

# Anesthesiology & Pain Medicine

## August EDI Brief

### 1 WORD

Depersonalization: a state in which one's thoughts and feelings seem **unreal** or not to belong to oneself, or in which one loses all sense of **identity**

### 1 FACT

According to a recent ASA survey (2021), nearly **60%** of providers are at high risk of burnout (emotional exhaustion, **depersonalization**, low sense of self-accomplishment) and **14%** experience burnout syndrome, exhibiting all 3 components. A recent survey of our department (2019) reported rates between **36** and **49%** for faculty and residents.

### 1 INTERVENTION

Multiple strategies have been promoted to address burnout. A culture of support at work is one to highlight. Barriers should not exist for those that want to get help, which is why **peer-support** becomes an invaluable resource!

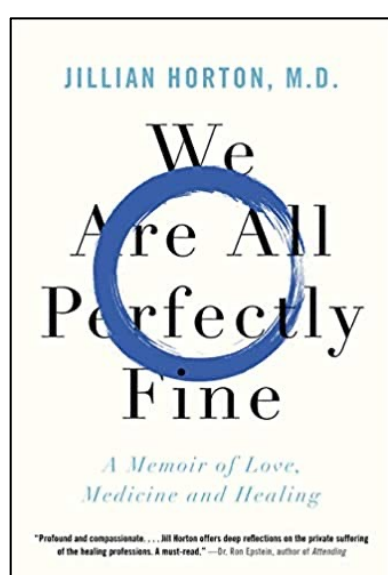
## Diversity Council Highlights

### Funded Clerkship Rotations:

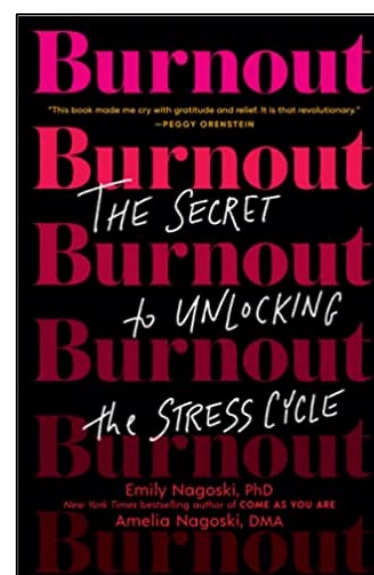
- Join us in welcoming Brandon Gaston when he arrives on 8/23.
- Yiqing Dong, from MSU, joins us for her clerkship from 9/27-10/22.

## Resources

### Recommended Reading:



*We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing*, Dr. Jillian Horton



*Burnout: The Secret to Unlocking the Stress Cycle*, Emily Nagoski, PhD & Amelia Nagoski, DMA

**UW Medicine Peer to Peer Program** supports all members of our healthcare teams.

- Additional information and resources can be found at <https://faculty.uwmedicine.org/p2p/>
- Contact your Peer-to-Peer Site Coordinator with questions.

**Whole U:** Resources for stress management, discounts and UW activities

- Join virtual mindfulness and fitness activities: <https://thewholeu.uw.edu/2020/03/19/virtual-fitness-classes/>