

Physician Burnout 101

Continuing Medical Education



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Becoming Your Own Master: Finding Balance Beyond COVID-19



Becoming Your Own Master: Finding Balance Beyond COVID-19

There has never been a more difficult time to be a clinician. This talk covers practical strategies to master emotional reactivity, build steadiness, and thrive on the frontlines and at home. Clinicians will leave this talk with skills and practices to be at their best with patients, coworkers, and loved ones, and with tools to build stronger relationships, experience deeper fulfillment at work, and enjoy more presence and calm.

Gail Gazelle, MD, MCC is a former hospice physician, part-time Harvard Medical School Assistant Professor, Master Certified Coach for physicians, and mindfulness teacher. Having coached over 500 physicians and physician leaders, Dr.

Gazelle understands all of the challenges that healthcare presents, both during COVID and beyond.

Presenter: Gail Gazelle, MD, MCC

Master Certified Physician Coach, Harvard Medical School Faculty, Author, Speaker

Earn CME and learn practical strategies for being your best with your patients and yourself!

To Watch the Video:
<https://vimeo.com/718342997>



Target Audience: Northside Hospital Physicians

At the conclusion of this activity, participants should be better able to:

- Explain the ways the pandemic has impacted clinician burnout and resilience.
- Describe how mindfulness helps clinicians avoid burnout.
- Practice and utilize a variety of resilience strategies to build balance.

ACCREDITATION: Northside Hospital is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. Northside Hospital designates this activity for a maximum of 1.5 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

To claim credit and/or to print a certificate you must complete the online CME evaluation. The link is available in the information box in the video. For a full list of online CME available go to www.vimeo.com/cme



For questions or more information, please contact **the Department of Medical Education** at 404-236-8419 or medical.education@northside.com