MHPN WEBINAR

# Understanding and Addressing Workplace Burnout: Strategies for Supporting Patient/Client Wellbeing

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

| | |
|---|---|
| **Your name:** | |
| **Date completed:** | |
| **Activity Name:** | Understanding and Addressing Workplace Burnout: Strategies for Supporting Patient/Client Wellbeing |
| **Learning outcomes** | • Identify signs and symptoms of workplace burnout for clients/patients, including physical and psychological symptoms, and work environment risk factors.<br>• Explain practitioner challenges in helping clients/patients experiencing symptoms of burnout to constructively engage with the workplace.<br>• Describe ways to collaborate with employers and supporting health practitioners to prevent and treat symptoms associated with workplace burnout to promote client/patient wellbeing.<br>• Recommend ways to facilitate safe and sustainable work participation for clients/patients experiencing workplace burnout. |
| **Time spent engaged in the activity:** | (including completing this form) |

### After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

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