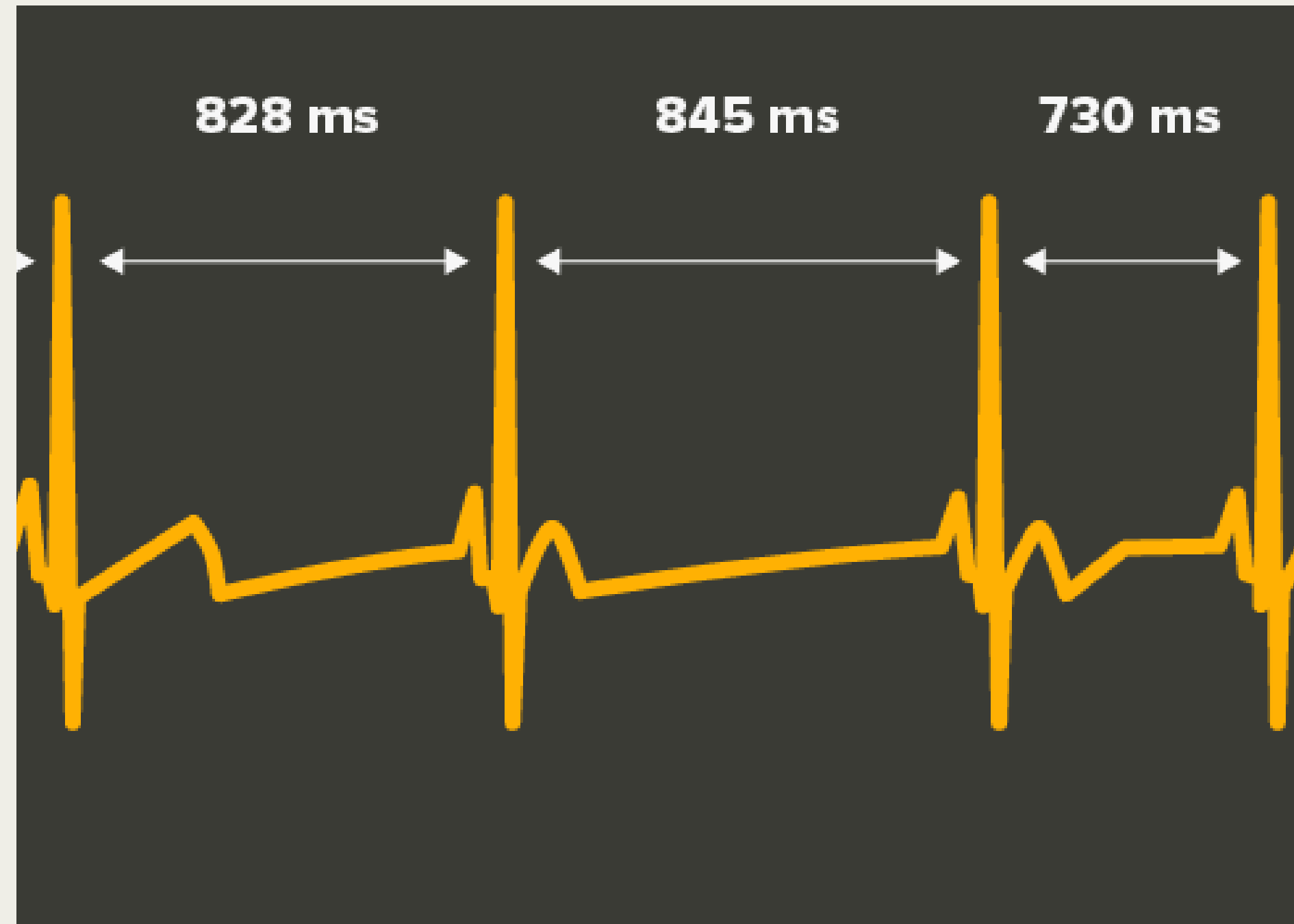
THE DISCONNECT

- There is a disconnect in understanding how our health behaviors directly affect our stress levels
- TODAY'S GOAL: Explain how different lifestyle and health behaviors influence our physiology, impacting our capacity for **resilience**



HEART RATE VARIABILITY (HRV)

- HRV is a measurement of the variation in time between each heartbeat
- HRV can give us insight into our nervous system response
- HRV in medical professionals—emergencies have a measurable, predictable, and significant impact on HRV

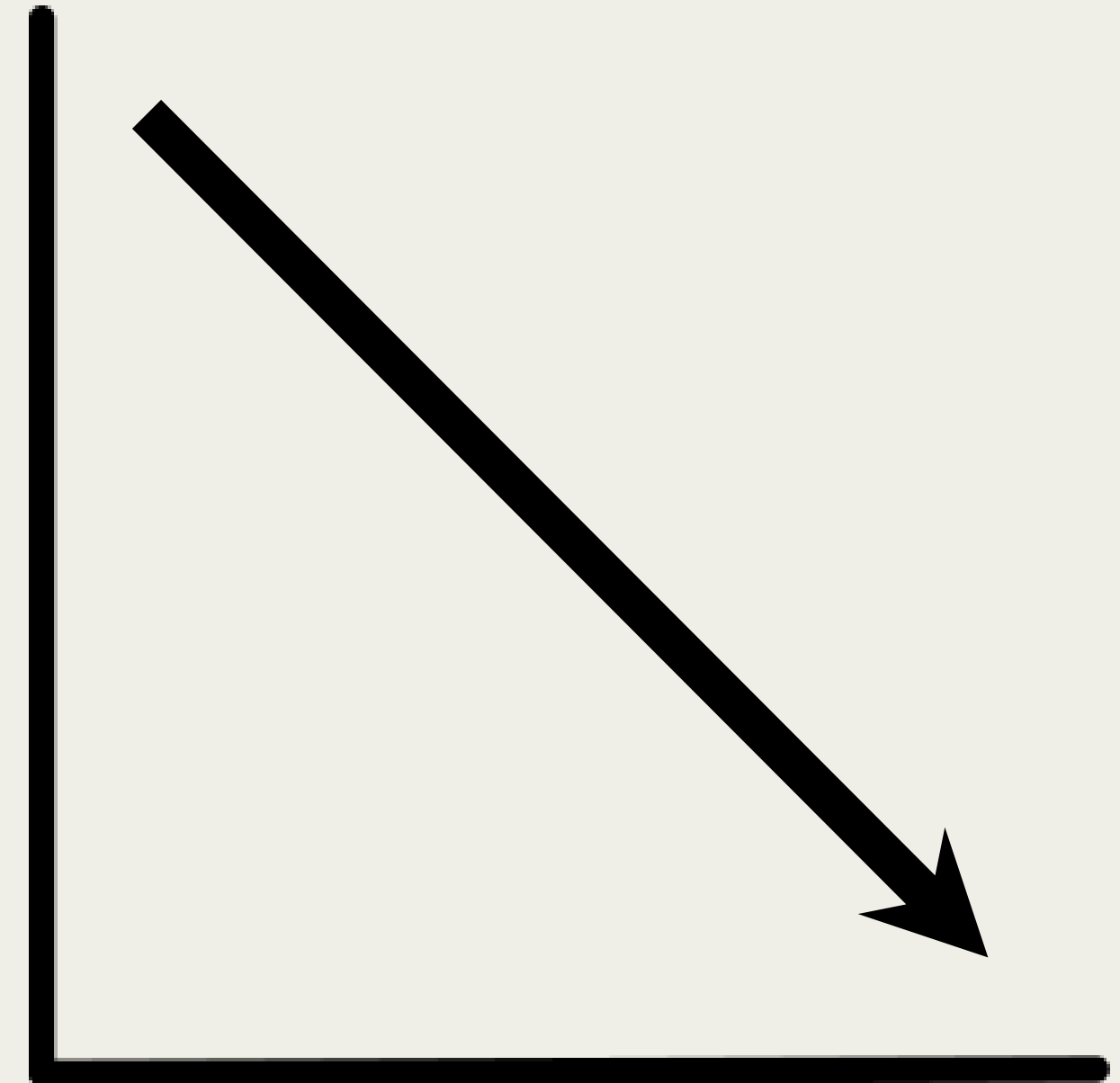


PHYSIOLOGICAL RESPONSE

- HRV is controlled by ANS
- Stressor → increased HR → lower HRV
- What is a “good” HRV?



HRV

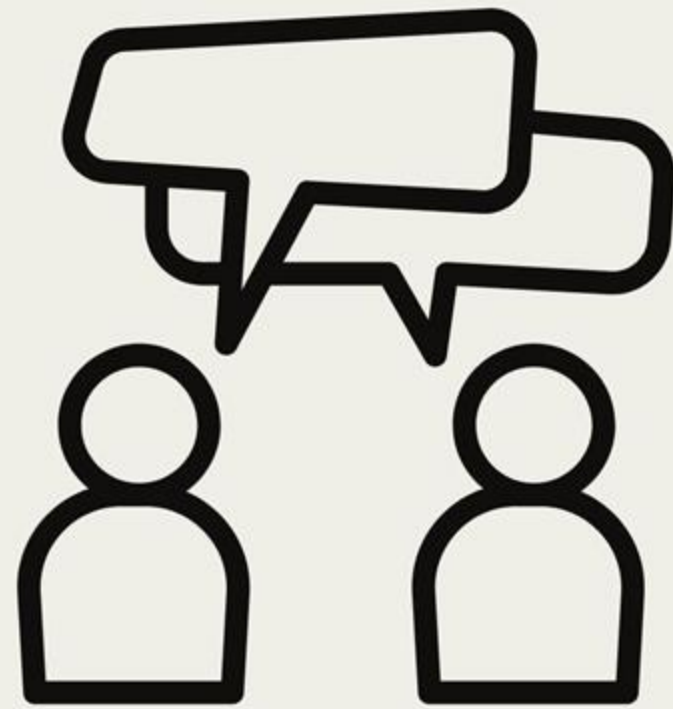


HTN & CVD

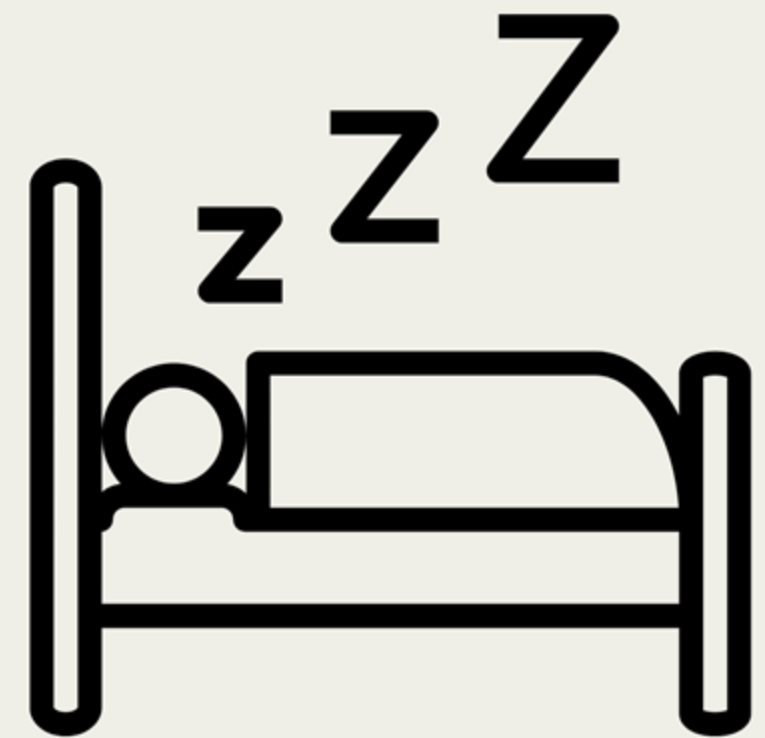
FACTORS THAT INFLUENCE HRV



Physiological



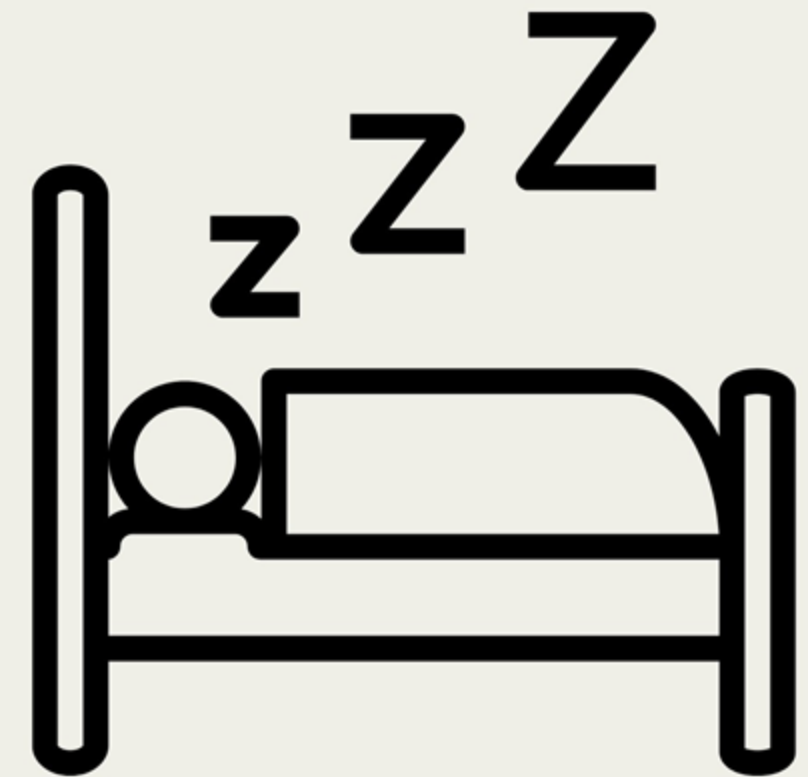
Psychosocial



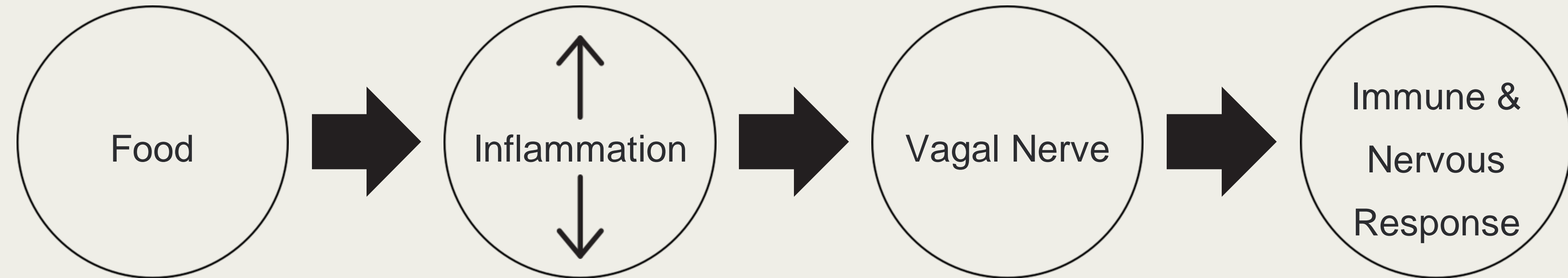
Lifestyle

SLEEP

- Do you get enough?
- Prevalence of 41.6% among healthcare professionals
- Increases risk of heart disease, stroke, cancer, hypertension, and diabetes
- Lack of sleep impairs decision-making and critical thinking
- Quality AND Duration impact HRV
- Resilience?



NUTRITION IMPACTS OUR INTERNAL ENVIRONMENT



NUTRITION SCIENCE AND HRV

- Framingham Heart Study links HRV to fasting blood glucose levels (13)
- Caloric restriction affects HRV positively (14)
- Trans Fat consumption associated with less favorable HRV (15)
- Omega-3 fatty acids enhance parasympathetic activity (16)
- Mediterranean diet associated with improved HRV (17)



EXERCISE: OUR MOST POWERFUL “DRUG”

- Lower HRV linked to 40% increased risk of cardiovascular events.
- Improvement in vagal tone, mediation of angiotensin II, and nitric oxide contribute could be drivers



BEST EXERCISE FOR HRV IMPROVEMENT

Zone 2 Training



HIIT Training



CASE STUDY: MY STORY



CASE STUDY: MY STORY



CASE STUDY: MY STORY



CASE STUDY: MY STORY



CASE STUDY: MY STORY



CASE STUDY: MY STORY

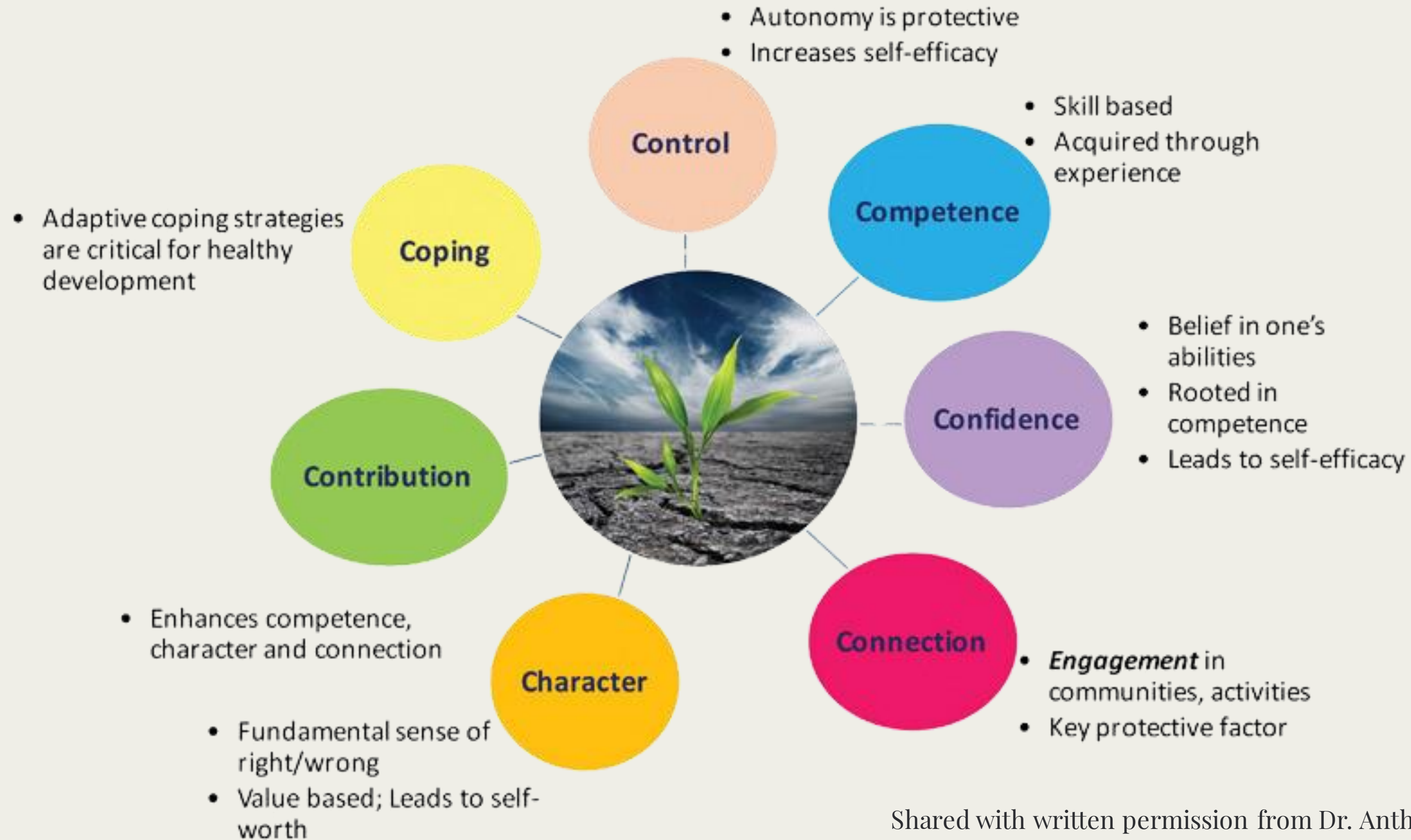


WHAT CAN WE CHANGE?

We can't change the nature of our work, but we can change the pieces of our culture that do not build resilience, and are contributing to burnout

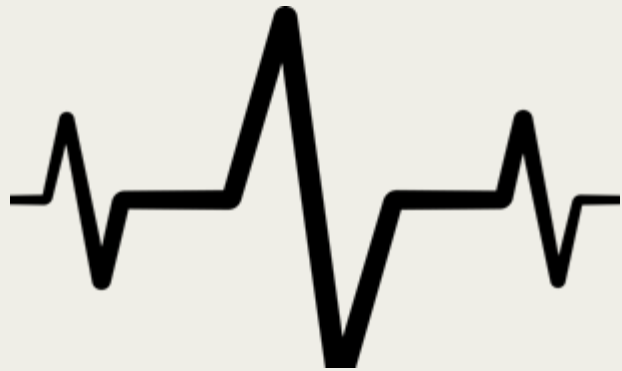
According to Psychologist Christina Maslach, burnout is “not a problem of people, but of the social environment in which they work.”

7 C'S MODEL OF RESILIENCE

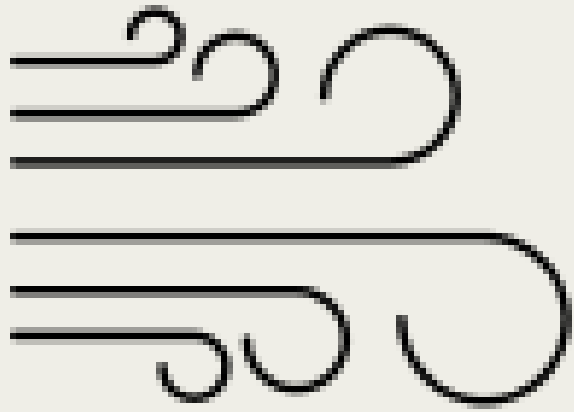


PRACTICAL CHANGES

Monitor HRV



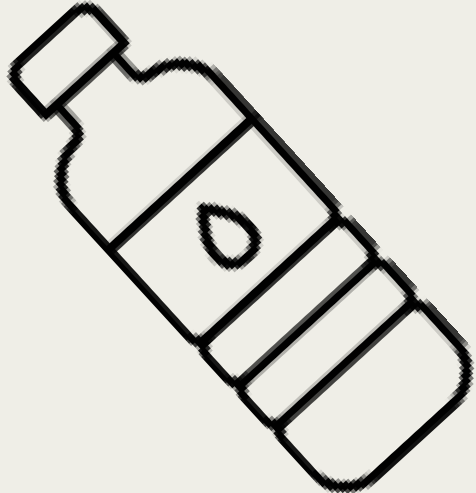
Breathwork and
Meditation



Movement



Hydration



Nutrition



Limit/Avoid



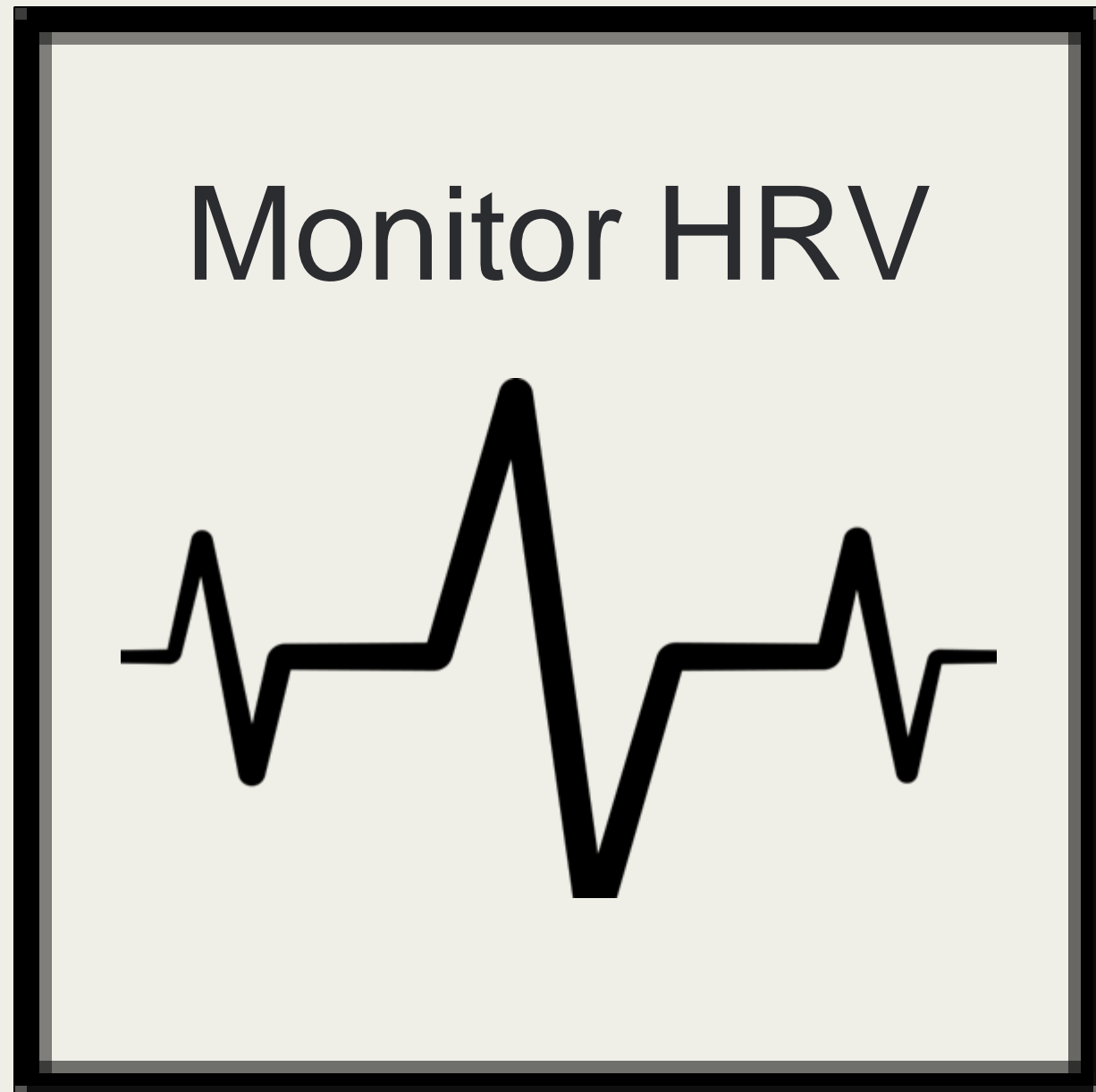
Stress
Reduction



Counseling

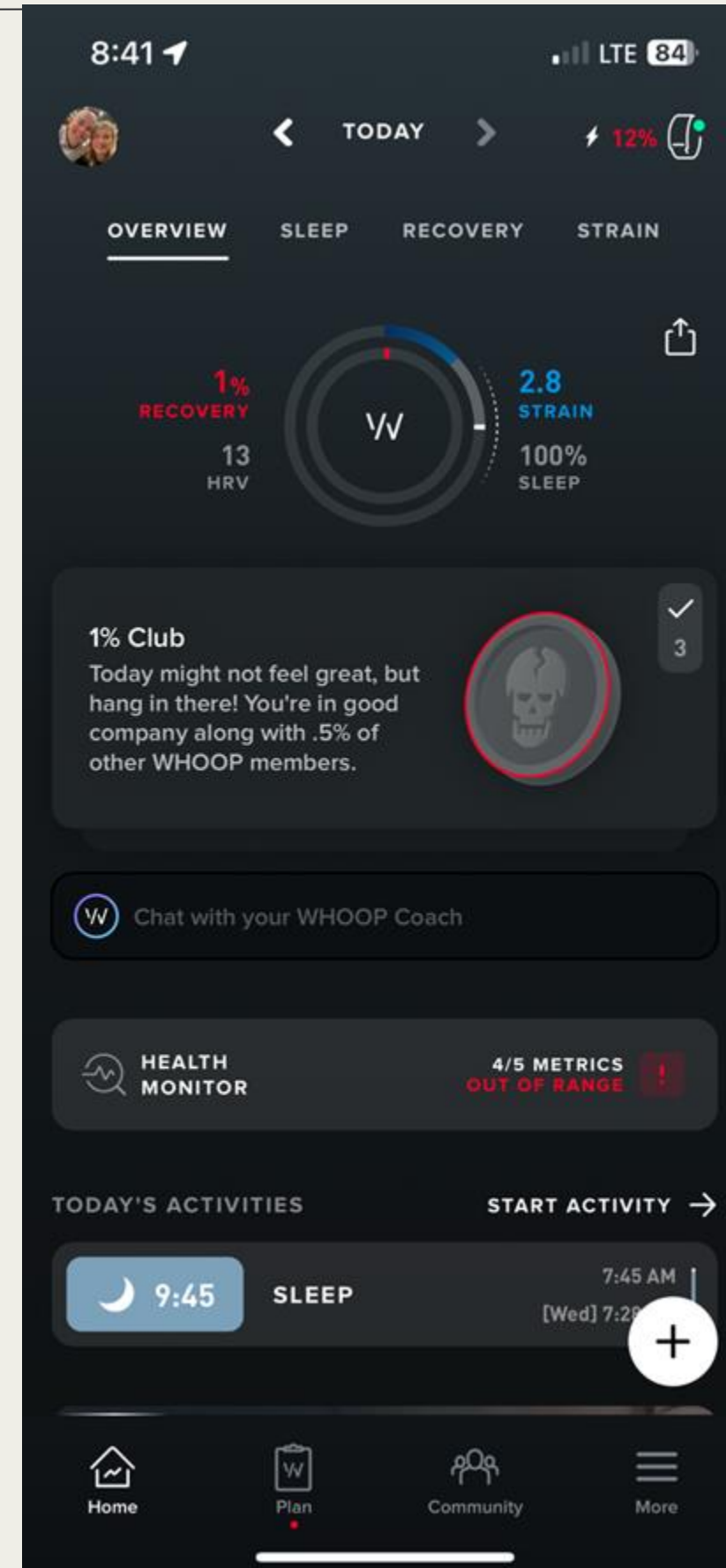
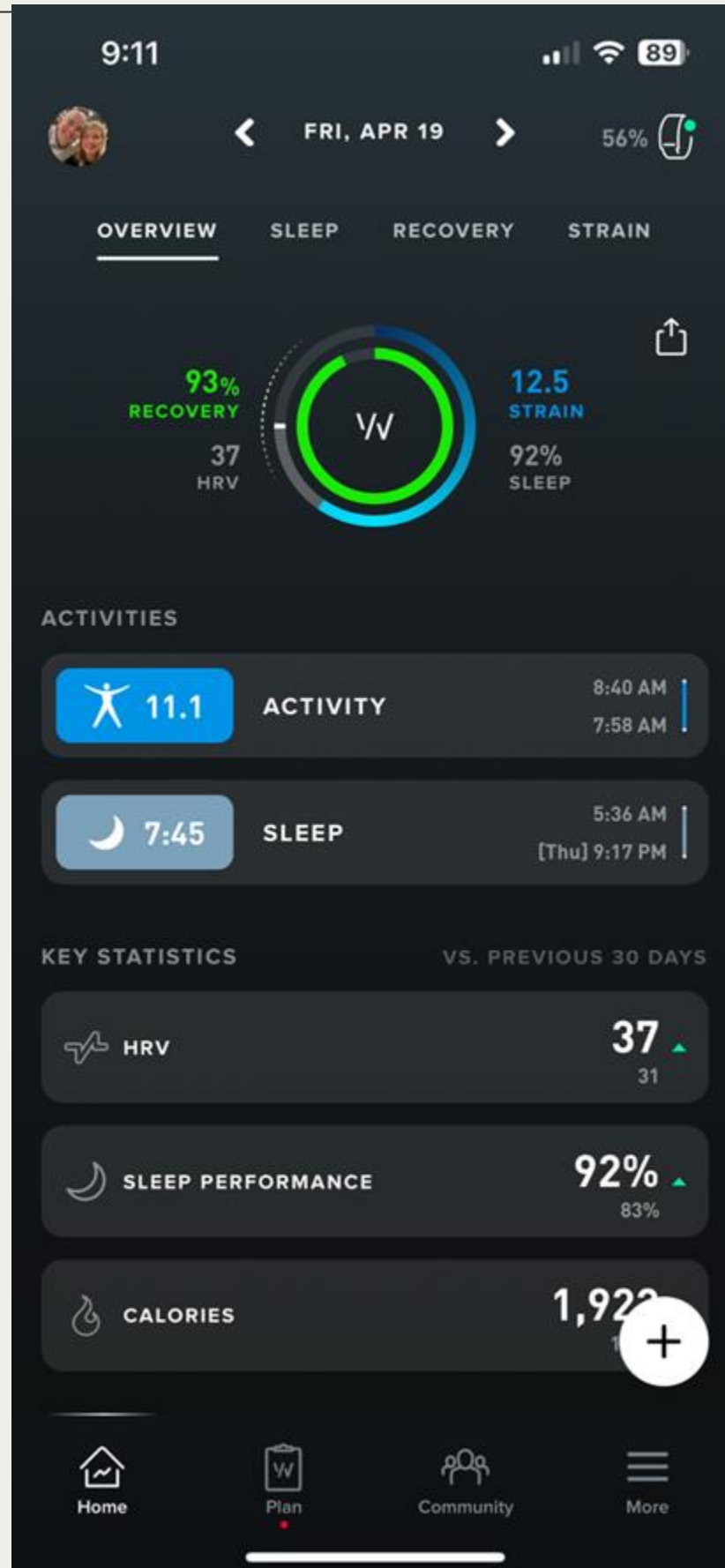


MONITOR HRV



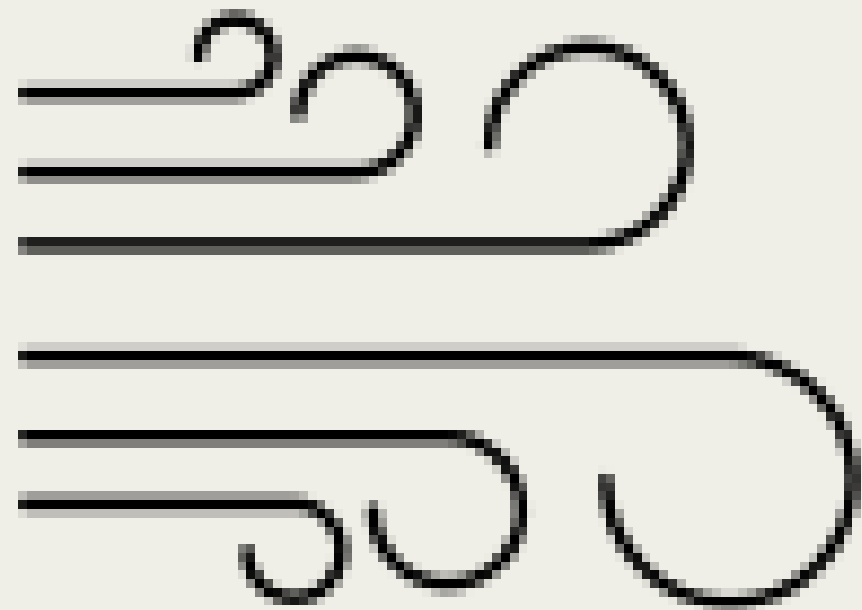
1. Figure out what YOUR baseline is
2. Observe how your different behaviors affect that baseline
3. Find ways to incorporate behaviors that build resilience

MONITOR HRV



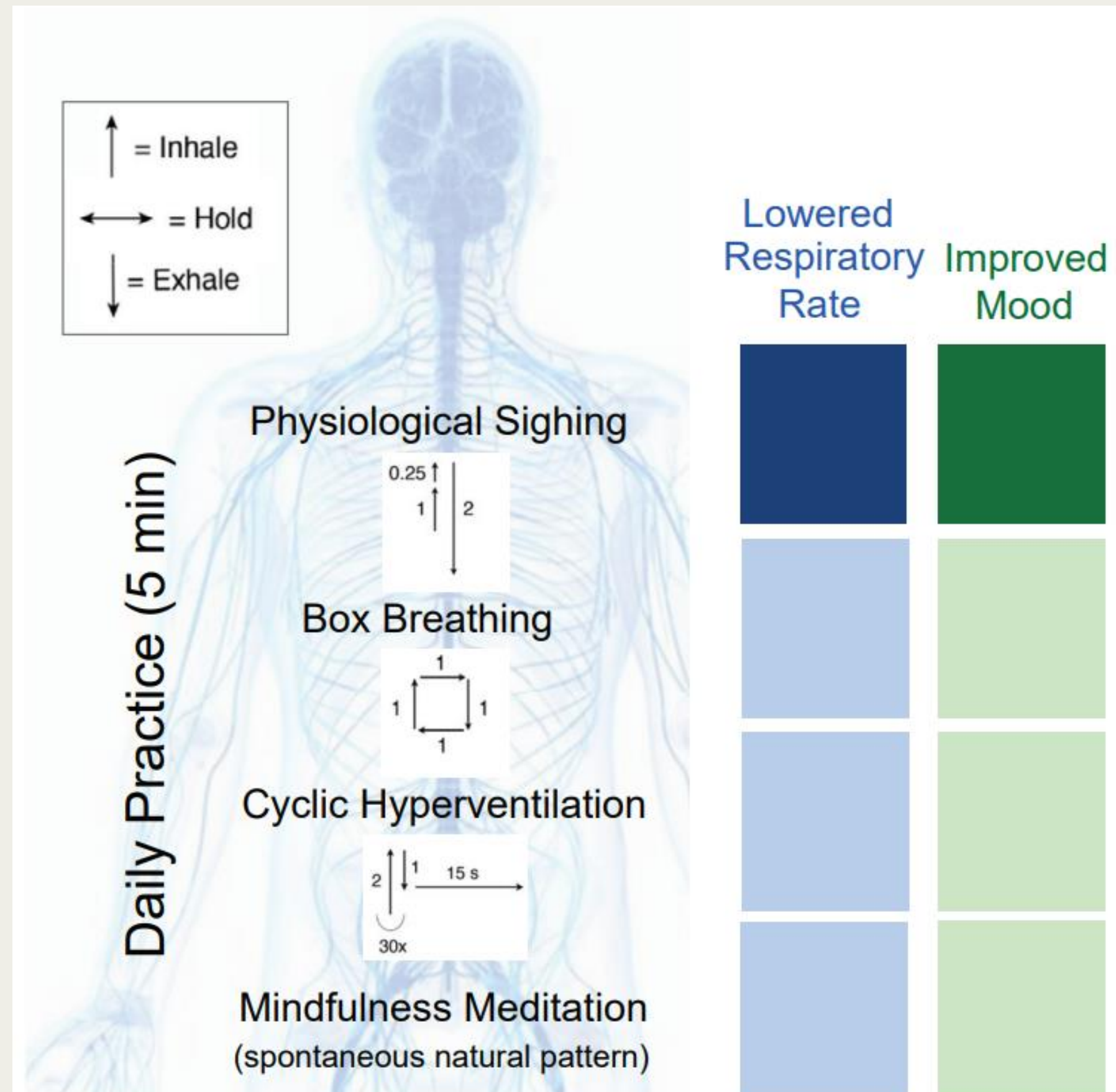
BREATHWORK AND MEDITATION

Breathwork and Meditation



- Several studies have shown benefits here for reducing stress, improving memory, reduction of inflammation, in addition to improving HRV
- “I don’t have time”
- “I can’t”

BREATHWORK AND MEDITATION



MOVEMENT AND EXERCISE

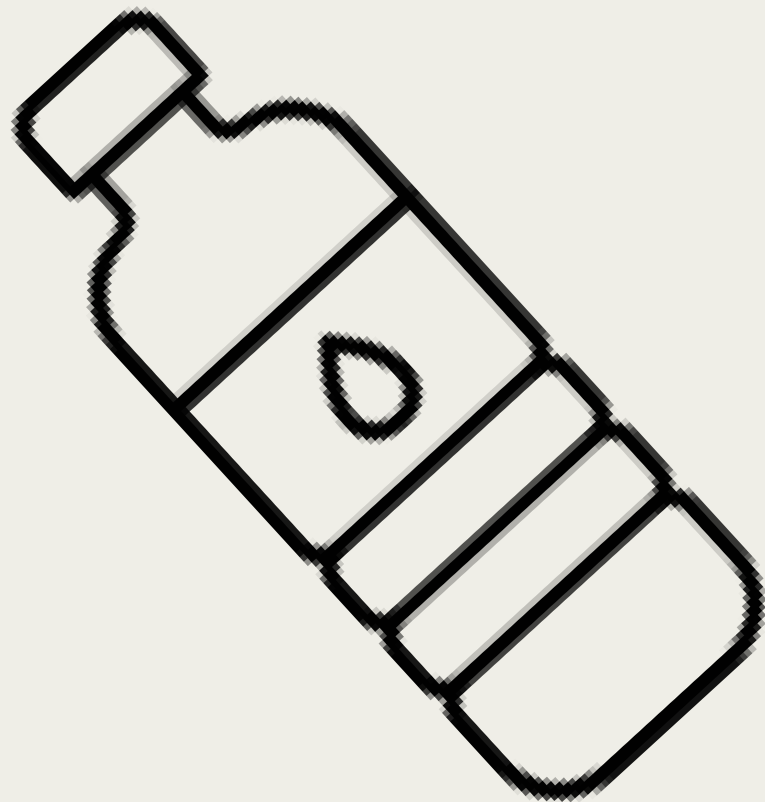
Movement



- 150 minutes a week
- 8-10,000 steps a day
- Zone 2 Training
- HIIT Training
- Strength Training

HYDRATION

Hydration



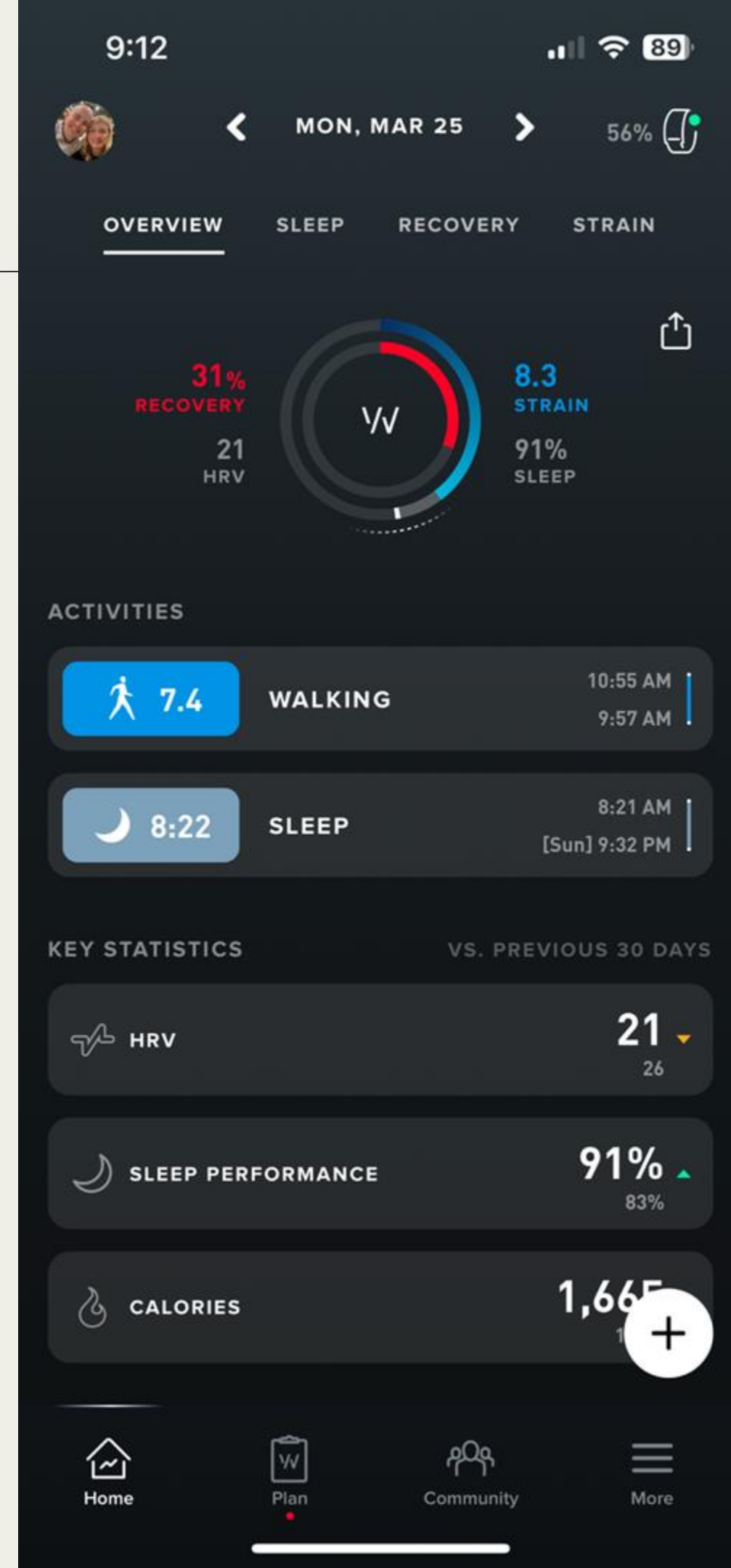
- Simple starting point: Half your bodyweight in ounces
- Water intake helps regulate hormones and neurotransmitters
- Dehydration impairs cognitive function and exacerbates feelings of stress and fatigue

NUTRITION



- Whole food diet
- Mediterranean diet: rich in anti-inflammatory Omega 3's, polyphenols, B vitamins
- Managing blood sugar- reduction of processed foods and added sugars, as well as the addition of movement

NUTRITION



STRESS REDUCTION

Stress Reduction



- Stress management must be an active pursuit!
 - spending time with friends
 - laughing
 - taking a 20 minute nature walk

COUNSELING



- Burnout has been linked to higher levels of depression and depression has been linked to lower HRV
- Honoring and processing trauma is vital for self-care
- Counseling is where you can begin to process, and heal

SHIFTING OURSELVES AND THE CULTURE

To change the culture, we have to make all of this normal.

"You are allowed to be both a masterpiece and a work in progress,
simultaneously"

-Sophia Bush

RESOURCES

- Akron Physicians Wellness Initiative
- Sky Breathing
- Employee Assistance Program
- Well-Being Index
- Aduro
- Provider Resilience committee
- Fitness Facility

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