



# MIND MATTERS CLINIC

A clinic to help those who help others



## INTRODUCTION

Healthcare workers! We need them! They help us every day, why aren't we helping them?! There are so many cases of burnout across the different fields and the students who are going to be entering these fields. Yet there are little resources to help with burnout. What are some ways and resources that could be made available to healthcare workers in order to fight against burnout?

## METHODOLOGY

Our method would be qualitative and consist of handing out questionnaires to healthcare workers in different healthcare settings. These settings would be:

- Hospitals
- Dentists offices
- Homecare offices
- College (for the students)

We would visit these facilities in the North Bay and surrounding area to hand out a quick 10-question questionnaire about burnout. A mailing address would be on these questionnaires with stamps attached for easy return.



## OBJECTIVE

The goal of this clinic is to help healthcare workers and their students combat burnout through art-based therapy.



## RESULTS/FINDINGS

Our findings were that there were little resources for healthcare workers and their students to combat burnout. We have researched different literary researches that have proved arts and other methods like pet therapy would be beneficial in helping with stress levels. This would decrease the amount of burnout among healthcare professionals.

## STUDENT ROLES

We have many roles as students. Unfortunately with our studies, it makes it difficult to find time to accomplish these goals. However, things we can do as students are:

- Raise awareness for the problem
- Be a voice for those who don't have one
- Develop effective and positive coping mechanisms and strategies

## Authors

Adrianna Giroux (A00093549), Aira Matthews (A00155657), Amanda Friday (A00058221), Emma Lodge (A00072928), Jazlyn Thomas (A00093436), Makenna Hirst(A00159530)

## Affiliations

Canadore College, Development of Nursing Knowledge

## RECOMMENDATIONS AND PROPOSED SOLUTIONS

Our recommendations for this problem would be reserving a space in the village for healthcare workers and students to go during open hours and alleviate the feeling of stress. This could be done with:

- Art therapy (painting, music, photography)
- Pet therapy - humane society animals
- Yoga sessions
- Physical expression of feelings (controlled)



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## CONCLUSION

Our clinic will be designed to help prevent the risk of burnout in healthcare settings and for students in healthcare related programs. Burnout is a pertinent problem in our communities with little resources. Without effective management of burnout and stress, the risk of many healthcare professionals leaving the profession and students not wanting to pursue these careers increase. The use of art-based therapies is a positive and cost-effective solution for the reduction and prevention of burnout in individuals pursuing healthcare related careers.