

General Session I – Physician Burnout
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Description: In this session, we will look at the neurosurgical workplace environment and its impact on provider burnout. We will also look at some basic principles in the building of resilience, and share some of our experiences from a 5-year program of Resilience Building at Virginia Tech Carilion Neurosurgery.

Objectives:

- Understand the concept of burnout and workplace psychological strain
- Understand the contribution of the workplace environment to neurosurgeon burnout. Understand the importance of self-compassion in combating burnout.
- Know some overarching strategies to building neurosurgical provider resilience.