Danita Home, Chair
Alliance Health Education Initiative
C/o Next Wave Group
550M Ritchie Hwy #271
Severna Park, MD 21146

Dear Danita,

Thanks you again for the $1000 grant for our *Addressing Burnout in Medical Providers: Building Resilient Physician Families and Office Support Staff*. The October 21, 2016 provided an outstanding program and a dinner dance for our area medical professionals. The allaine worked well with the society to plan and execute the activity. We held three joint Alliance/Society planning meetings and gathered 9 door prizes that included gift certificates for stress reducing activities such as golf, yoga classes, a message, dinners, and a weekend getaway to the Ozarks.

We recognized AHEI as a financial supporter in our social media outreach, promotional activities and marketing materials and at the event. We developed and distributed the "Physicians Can Battle Burnout" booklet at the event. We have enclosed a copy in this report. We are sending the PDF file of this booklet to our county, state and national Alliances and the Illinois State Medical Society and Alliance. We did not copy write the booklet, so all Alliances and Societies can use it. The Sangamon County Medical Society used this program as a springboard to a year-long initiative to help physicians battle burnout.

Allison Winkler, MPH was an excellent AMA speaker for our activity. Southern Illinois University School of Medicine offered an AMA PRA Category 1 credit. The 37 attendees received her message and research on physician satisfaction with enthusiasm. A lively question and answer period followed.
All of the grant funds were used to fulfill the objectives of the program.

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Invitations</td>
<td>$230.00</td>
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<tr>
<td>Bulk Mailing</td>
<td>$ 63.90</td>
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<tr>
<td>Signage</td>
<td>$ 29.50</td>
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<tr>
<td>Physicians Can Battle Burnout booklet</td>
<td>$150.00</td>
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<tr>
<td>Room Rental</td>
<td>$526.60</td>
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The total cost of the event was $4346.95. The Financial Sponsors were as follows:

- AHEI Health Grant $1000
- First Bankers Trust $ 200
- AMA $1250
- Carolton Bank $1000

Total Support $3450

The attendees paid $670, leaving a -$226.96 balance.

The event met all the proposed objectives. The attendance fell short of our goal. This reflects the attendance problems the society and alliance is facing state-wide and nationally.

It is our hope that other groups will benefit from our booklet and the AMA speaker who provides this program, consultation and evaluation for individual clinics and groups addressing burnout.

Sincerely,

Carol Harms, Executive Director
Sangamon Co. Medical Society

Enclosures:
Invitation
Burnout Booklet
Resilient people make life style changes that help relieve daily stress and hardship.

*Suggested goals and action plans to start your road to resiliency.*

For the Week of: 

<table>
<thead>
<tr>
<th>Goal</th>
<th>Action Plan / Completed on □ S □ M □ T □ W □ Th □ F □ S</th>
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<tbody>
<tr>
<td><strong>Exercise</strong></td>
<td></td>
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<tr>
<td>□ Take stairs.</td>
<td></td>
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<tr>
<td>□ Add more steps to your day.</td>
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<tr>
<td>□ Enjoy a weekly family exercise</td>
<td><em>Other</em></td>
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<td>activity.</td>
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<tr>
<td><strong>Eat Healthy</strong></td>
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<tr>
<td>□ Eat 5 fresh fruits and vegetables</td>
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<tr>
<td>daily.</td>
<td><em>Other</em></td>
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<tr>
<td>□ Eliminate processed and junk</td>
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<tr>
<td>foods - gradually.</td>
<td></td>
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<tr>
<td>□ Drink water instead of soda.</td>
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<tr>
<td><strong>Limit Unhealthy Behaviors</strong></td>
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<tr>
<td>□ Stop smoking.</td>
<td><em>Other</em></td>
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<tr>
<td>□ Reduce alcohol intake.</td>
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<tr>
<td><strong>Relax</strong></td>
<td></td>
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<tr>
<td>□ Try yoga, meditation or prayer.</td>
<td><em>Other</em></td>
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<tr>
<td>□ Learn a new sport and play with</td>
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<tr>
<td>friends.</td>
<td></td>
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<tr>
<td>□ Find a hobby.</td>
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<tr>
<td><strong>Build Strong Friendships</strong></td>
<td></td>
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<tr>
<td>□ Meet a friend - for lunch, dinner,</td>
<td><em>Other</em></td>
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<td>a movie, or simply to &quot;catch up.&quot;</td>
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<tr>
<td>□ Seek support from friends and</td>
<td></td>
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<tr>
<td>friends, especially in times of</td>
<td></td>
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<tr>
<td>trouble.</td>
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<tr>
<td><strong>Sleep</strong></td>
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<tr>
<td>*Recommended amount of sleep per</td>
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<tr>
<td>night*</td>
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<tr>
<td>□ Adults need at least 7 hours</td>
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Focus on the Positive

Are you cheating your health, family and patients? Are you suffering from burnout? This booklet provides some simple tips to combat burnout and build resiliency.

Try focusing on the positive for two weeks. In a research study, physicians wrote down three positives before bed for two weeks. At the end of 6 months, they had more positive feelings about their practices and their lives.

If we log our daily events, usually the positive outweigh the negative. Even during hard times, positive events fill our lives. However, we may not notice them.

- We need at least three positive experiences to one negative experience in order to thrive and enjoy life. Emphasizing the positive might take some practice. Parents must help their children focus on the “good things in life.”
- Practice positive thinking.
  “I hope I get home for dinner tonight.” “Let's think of some other fun activity if I am late.”
- Establish nightly gratitude time. Every night before going to sleep, name one thing for which you are grateful. If you have time, write down 3 positives from your day. Let go of the negatives.
- Create positive, fun events during times of stress. Plan a game night. Eat a healthy treat. Spend some time outdoors in nature.
- Celebrate special events - holidays, birthdays, Doctors’ and Nurses’ Day, high-five moments.
- Give praise and positive reinforcement. Tell staff and colleagues when they have done a good job.

You are not the only one to benefit from “finding the positive”. Your staff and family benefit from your optimism and the obstacles you overcome.

Helpful Resources to Understand and Combat Burnout

- ConnectABILITY.ca offers a free 2-page Maslach Burnout Inventory. Use this self test tool to assess physician burnout.

- AMA Alliance’s Physician family offers articles on burnout:
  Summer 2015 issue has two articles:
  Medical Family Wellness: More Than Exercise and Diet, pp 4-6.

  Summer 2014 issue:
  The Resilient Medical Family: Extraordinary Challenges for Exceptional People, By Wayne M. Sotile, Ph.D., Mary O. Sotile, M.A., LPC, and Julia E. Sotile, MSW, LCSW
  Find the Physician family on the AMA Alliance webpage - www.amaalliance.org/ under Publications.

This booklet was developed by the Parent Help Line at HSHS St. John’s Hospital as part of an AMA Foundation grant.
Physicians Can Battle Burnout

Burnout is more common for physicians than for any other profession. The difficulties of medical school and residency help physicians develop resiliency – the ability to bounce back. Doctors have a high tolerance to stress.

Physicians find motivation in caring for patients, sharing leadership’s values for medicine and patient care, and having a flexible work schedule. Without this motivation, physicians feel the stress that causes burnout.

ConnectABILITY.ca offers a free 2-page Maslach Burnout Inventory. Use this self-test tool to assess your burnout.

Stress is the best predictor of burnout. What causes this stress? Research says the cause is:

- A high stress work environment,
- Discord with administrative values,
- Lack of control of work schedule and free time,
- Work interfering with family events, and
- Failure to care for yourself – diet, exercise and sleep.

Half of all physicians suffer from at least one symptom of burnout. What can physicians and their spouses do to deal with or prevent burnout? Research suggests several tactics:

1. Acknowledge your good attributes and the good you accomplish each day.
2. Use positive self-talk. Realize the roll negative self-talk plays in destroying your self-worth.
3. Avoid toxic relationships.
4. Take control of your practice and family life – one step at a time.
5. Recognize your bad habits and set small goals to change them.
6. Improve your relationships with colleagues, staff and family. Ask them to help you overcome burnout.

Physicians should model healthy resiliency skills, and physician spouses can help them fulfill this task. Research indicates a need for medical system administrative changes to combat physician burnout.

Meanwhile, doctors must take control of their lives. “If it is to be, it is up to me.”

Start combating your burnout today with just one step to reduce the stress that results in burnout.

Apps to Help You Manage a Healthy Lifestyle

- My Fitness Pal - iPhone, Android
- Map My Run - iPhone, Android
- Endomondo - iPhone, Android
- Fooducate - iPhone, Android
- My Diet Coach - iPhone, Android
- Healthy Out - iPhone, Android
- Zipongo - iPhone, Android
- Spring - iPhone, Android
- Noom Coach - iPhone, Android
Most physicians report feelings of moderate to high stress. Money and job concerns are a major factor in those feelings. Healthy habits help keep daily stress levels low.

Begin a new healthy lifestyle plan by taking baby steps. Set realistic personal and family goals. As you improve your lifestyle, add new goals.

Use the chart on the next page. Fill in your goals and action plan, and start your road to resiliency. Possible goals are:

**Exercise**
- Take stairs.
- Add more steps to your day.
- Enjoy a weekly (family) exercise activity.

**Adjust your diet.**
- Eat 5 fresh fruits and vegetables daily.
- Eliminate processed and junk foods - gradually.
- Drink water instead of soda or coffee.

**Get plenty of sleep.**
- Adults need at least 7 hours of sleep every night.

**Limit unhealthy behaviors.**
- Brainstorm how to reduce the number of hours you work. 15-18 hour work days are not healthy.
- Stop smoking.
- Reduce alcohol intake.

**Take time to relax.**
- Try yoga, meditation or prayer.
- Learn a new sport and play with friends.
- Find a hobby.

**Build strong friendships.**
- Seek support from family and friends, especially in times of trouble.
- Take a minute to talk with colleagues.

**Learn your stress warning signs. Upon the warning, take a mental time-out.**
- Close your eyes, and take some deep breaths.
- Think positive thoughts. Stop negative thoughts.

Your new healthy lifestyle will become a habit for both you and your children.