

Identifying and Reducing Burnout in Health and Social Care

Providing care for patients can be an emotionally dwelling process which led to distress and burnout. Evidence has showed that burnout can have detrimental impact on quality of life and work performance of care professionals. This one-day workshop specially designed for health and social care professionals will address the importance of burnout in end-of-life care. Participants will learn practical skills for reducing burnout and self-care.