

Retrospective Stressor Analysis (RSA) for Burnout Prevention									
GOAL: Retrospectively assess your residency for stressors. Use your current role as a coach/mentor to share this knowledge and decrease burnout risk for future trainees.									
ACTIVITY: Outline major challenges encountered in each Part of the Learner journey - not just for work but also at home. Include the 'soft skills' you find critical to our learning journey - how to publish, how to present, how to debrief, how to listen to your kids. Include things you weren't ready for in each Part of your Learner Journey									
Journey Elements	PART 1		PART 2		PART 3		PART 4		
Challenges									
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
	(feel free to add more challenges if needed)								
For each PART of the journey [Part 1-4] which Challenge caused you the most stress? Highlight it, so there should be one highlighted Top Challenge under each cloud, something you would want addressed for a loved one entering Residency Training.									

Now list all the things you can think of that could CAUSE or CONTRIBUTE to each of those 4 highlighted 'top challenges' - what created or contributed to that challenge? List as many causes as you can for each under each 'top challenge'.											
	TOP Challenge: Clinical Practice/Patient Outcomes			TOP Challenge: Faculty/Career Devel.			TOP Challenge: Life Outside of Work			TOP Challenge: My Personal Health	
CAUSES OF:											
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
Look at the causes above, and <u>in each column highlight which 2 causes you think are MOST LIKELY to challenge the Learner's success?</u>											
Now for the FUN: for the 2 likely causes in each column , what could be done to make sure they didn't happen? What ACTIONS would PREVENT those causes from impacting the Learner's success? For example, if my 'top challenge' for patient outcomes is exposure to or transmsion of my last patient's infection, and I think the most likely CAUSE is not knowing if the room was thoroughly cleaned, one Action to prevent might be a 'room cleaning checklist' that lets me verify what was cleaned, and when.											
PREVENTIVE ACTIONS:											
1											
2											
3											
4											
5											
6											
7											
8											
Thank YOU for thinking about the challenges of your residency and how we might better prepare fugure trainees for successful careers in a dynamic profession.											