

# ***Burnout Proof: Lower Stress Levels, Build Life Balance and a More Ideal Practice***



**Dr. Dike Drummond**

**Wednesday, February 22, 2017**

**6:00 – 8:00 PM**

***Dinner Provided***

**Telford Building**

**Main Auditorium**

**NCH Downtown Campus**

*If you have questions, please email  
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**Or call 239-624-2792**

**Learning Objective:** Upon conclusion of this program, participants should be able to:

- Identify the difference between stress and burnout
- List the three main symptoms of burnout and how they differ in men and women
- Recognize early symptoms of burnout in colleagues and themselves
- Repeat burnout's pathophysiology, effects, complications and four main causes
- Learn and practice the six most impactful stress relief tools including the ideal job description practice, schedule HACK and boundary ritual
- Receive access to the Burnout Prevention Matrix report with 117 burnout prevention tools.

**Target Audience: NCH Active & Associate Medical and Allied Health  
Staff and any other interested attendees**

**Accreditation:** The NCH Healthcare System is accredited by the Florida Medical Association to provide continuing medical education for physicians. The NCH Healthcare System designates this live educational activity for a maximum of 2 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Faculty Disclosure:** All faculty and the NCH Healthcare System will disclose any real or apparent conflict of interest related to the content of the presentation. Faculty will also identify any off-label or investigational uses discussed as such. Neither Dr. Drummond, nor the planners have any conflicts or disclosures to make at this time.

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