



## The Burn Clinic

Preparing Students, Sustaining Careers

### **Beating Burnout Student Course Frequently Asked Questions**

**Q. What is the student Beating Burnout Student course?**

A. The course is meant to give students the tools to know how to take care of themselves, both personally and professionally, in order to set them up for a long and successful career. Our 12-week curriculum is a comprehensive approach to teaching students about burnout.

**Q. What are the objectives covered?**

A. The objectives is to provide a comprehensive burnout education, covering contents from the basics of burnout such as statistics, symptoms, and how medicine evolved to have high burnout rates, to strategies that address burnout in personal and professional settings, EMR strategies, setting appropriate boundaries, and developing good habits from the start. Other topics include negotiating contracts, interviewing skills, and developing a resume as those things are directly related to our reward for work. Worksheets are included for the sessions which facilitate the direct implementation of these skills by the students.

**Q. How much time does the course take?**

A. The course is outlined by week, so each lecture has been labeled with the corresponding week in which it should be completed. The length of time dedication for each week is anticipated to range from 30 minutes to 1 hour. The weekly lecture portion is roughly 30 minutes, however, there are also worksheets that are included to help students integrate the strategies discussed. Completion time of the worksheets will vary but will likely range between 10 and 30 minutes.



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**Q. Should this be implemented in the clinical or didactic year?**

A. The wellness activities fit best in the didactic year. This provides students with the ability to practice applying personal wellness in a high-stress and demanding environment. This re-enforces the importance of balance and the practical application of self-care.

We have found that the majority of the curriculum fits best in the clinical year because this allows students to see where the strategies can be implemented and allows them to practice the strategies. That being said, the first 2 weeks are most beneficial in the didactic year. These weeks go over some of the basics of burnout and prevention which is helpful for the students to be aware of from the get-go. The other weeks go over more advanced information and strategies.

As an alternative, the course can be utilized in the didactic year to introduce the students to the information, then re-presented in the clinical year to help solidify the learning and allow for practical application.

Regardless

**Q. How much does the course cost?**

A. We do have discounted pricing based on the number of users. Individually, the price is \$197, however for programs with multiple users the price ranges from \$18- \$40 per user depending on group size, with groups larger than 500 users having the lowest pricing. The course could also be available as a benefit to preceptors, as well as for faculty, adjunct faculty, alumni, or medical students at the university.



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**Q. How does this program meet the ARC-PA Accreditation Standards?**

A. As you are likely aware, the ARC-PA Accreditation Standards, 5th edition states in section B2.20 that the didactic curriculum must include instruction about provider personal wellness including prevention of burnout. If you were to take the first 2 weeks of the curriculum and put those into the didactic year, those lectures specifically address this requirement by providing basic information on burnout such as symptoms, prevalence, trends, and specifically gives an overview of ways to prevent burnout and implement self-care that go beyond the typical yoga and meditation suggestions that are usually provided. These prevention and treatment strategies are further expanded upon in the following weeks. Those weeks are more applicable to the clinical year where the students can directly apply the strategies.

Additionally, we are strong advocates for establishing a wellness program in the didactic year. We work with your program to implement a wellness program and activities in the didactic year. This not only teaches self-care but also helps the students gain experience in the practice of self-care.

**Q. Where does the money go that is spent on the course?**

A. The Burn Clinic is under application as a non-profit organization. That means all the money spent on the course goes back into further development of the modules as well as increasing access to the information for PA's and PA programs. Your investment does not go toward salaries since those involved with The Burn Clinic are involved on a voluntary basis and are not paid for their work.

We hope this information has been helpful and we would be happy to discuss the curriculum with you further. Please let us know of your availability for a brief discussion and to develop a proposal designed specifically for your program and needs. We look forward to earning your business and making your program a leader in student and provider wellbeing.

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