

How to get your notes done faster!

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Financial Disclosures: none

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Hello!

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Complications of burnout

- Decreased quality of care
- Leave Medicine
- Anxiety/Depression
- Divorce
- Substance abuse

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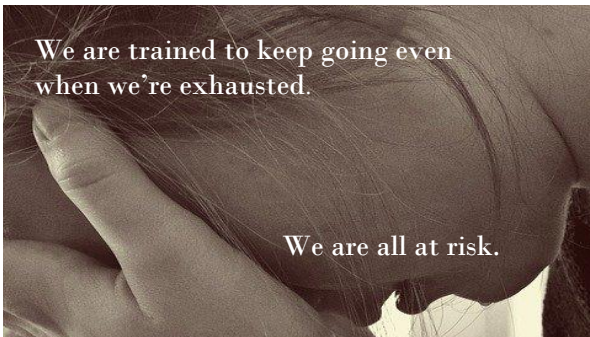
Gretchen Wenner Butler, MD




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Physician Support Line
1-888-409-0141
 8 am - 1am ET | 7 days a week
www.physiciansupportline.com

- Volunteer psychiatrists supporting med students and physicians
- Nationwide
- Anonymous
- Free
- Call on any subject, not just for a crisis
- We report to **no one**

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**We are humans.
 We need to fulfill our basic needs.**



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Coaching is an evidenced based solution

JAMA August 2019

- Reduced burnout
- Increased satisfaction

JAMA May 6, 2022

- Reduced burnout
- Reduced imposterism
- Increased self compassion



JAMA October 2, 2023

- Reduced burnout/imposterism

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CLEVELAND CLINIC PROMOTES COACHING CULTURE FOR PHYSICIANS

ANALYSIS | BY CHRISTOPHER CHENEY
SEPTEMBER 22, 2021


The benefits of Cleveland Clinic's internal coaching programs include professional development, employee retention, and reduction of burnout.

How Cleveland Clinic has saved \$133M in physician retention

Coaching shows benefits for individuals AND organizations

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How to get your notes done faster!



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Notes at home:

- HUGE contributor to burnout.
- Waste our precious hours (Free labor?!)
- Less efficient and less accurate
- Sucks the joy out of medicine

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These things contribute to NOT getting notes done...



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The plan

- Complete the note after every encounter
- B minus work
- No more apologizing.. "Thank you for waiting"

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Complete the encounter.



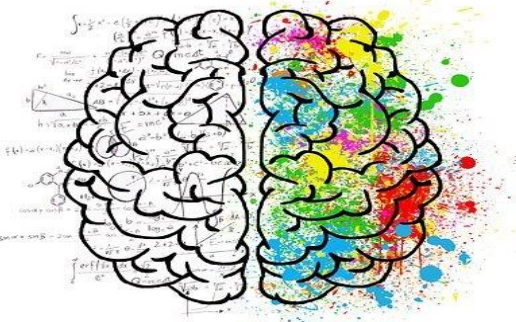
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This is the best patient care...

Everyone BENEFITS.



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We didn't learn this in med school...

Our THOUGHTS create our FEELINGS

Which drive our ACTIONS/INACTIONS

Which create our RESULTS.

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Thoughts/Feelings:

"I have too much to do" **Overwhelmed**

"I shouldn't have to do all of this" **Frustrated**

"I'll never catch up "

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Feelings as fuel:

"I can do hard things" **Determined**

"I don't want to do this later" **Motivated**

"I wonder where I can be more efficient" **Curious**

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Get your team involved

- 1) Huddle
- 2) Set BOUNDARIES
- 3) Create a plan for messages/labs/refills
- 4) Use shortcuts
- 5) Try an AI scribe



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Take charge of the visit.




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We may be uncomfortable at first.

Do you want it now?

Or later?


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Let's go!

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For additional support:



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Thank you!

Questions?

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