Burnout is defined as a syndrome conceptualized as resulting from chronic work place stressors. It is a syndrome characterized by emotional exhaustion that results in depersonalization and decreased personal accomplishment at work burnout among healthcare professionals is particularly concerning. Recognition of and strategies to manage and reduce burnout among health care professionals are of paramount importance and should be strongly promoted. This is in order to prevent loss of productivity and improve quality and safety of patient care. This is an important topic that has to be a part of IPE education in the future, as it crosses all professions and it impact interprofessional care.

Secondary Objectives
1. Promote learning about mindfulness as a tool to manage work place stressors
2. Expose inter-professional students to sources of stressors in their daily professional working lives and understanding of tool that can help manage these stressors
3. Students will be able to practice mindfulness techniques to their daily professional working lives and understanding of tools that can help manage these stressors
4. IP students/professionals will learn about others experiences from chronic work place stressors. It is a syndrome characterized by emotional exhaustion that results in depersonalization and decreased personal accomplishment at work burnout among employees and professions is not a luxury it is in fact a necessity. First responders impacted by mental problems may be out of working force and this impact efficiency and necessity. Identifying Departmental Core Wellness group. This group should be empowered to disseminate knowledge and provide evidence based resources to the rest of department members
5. Exploration of multiple avenues such as sponsored events, lectures and access to institutional experts
6. Creating awareness and accessibility to wider institutional wellness resources.
7. It became rapidly and quickly recognized that wellness for employees and professions is not a luxury it is in fact a necessity. First responders impacted by mental problems may be out of working force and this impact efficiency and ability to combat virus epidemic.
8. Opportunities for interprofessional support, education, and partnership around wellness should be supported financially and by department and education leaders

Methods
This mixed method project was developed to address burnout dissatisfaction, and communication between interprofessional health care providers. In order to design our project, Team Joy consulted with the Michigan Center for Interprofessional Education staff. After a brief review of literature the team decided to focus on mindfulness as one way to address stress, burnout, job dissatisfaction, and interprofessional provider communication. Team Joy planned to host an IPE session on U of M main medical campus for students and professionals across multiple health disciplines on March 17, 2020. The goals of the event were to: 1) obtain pre-intervention survey data (regarding their attitudes toward mindfulness); 2) provide an education intervention; and 3) conduct a post-intervention survey.

A 30-item survey was developed to assess the participant’s knowledge about mindfulness for personal use, as well as incorporating mindfulness in patient interventions, and as a basis for improving interdisciplinary communication when there is differing opinions on patient plan’s of care. Following the pre-survey, participants were going to participate in a mindfulness training session led by a local expert. At conclusion of the training, the participants will complete the survey post-intervention. Interested participants will also be asked to share what they think the team should include to offer this type of training as an electronic session using M-learning.

Results

Mindfulness Mingle
Focus Group and Conversation
Receive $10 gift card and Meal free food for your participation.

Participants and promoting solutions from all health professions and disciplines.

Dr. Frank Anderson our expert speaker will educate mindfulness, and will provide demonstrations of techniques for you to try on your own and share with your patients.

Tuesday, March 17, 2020, 5:00 – 7:00PM
Where: Palmer Commons Boardroom S

Why: Professional practice can be stressful. There is strong evidence that mindfulness has important impact on health, and patient outcomes. We want to identify barriers to using mindfulness in practice. We want to help to have more resources in your daily working routine. Mindfulness can improve interprofessional communication and experiences.

NOW: Please REGISTER using this link: https://tinyurl.com/MichiganMindfulness

Lessons Learned

• Awareness and mindfulness are definitely critical for wellbeing of different professions especially at this challenging pandemic situations.
• Unfortunately this is not on the top of the priority lists of many professionals.
• Certain resources are available on the campus but it is not easily accessible.
• COVID-19 virus pandemic has impacted our understanding of wellness topic. Concentrating on mindfulness in isolation may not be sufficient to help manage work related stresses.
• As we work in a large organization, creating awareness of availability and avenues for wellness is important to allow maximum benefit to staff. We were unaware of the larger resource pool until COVID-19 epidemic started to peak were organization became more active in disseminating wellness information.
• Wellness issues are often reactive versus a proactive approach as part of the education experience.