

## **Interventions to reduce burnout and improve resilience: impact on a health system's outcomes.**

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Moffatt-Bruce SD, Nguyen MC, Steinberg B, et al. Interventions to Reduce Burnout and Improve Resilience: Impact on a Health System's Outcomes. Clin Obstet Gynecol. 2019;62(3):432-443. doi:10.1097/GRF.0000000000000458.

<https://psnet.ahrq.gov/issue/interventions-reduce-burnout-and-improve-resilience-impact-health-systems-outcomes>

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[Burnout](#) among health care professionals is widely understood as an organizational problem in health care. This study describes a longitudinal, institutional program to reduce burnout and improve provider wellness at an academic medical center. A longstanding [crew resource management](#) intervention led to a decreasing number of [patient safety events](#), which the authors connect to culture change. The program also included provision of [mindfulness](#) training for trainees and faculty to promote resilience. They measured self-reported burnout at prespecified intervals and documented improvement over time. The authors conclude that the combination of team training and individual mindfulness education can reduce burnout. An [Annual Perspective](#) discussed the relationship between burnout and patient safety and reviewed interventions to address burnout among clinicians.