

Preventing “Burn out” syndrome among healthcare professionals



DB-52 3 Days (21 Hours)

Description

Daily work with patients can affect the person in many ways despite the professionalism, competence and distance recommended. This is why, during this training, it will be recalled that promoting the quality of life of agents is a guarantee of quality for patients.

Who is this training for ?

For whom

All professionals from health and medico-social establishments.

Prerequisites

No special knowledge.

Training objectives

- Situate the problem of professional burnout and its consequences in daily life
- Understand the close links between professional burnout and the notion of stress
- Analyze personal functioning in difficult situations
- Develop resources and techniques to prevent “burn out”

Training program

Poser les bases du concept de burn out

- Distinguish between psychosocial risks, burnout, stress and related concepts.
- Know the legal framework of professional burnout.
- Recognize the signs of professional burnout or burn out.
- Exercise: Initial assessment of the degree of professional burnout.

Repérer une situation anxiogène afin de mieux la gérer

- Discern the main causes of stress at work.
- Understand the polymorphism and multi-factoriality of professional burnout.
- Give meaning to stress according to its source: external or internal to the person.
- Detect the stress received and suffered by each professional according to their role and function.
- Understand stress from a personal point of view.
- Consider the consequences of stress (physical and psychological).
- Role play Simulations inspired by real situations.

Appréhender les différentes préventions de l'épuisement et du stress

- Distinguish the three levels of prevention.
- Reduce or limit stress factors.
- Help people cope with stress, on an individual and collective level .
- Take care of people affected by stress or trauma.
- Exercise: Creation of a summary sheet of the different prevention actors and institutional tools available.

Se protéger de l'usure professionnelle

- Understand the notion of well-being at work.
- Identify individual triggers of stress.
- Apply behavioral responses to burnout: communication, hygiene, management conflicts, time management.
- Use cognitive restructuring, emotion management and other types of mental responses.
- Implement physiological responses such as relaxation.
- Practical work Learning responses to different tensions and stress management techniques.
- Implementation of an action plan for better mental and physical health, evaluation of results.

Appréhender le concept de bientraitance dans sa dimension opérationnelle

- Well-treatment: definition, regulations and implications in daily work.
- "bientraitance" plan of March 14, 2007.
- What is does this involve daily work? Entering a process of well-treatment.
- The constraints of the different services and the difficulties encountered in maintaining the approach of well-treatment.
- Collective reflection Completion of the HAS professional practices self-monitoring grid, Debriefing.

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