

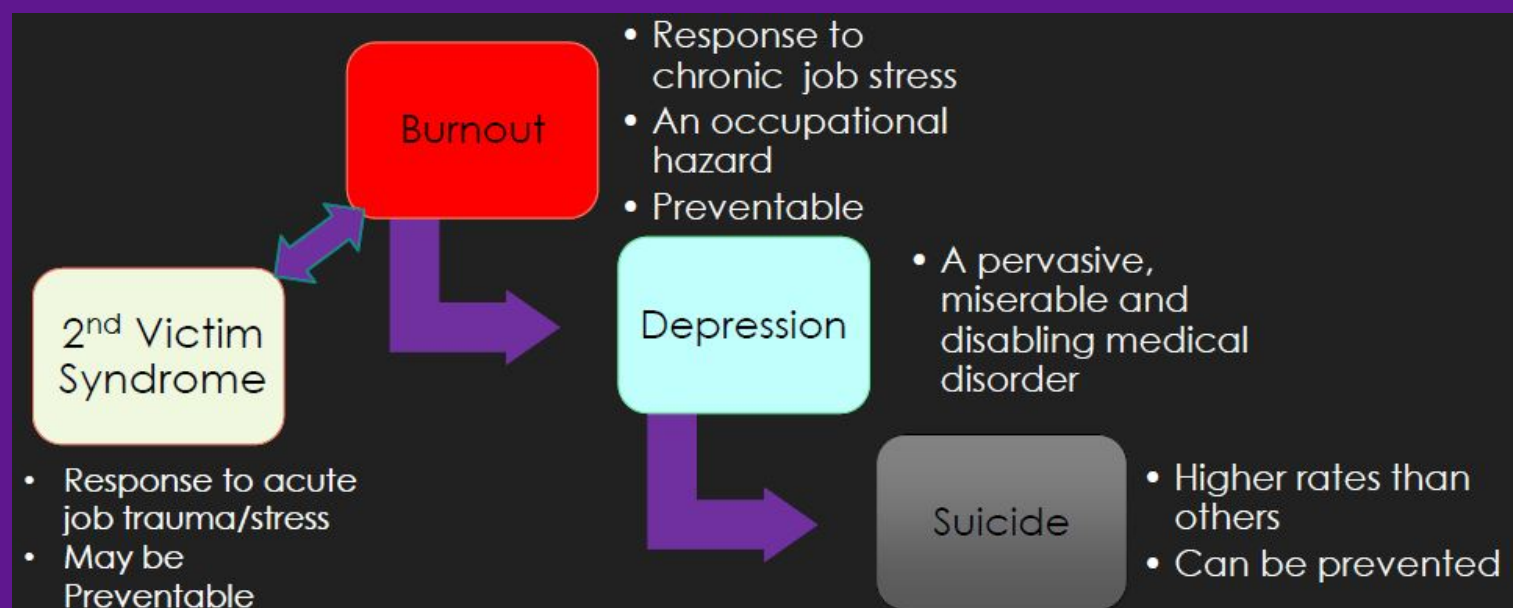


# The HealthTech Weekly

April 30, 2018

## "Burning Bright, Not Out"

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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