



# •welcome

TO THE RESTORING JOY NETWORK

## This community has one goal: Restore humanity to healthcare.

Come back often as we build this network of caregivers and expand our resources to foster personal well being and return joy to nurses, physicians and other health care professionals.

### Transparent Bar with Descriptions of Rotating Box Content

Posted by Name here | Date here | Opinions | 0

### Community

- Join with your peers to use your voice based upon your experience on the front lines of health care to create change.

### Resources

- For empowering a life of meaning, purpose and wellness as a nurse, physician or other caregiver.
- Latest news articles, human interest stories, academic studies, best practices, videos, tip sheets on addressing

### You're Not Alone

- Join this community compassion space and share anonymously with other caregivers dealing with burnout, trying to restore resiliency or searching for connections.

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### RECENT POSTS

Placeholder text and images to come from Tom for this section?

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# resources

for empowering a life of meaning,  
purpose and wellness as a nurse, physician  
or other caregiver.

Latest articles, news stories, academic studies, best practices, human interest  
on addressing burnout and increasing joy.

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## LINKS

- [First Step Tip Sheets](#)
- [Self Test](#)
- [Videos](#)
- [Articles](#)
- [Academic Studies](#)
- [Best Practices](#)
- [Human Interest](#)
- [Upcoming Events/Conferences](#)

## POPULAR POSTS



## NEWS



Physician Burnout in America:  
A Roadmap for Restoring Joy  
and Purpose to Medicine

## LATEST POSTS

### Physician Burnout Is A Public Health Crisis: A Message To Our Fellow Health Care CEOs

John Noseworthy, James Madara, Delois Congrove, Mitchell Edgeworth, Ed Ellison, Sarah Krowans, Paul Rothman, Kevin Sowers, Steven Strongwater, David Torchiana, and Dean Hamilton

March 28, 2017



The Graduate Kim recognizes that a healthy, energized, engaged, and resilient physician workforce is essential to achieving national health goals of higher quality, more affordable care and better health for all.

community use your voice

Use your experience on the front lines of care giving and health care to create change.

Moderator



Cindy Richards

Welcom to the Restoring Joy Idea Exchange

I am Cindy Richards and I will be your moderator.

How the Idea Forum Works

**Step 1:** Physicians share their ideas for improving patient and physician experience in Mission's hospitals, emergency departments and clinics.

**Step 2:** Thought leaders from the online conversation are invited to a group discussion to synthesize the ideas of the group as a whole into a report.

**Step 3:** The thought leaders meet together with Dr

	<b>Make It Easy to Be an "Expert User"</b> Shannon D. I have been a user of the Mission system over the past 15 years in a few ways: having babies, having sick children, and mo... <a href="#">More »</a>	Vote 0 0
	<b>Emergency Dept expectations</b> Samuel H W. Every day patients are sent to our ED with unrealistic expectations that lead to enormous frustration on everyone's p... <a href="#">More »</a>	Vote 0 0
	<b>Perioperative Palliative Care</b> Kristin F. Palliative care needs to become an integral part of the perioperative environment, ensuring surgical procedures are in lin... <a href="#">More »</a>	Vote 0 0
	<b>Neurologist</b> Michele H. I realize that my comments will not be popular, but they are important to me and I feel they should be to those in the sys... <a href="#">More »</a>	Vote 2 0
	<b>Essence of Medicine</b> Ruffin B. To paraphrase Ron, transition is what it is. Change has been imposed upon us by what appear to be the Forces of Darkness (... <a href="#">More »</a>	Vote 4 0

OUR QUESTION:

What ideas do you have for improving the experience of your patients and families in Mission's emergency departments, patient wards and clinics?

What changes would you make to lower your stress level and restore joy in your work as a healer?

Create Idea

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MEMBERS



name



name



name



name

# you're not alone

Sharing >>

HOTLINE

WELLNESS SELF-TEST

CONNECTIONS

○ How It Works

○ Legal Protections

This community compassion space was created for anonymously sharing your experiences, emotions and challenges with peers who are searching to empower their lives with purpose and meaning, trying to restore resiliency and find joy in their caregiving practice.

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## My Wake up Call

Trapper John, MD

Date / / Views:

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Comment

One day, I was behind schedule and I went in to see a patient of mine who happened to be a psychiatrist. I just felt exhausted and overwhelmed but I went through the motions and conducted my exam and started to exit the room. This patient asked me to stop for a second and to sit down. He wanted to talk to me. He told me that even though he was my patient, that he in his physician role was worried about me.

He later wrote to me about our interaction on that day. "On a visit with you one time, I noticed that you looked tired, and I just assumed you had been on call. The next time I saw you about 6 weeks later you looked ghastly. Your color was gone, dark circles surrounded your eyes. You were emotionally numb, distant, could not muster up a smile, and appeared drained. You looked gaunt and depleted. Your voice lacked its usual animated intonation. You were hunched over, looked beaten down and bedraggled, and had a distant, preoccupied look in your eyes. As a physician I was concerned about not just your emotional, but also your physical health. Burnout was a physical exam diagnosis. As you finished our session and headed toward the door, I asked you to stop and come back to ask what I could do to help you. It is then that you confided in me what was going on."

This interaction was my wake up call. My wife had recognized I was in trouble and tried to

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## A patient is not a “task” to me.

Nurse Jackie

Date / / Views:

1 2 3 4 Next »



Comment

I was just talking with some other nurses about how we always feel our managers imply we aren't using our time well when we spend time talking with patients. Sometimes patients really need for someone they trust, who knows their situation, to be with them, and listen, when they're feeling sad or afraid. I find it so rewarding to do that, but then when I do my manager gives me the sense that I'm slacking and inefficient.

This reaction from my manager makes me so sad. We're supposed to pay attention to patients for the "patient satisfaction" scores, but the emotional help they need from us nurses doesn't fit into any of the patient satisfaction categories so it's seen as not counting or not important. But I've had patients tell me that it made such a difference when I, or another nurse, took the time to really listen to them—something they feel the physicians never do. I want my manager to acknowledge that good patient care often requires more than clicking boxes on the electronic record so that we can say all our tasks are done. A patient is not a "task" to me, but more and more it feels like that's what they are turning into.

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