

International Conference on

NEPHROLOGY

November 19-21, 2018 Cape Town, South Africa

Facing burnout in Nephrology - Building resilience through trust, connection and hope

Colleen Davis

Vuselela Davis, South Africa

Physician burnout is a well-documented phenomenon; it has been referred to as a “burnout epidemic” which cannot be ignored. The effect is on the professional and personal capability of the physician, the statistics of physician suicide are showing an upward trend. When looking at the breakdown of burnout in medical specialties, Nephrology gets placed centrally in its percentages and severity. Burnout in Nephrologists and Nephrology nurses affects the quality of care, lower productivity, absenteeism, high turnover and ultimately burdening an already over-burdened healthcare system. The medical profession is traditionally a harsh environment in which superhuman effort is expected on the part of its practitioners and any perceived weakness is hidden, ignored or exploited. Studies in neuroscience show how the human brain responds to being threaten and how trust and hope can build resilience. The purpose of this talk is to create awareness of the impact of burnout on the individual as well as the healthcare system and encourage engagement that can bring about a significant change in the way we view the cause, the victims of, as well as the possible solutions to burnout in the discipline of Nephrology. Findings: Burnout is caused by a mixture of complex interactions resulting in exhaustion, cynicism and inefficiency directly affecting the Nephrologist, the nephrology interdisciplinary team, the patient and the community. Conclusion and Significance: The American Society of Nephrology has recognized the importance of taking action and in 2018 called for experts to find a workable solution to address physician burnout, for measures to be taken that will improve the professional lives of Nephrologists. Solutions are available; we should be open to a new approach that will ensure that the next generations of physicians are not placed under the same pressures.

Biography

Colleen Davis started her professional journey as a registered nurse and is registered with the South African Nursing Council with quite a few qualifications including psychiatry, primary healthcare and education. Colleen has worked in different capacities within the healthcare industry, in South Africa, for the past 27 years, with extensive experience in learning and development in a private hospital setting. Colleen moved into executive coaching in 2016, her passion is the development of women in leadership, in Africa, not restricted to the healthcare industry, supporting leaders to become the powerful influencers they have the potential to become. Colleen holds a black belt in karate (JKA), is a cancer survivor, wife and mother to two teenagers. She is a dynamic speaker, influencer and motivator, encouraging hope in an uncertain world.

colleen@vuseleladavis.com