



# *Caring for our Caregivers; A Virtual Dose of Well-being*

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# Problem Statement

- The pandemic tested all healthcare professionals' resourcefulness and resilience; the Well-Being Webinar series provides convenient access to education to strengthen individual coping mechanisms and stress management tools, ultimately fostering the well-being of all physicians, APPs, and other healthcare professionals.

# Study Design

- The series is physician and/or APP-led (targeting clinicians but inclusive of all health care professionals) and addresses topics including but not limited to psychosocial coping, resiliency, leadership, and communication strategies. Sessions utilize the Zoom webinar platform and are presented twice in the same day (as well as recorded to a virtual play list).

# Evaluation Plan & Conclusion

- Participant evaluative feedback and utilization data is evaluated by routine PDSA cycles to improve session quality and increase user access.
- *Through this series, we hope to better understand how education can be meaningful to support the well-being needs of physicians, APPs, and all healthcare professionals.*

# Questions for Discussion

- *We are trying to expand our reach the best we can. What would make a healthcare professional want to take the time to participate in this session?*
- *How could we strengthen participants' learning and assist them in putting skills into practice?*

# References

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