



BURNOUT

Text Button A

LEARNING OBJECTIVES

After working through this program, you should be able to:

- Describe the signs, symptoms, and consequences of burnout
- Identify characteristics in the individual, the work environment, and the family that increase the risk of burnout
- Select management techniques to help prevent, identify, or alleviate burnout
- Contrast the challenges residents face in life with those they face in residency programs
- Identify the signs and symptoms of career uncertainty in a resident
- Compare management strategies appropriate for residents with career uncertainty