

Burnout and Fatigue

Burnout occurs when symptoms of exhaustion, depersonalization, and lack of efficacy take hold – but what does that mean and what do we do about it? Given physician's frequent engagement with vulnerable people, physical and emotional suffering, sickness and death, combined with long work hours, high stakes decision-making, and various interpersonal dynamics, it is important to find ways to stay connected to yourself and those around you.

Thursday, October 28, 2021

12:00 – 1:00 pm

Live from Sonntag Pavilion (box lunch provided)

or **[Join via Zoom](#)**

PLEASE NOTE: Med Ed Grand Rounds are mandatory for all Alliance residents and fellows, except for those on post-call, scheduled day off, scheduled PTO, or if attending would cause a work hour violation. If you are unable to attend, you will be assigned a checklist in New Innovations.



speaker

Kathryn Coan, MD

Dr. Coan is an endocrine and general surgeon at St. Joseph's Hospital in Phoenix. She received her medical degree from University of New Mexico. She then completed her general surgery residency at Mayo Clinic, Arizona and her fellowship training in endocrine surgery at Medical College of Wisconsin. During her residency, she participated in dedicated research concentrating on tumor biology of adrenal cortical cancer as well as implementing quality improvement projects for surgical patients. She remains actively involved in research and resident and medical student education. She is currently the division chief of St. Joseph's general surgery and active in improving patient quality and experience.



speaker

Stephani Wolfe, LCSW

Stephanie is a Licensed Clinical Social Worker (LCSW) that has held a variety of positions dedicated to mental health, advocacy, and educational pursuits. She served as the director of disability services at The University of Texas at Austin as well as Paradise Valley Community College. She held positions in both in-patient and community mental health organizations and supported medical learners and trainees with the Mayo Clinic College of Medicine and Sciences as an Academic Success Advisor before bringing all of those experiences together to serve as the Wellness Director for the Creighton University Health Education Alliance.

Questions? Contact alliance@creighton.edu