

Burnout Prevention Evaluation

Thank you for your participation today! Please do not put your name on this evaluation.

1. According to the WHO, what is the clinical definition of burnout?

- a. A temporary feeling of stress
- b. A diagnosable mental illness
- c. A syndrome resulting from chronic workplace stress that has not been successfully managed
- d. A sign of weakness in high-pressure jobs

2. Which of the following is NOT a typical cause of burnout in the healthcare setting?

- a. Long shifts with minimal breaks
- b. Excessive administrative workload
- c. Daily meditation and exercise
- d. High emotional demand from patients

3. List three common causes of burnout that apply to your current or past healthcare role:

4. What are four symptoms or signs of burnout?

5. Did you complete the burnout self-assessment during today's session?

- ☐ Yes
- ☐ No

6. What was your biggest takeaway from today's session?

7. What would make this session better or more engaging in the future?

Thank You!