



# the medical center hour

*Medicine & Society in Conversation*

A Program of the Center for Biomedical Ethics and Humanities

Wednesday, 10 October 2018

12:00-1:00 pm

Pinn Hall Conference Center Auditorium  
University of Virginia School of Medicine

*Medical Grand Rounds*

## **TIME TO TALK ABOUT BURNOUT—AND POETRY AND OTHER THINGS**

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Director of Medical Education, Centra Health, and  
Chair, Wellness Committee, Centra Medical Group, Lynchburg VA

Many personal, social, organizational, and regulatory factors in health care today contribute to clinicians experiencing burnout, a chronic stress syndrome characterized by exhaustion, depersonalization, and feelings of inadequacy. When severe, these symptoms are often accompanied and exacerbated by depression—and sometimes lead to suicide. In this combined Medical Center Hour and Medical Grand Rounds, Dean Gianakos MD FACP will **not** teach techniques to fortify personal resilience in the face of incipient burnout or offer strategies to reduce the inefficiencies of practice. Rather, using poems and stories, he will open a dialogue on how health professionals can emotionally support one another, initiate crucial conversations, and reduce the isolation that too often characterizes medical practice.

*Co-presented with the Department of Medicine, UVA*

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UVA School of Nursing Continuing Education is accredited to provide continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. UVA SONCE awards 1.0 contact hour to nurses who participate in this educational activity and complete the post-activity evaluation.

Questions? Contact Charlene Kaufman, [cmk2b@virginia.edu](mailto:cmk2b@virginia.edu) or 434.924.5974