

## 6 tips to protect against burnout

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To provide the best possible care for patients, physicians must also care for themselves. As health care organizations work to combat burnout at a systemic level, physicians can also begin to make practical changes to fight burnout on a personal level. Here are a few tips to keep in mind for creating healthier systems and healthier physicians:





# Healthy Systems, Healthy Physicians

Half of practicing physicians suffer from burnout, which impacts productivity, morale, and quality of care. It's essential for organizations to respond to factors leading to physician burnout, such as administrative demands, extra hours of documentation, and lack of one-on-one time with patients.

A healthy care system that eases these stressors leads to healthier physicians. But system changes can take time to implement, so the American Medical Association has put together some tips to help physicians redesign their workflow and promote professional well-being during their day-to-day routine.

When physicians are well supported in their work, they can focus most of their efforts



Sign up for the AMA's Burnout Tip-of-the-Week to receive free, easy-to-use online resources, quick tips on implementing practice improvement strategies and exclusive insights into how colleagues are handling burnout.

Tools like the AMA's STEPS Forward™ series provide physicians and practices with a strategic methodology for tackling practice improvement—covering workflow and process, patient care, technology and finance, professional well-being and leading change.