

Edward-Elmhurst CME

2020 Edward-Elmhurst CME Enduring Podcast

Emotional Intelligence & It's Impact on Leadership and Burnout

Speaker(s): Cheri Canon, MD – The Kirklin Clinic of UAB Hospital

- Date(s):** Enduring Material – Available Online: 6/12/2020 through 12/31/2020
- Time(s):** Online – Available Anytime
- Place:** Online – Available Anytime
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Burnout has been a main issue in the aspect of healthcare. Though there is inadequate research identifying factors specifically related to burnout among physicians, determination of these factors is crucial to enhancing health of providers and healthcare services. From many perspectives healthcare professionals are at increased risk of experiencing burnout syndrome, especially now with the Covid-19 pandemic exhausting the system. This podcast discusses the relationship between medical professionals' emotional intelligence and burnout and highlights a correlation between the level of emotional intelligence development and the burnout syndrome dimensions. The result indicates that reducing the burnout in healthcare professionals is influenced by the level of emotional intelligence and supported by the importance of training focused on developing increased emotional intelligence in order to develop successful coping strategies with stressful encounters as part of the core of emotional intelligence.

Program Objectives: At the conclusion of this enduring activity, participants should be able to:

1. Define Emotional Intelligence.
2. Identify key categories of Emotional Intelligence.
3. Describe ways to recognize and address burnout.

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