

# HIV Practitioner Burnout Panel

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## **Financial Relationships With Ineligible Companies (Formerly Described as Commercial Interests by the ACCME) Within the Last 2 Years:**

Dr Kaslow has no relevant financial relationships with ineligible companies to disclose. (Updated 09/29/22)

# Learning Objectives

After attending this presentation, learners will be able to:

- List strategies HIV practitioners can use to better take care of themselves, avoid burnout, and be resilient
- List strategies organizations can employ to reduce HIV practitioners' risk for burnout and bolster their resilience and wellness

# Focus of the Panel

- Why now?
- Burnout
- Resilience and Wellness
- Individual Strategies
- Organizational Strategies
- Concluding Comments



**Burnout**

**BURNOUT**

# Question

- 
- How do you know when you or someone else is burned out? What causes you to feel burned out?



# Question

- 
- What is your experience of secondary traumatization and what helps you deal with that?



SLOW  
DOWN

KEEP  
CALM

BE  
POSITIVE

TAKE  
IT  
EASY

UNPLUG

ENJOY  
LIFE

HAVE  
FUN

BREATHE

RELAX

GO  
OUTSIDE



MEDITATE

# PERSONAL STRATEGIES





# Moral Resilience

## Question

- What personal strategies do you use to mitigate burnout and foster your resilience and well-being?



# Moral Resilience

## Question

- What did you learn from the HIV epidemic that has served you well in caring for yourself during the COVID pandemic? What has been different?

# ORGANIZATIONAL STRATEGIES



# Questions

- What has your organization/leader/you done to prevent burnout and build a wellness culture?/ How successful has that been?



# Questions

- What else would you like your organization /leader/you to do and how?



# Q and A Session