

ASSESSING FOR ALTERNATIVE DRIVE CONTROL LET'S TALK ABOUT STRESS, SANITY & SURVIVAL!

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Overview

It is a well-known fact that *work* is very important for the *self & society*. When the *work* is treating or caring for individuals that are injured, chronically ill or disabled, this fundamental feature of *identity* can clash against normal day work challenges, with devastating effects. Simply put, *work overload* contributes to stress. Prolonged stress leads to *burnout*. Both of these factors intimidate the core values of everyone involved in a care profession; specifically those of wheelchair service delivery & outcomes.

This module thru analysis of a survey, the Maslach Burnout Inventory (MBI) given to assistive technology professionals (ATP) & discussion will explore how stress affects the patient, caregivers & care team in WC clinic settings and bring attention to a serious issue that is not new, but rarely highlighted. The wellbeing of *all* involved is threatened. We need to talk!

Measurable Learning Objectives

- Identify three key causes of stress.
- Describe two characteristics of burnout.
- List two elements of best practice impeded by clinician stress & burnout.
- State three elements of health which are impacted by stress & burnout.
- Be aware of at least one example demonstrating stress management in ATPs.
- Be aware of at least one example demonstrating burnout prevention in ATPs.

References

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4. Austin CL, Saylor R, Finley PJ., Moral Distress in Physicians and Nurses: Impact on Professional Quality of Life and Turnover., *Psychology Trauma*, Oct.31 2016, [Epub ahead of print]
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6. Dellve L¹, Samuelsson L, Tallborn A, Fasth A, Hallberg LR., Stress and well-being among parents ochildren with rare diseases: a prospective intervention study, *Journal of Advanced Nursing*, Feb 2006, vol53(4), pages 392-402

A complete list of resources and references will be provided at the session.

Speaker Bio

Elaine Toskos is an occupational therapist with over 23 years of clinical practice experience in the areas of Assistive Technology, Seating & Mobility and Rehabilitation Services. She is currently a Program Manager at NYU Langone Medical Center responsible for development & clinical oversight to the continuum of seating and mobility programs at Rusk Rehabilitation, in New York City.