At last week's Department of Medicine Grand Rounds, UPMC Endowed Professor of Geriatric Psychiatry, Dr. Charles Reynolds III, and Chief of the Division of Internal Medicine, Dr. Jane Liebschutz, delivered a powerful presentation on preventing professional burnout and suicide.

In order to minimize burnout, they emphasized individual, self-care approaches, including practicing mindfulness, and institutional approaches, such as establishing wellness as a quality indicator.
Both experts ended their talk with the same message: "The culture of silence is no longer an option."

Chief Physician Wellness Officer for Stanford Medicine, Dr. Tait Shanafelt, delivers his NEJM Catalyst talk, "Physician Burnout: Stop Blaming the Individual."

Read more about healthcare provider burnout and suicide prevention:

- AMA Steps Program
- Night Falls Fast
- Resilience: The Science of Mastering Life's Greatest Challenges
- UC San Diego HEAR Program
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