



Continuing Education Questionnaire

Write Your Name:

Once this form is completed, please submit to institute@neurorestorative.com

“Burnout in Healthcare: strategies for individuals, families and professionals”

1. What is burnout?

- A. It is feeling tired and worn out.
- B. Not getting things done that you expect.
- C. A psychological state that has three key components.
- D. None of the above.

2. There is a gold standard for measuring burnout – three components – which is not one of the components?

- A. Overwhelming exhaustion
- B. Cynicism and Detachment (some say Derealization)
- C. Sense of Ineffectiveness and lack of accomplishment
- D. Boredom

3. Burnout leads to the following...

- A. Switching to doing the bare minimum instead of doing their very best.
- B. Switching to doing all things equally well or to an extreme.
- C. Not engaging in activity at all.
- D. All of the above.
- Ed. None of the above.

4. For caregiving and working in healthcare, burnout impacts empathy in what way?

- A. Can increase your attempt at empathy causing further burnout.
- B. Can decrease your empathy due to being psychologically exhausted.
- C. Has no effect on empathy as a healthcare professional or caregiver.
- D. Empathy is not necessary in healthcare.

5. How do you know if you are burned out?

- A. Sleep may become disrupted or shortened.
- B. Fatigue may increase.
- C. Changes in mood or tolerance for activity and creativity may be limited.
- D. All of the above.
- E. None of the above.



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6. Ways to prevent burnout include...

- A. Repeated small doses of self-care (doing something nice for you at varying times – cup of coffee).
- B. Health habit improvements including eating right/better and having enough sleep each evening.
- C. Use of mindfulness skills (e.g., deep breathing, think of something else, distraction, etc.).
- D. Physically working out – running, walking, going to the gym, making time for physical exercise.
- E. All of the above.
- F. None of the above.

7. The statement... “what works for you may not work for me”...

- A. This is a true statement when considering how to cope with burnout.
- B. This is a false statement when considering how to cope with burnout.
- C. Any technique for coping can work for any individual if you try hard enough.
- D. None of the above.

8. What about technology?

- A. Use technology whenever you need to; it helps to get things done faster.
- B. Disconnect from technology on the weekends.
- C. Disconnect from technology during non-work hours to help restore your thoughts and creativity.
- D. Only disconnect on vacation.
- E. None of the above.

9. Family Burnout – Do families burnout during rehabilitation?

- A. Yes, they burnout and may compromise care of their loved one.
- B. Yes, they burnout and part of this may be related to care provided.
- C. No, they are less likely to burnout when a loved one is in rehabilitation.
- D. No, they do not burn out because they are not responsible for the care of the loved one during rehabilitation.

10. Professional Burnout?

- A. This does not occur with professionals.
- B. May place a clinician or healthcare provider at risk for compromising patient safety.
- C. Can be managed with techniques, including coaching, to help set personal and professional priorities.
- D. May be diverted with techniques such as mindfulness training.
- E. B and C only.
- F. B and C and D only.
- G. None of the above.