

# Course : Preventing burnout syndrome in healthcare professionals

**Practical course - 3d - 21h00 - Ref. URN**

**Price : 1210 € E.T.**

Day-to-day work with patients can affect a person in many ways, despite the professionalism, competence and distance advocated. That's why, during this training course, we'll be reminding you that promoting quality of life for our agents is a guarantee of quality for patients.

## Teaching objectives

**At the end of the training, the participant will be able to:**

- ✓ Understanding the problem of burnout and its impact on daily life
- ✓ Understand the close links between occupational wear and tear and the notion of stress
- ✓ Analyze personal functioning in difficult situations
- ✓ Develop resources and techniques to prevent "[burn out]".

## Intended audience

All professionals working in health and medico-social establishments.

## Prerequisites

No special knowledge required.

## Practical details

### Teaching methods

Approche pédagogique complétée par une activité d'analyse des pratiques.

## Course schedule

### PARTICIPANTS

All professionals working in health and medico-social establishments.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.

Participants also complete a placement test before and after the course to measure the skills they've developed.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.

- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## 1 Laying the foundations of the burn out concept

- Distinguish between psychosocial risks, burn out, stress and related concepts.
- Know the legal framework for burnout.
- Spot the signs of burnout.

### Exercise

Initial assessment of burnout.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## 2 Identify anxiety-provoking situations to manage them more effectively

- Identify the main causes of stress in the workplace.
- Understanding the polymorphism and multi-factoriality of burnout.
- Giving 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.
- Understanding stress from a personal perspective.
- Consider the consequences of stress (physical and psychological).

### Role-playing

Simulations inspired by real-life situations.

## 3 Understanding how to prevent burnout and stress

- Distinguish between the three levels of prevention.
- Reduce or limit stress factors.
- Help people cope with stress, both individually and collectively.
- Caring for people affected by stress or trauma.

### Exercise

Creation of an overview of the various prevention players and institutional tools available.

## 4 Protecting yourself against burnout

- Understand the notion of well-being at work.
- Identify individual stress triggers.
- Apply behavioral responses to burn out: communication, hygiene, conflict management, time management...
- Use cognitive restructuring, emotion management and other types of mental response.
- Implement physiological responses such as relaxation.

### Hands-on work

Learn how to respond to different stresses and stress management techniques. Implementation of an action plan to improve mental and physical health, and evaluation of results.