

OT Mastery

Burnout in Occupational Therapy Practice

1. Which of the following is NOT considered a physical symptom of burnout?

- A. Muscle pain
 - B. Stomach problems
 - C. Trouble concentrating
 - D. Difficulty sleeping
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2. What is the main difference between stress and burnout?

- A. Stress causes physical discomfort, but burnout causes emotional discomfort
 - B. Stress and burnout are the same
 - C. Stress goes away after one day, but burnout can last for years
 - D. Stress can last days or weeks, but burnout is long-term stress that will not go away unless it's addressed
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3. What is NOT a cause of burnout?

- A. Poor OT schooling
 - B. Type A personality
 - C. Difficulty delegating tasks
 - D. Poor staff resources
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4. What is the difference between an organizational cause and an individual cause?

- A. Organizational causes are due to oppression and individual causes are due to neglect
 - B. Organizational causes relate to the facility and individual causes stem from someone's personality, traits, and habits
 - C. Organizational causes can never be fixed and individual causes can always be fixed
 - D. Organizational causes stem from the government and individual causes stem from the person
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5. Which of the following is TRUE regarding burnout?

- A. COVID-19 exacerbated burnout in many healthcare professions
 - B. COVID-19 had no impact on burnout in occupational therapists
 - C. Burnout began due to COVID-19
 - D. Burnout and COVID are two entirely separate topics
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6. What is the correct definition of burnout?

- A. When the electrical system in a hospital dies and they are without power
 - B. Stress that is tied to a deadline, project, or work-related issue
 - C. Extended periods of emotional, physical, and mental stress
 - D. Lack of energy that is so dire that someone is unable to leave their bed
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7. Which of the following is NOT a component of occupational burnout?

- A. Feelings of hopelessness and indifference toward your job
 - B. Generalized exhaustion
 - C. Mental distancing from one's job
 - D. Maintaining productivity standards at work
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8. The World Health Organization categorizes burnout as what?

- A. A client factor
 - B. An occupational phenomenon
 - C. A medical condition
 - D. A health concern
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9. Studies across the world that look at burnout in occupational therapists have found what?

- A. Burnout is not a term that exists in other countries or cultures outside of America
 - B. Burnout is not an issue for OTs in other countries
 - C. Burnout does not impact OT students, only practicing therapists
 - D. Burnout is a widespread problem for OTs everywhere
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10. What is one of the most evidence-based strategies that helps burnout?

- A. Getting promoted
 - B. Mindfulness
 - C. Self-care
 - D. Switching jobs
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11. What is NOT considered an organizational cause of burnout?

- A. Unclear expectations
 - B. Little reward for your job
 - C. Toxic workplace dynamics
 - D. Perfectionism
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12. What is NOT considered an individual cause of burnout?

- A. Being faced with ethical dilemmas
 - B. Poor work-life balance
 - C. Being a high achiever
 - D. Pessimism
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13. Studies about burnout during COVID-19 have found what common themes among occupational therapists in acute care?

- A. Little support from staff
 - B. Weight of duty
 - C. Pride in their profession
 - D. All of the above
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14. What are productivity standards?

- A. Personal reports of how productive therapists think they are each day
 - B. Markers set by a facility to determine someone's progress toward goals
 - C. Numbers that are given to insurance companies
 - D. Ways to track what employees are doing
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15. What is NOT a consequence of burnout?

- A. Procrastination
 - B. Low sex drive
 - C. Less rapport with patients
 - D. High job performance
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16. What is a way that therapists can improve their sleep to address burnout?

- A. Drinking small doses of caffeine throughout the day, rather than large cups
 - B. Developing a sleep routine
 - C. Watching short but relaxing videos before bed
 - D. Use essential oils like lemon and spearmint
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17. How can cotreatment help with burnout?

- A. Allows for better goal attainment in patients
 - B. Improves collaboration
 - C. Makes for easier scheduling
 - D. All of the above
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18. What is NOT a way that interdisciplinary committees can help burnout?

- A. Improves collaboration
 - B. It offers you a forum for your voice to be heard
 - C. It gives you a break from regular work
 - D. These committees allow for experience in new areas/roles
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19. What is NOT a time management strategy that helps with burnout?

- A. Using a timer to watch patient session minutes
 - B. Setting SMART goals to identify priorities
 - C. Doing point-of-service documentation
 - D. Avoiding multitasking
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20. Why might continuing education help address burnout?

- A. It is often paid for by your job
 - B. It gives you more skills and more opportunities to explore
 - C. It gives you more work to do
 - D. It lets you open your own business
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21. What soft skills can assist with your job as an OT?

- A. Role playing
 - B. Problem-solving
 - C. Communication
 - D. Flexibility
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22. Why can self-care help burnout?

- A. Self-care will make you happier in the short-term but it won't help you long-term
 - B. It's the only evidence-based way to get rid of burnout entirely
 - C. Self-care can help you manage emotions related to burnout, but not the root of the burnout itself
 - D. Self-care helps the mind, so it will make you think more clearly at work
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23. What is not a form of self-care that may help with the emotional aspect of burnout?

- A. Self-compassion
 - B. Acceptance and commitment therapy
 - C. Positive affirmations
 - D. Routines
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24. What type of external support can help your burnout?

- A. Your coworker(s)
 - B. Employee Assistance Programs
 - C. A mental health counselor
 - D. A mentor
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25. Does someone with burnout need good boundaries?

- A. No; boundaries are only for people who don't want to work any longer
 - B. No; boundaries will only alienate people around you
 - C. Yes; boundaries will help you manage your workload better and ease some stress that may be causing burnout
 - D. Yes; boundaries should be firmly set and strictly enforced, even if it means saying this to your boss
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26. What is the best way to set appropriate boundaries?

- A. Tell people you are no longer there for them
 - B. Learn how to say no
 - C. Check work emails whenever you hear a notification
 - D. Don't tell anyone what your needs and priorities are
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27. What is a good way to add variety to your work?

- A. Changing practice settings
 - B. Taking on new roles
 - C. Switching shifts or buildings
 - D. All of the above
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28. Before you can address burnout, what is an important first step?

- A. Quit your job
 - B. Identify your triggers
 - C. Practice self-care
 - D. Talk to your boss
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29. What other types of burnout are there?

- A. Emotional burnout
 - B. Caregiver burnout
 - C. Compassion fatigue
 - D. All of the above
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30. What emotions are usually most commonly associated with burnout?

- A. Indifference
 - B. Anger
 - C. Hopelessness
 - D. Both A & C
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31. What groups of people are most affected by burnout?

- A. Single men
 - B. Women with no children
 - C. All groups are equally affected by burnout
 - D. Those who are newly-graduated
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32. What is one of the most common presentations of burnout?

- A. Absenteeism
 - B. Emotional exhaustion
 - C. Irritability at work
 - D. Lack of hobbies
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33. There is speculation over OTs being more at-risk for burnout than other healthcare professions. Why might this be?

- A. OTs can only work the day shift, where other providers may work nights
 - B. An OT's job is mentally, physically, and emotionally taxing
 - C. OTs work longer hours than other providers do
 - D. OTs don't have as much flexibility as other providers do
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34. Why might unhealthy workplace dynamics cause burnout?

- A. Discrimination
 - B. Lots of conflict
 - C. Lack of respect
 - D. All of the above
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35. What is a consequence of burnout rather than a symptom?

- A. Poor productivity
 - B. Feeling trapped by work
 - C. Trouble with job duties
 - D. Reduced creativity
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36. How can personality tests help with burnout?

- A. They are a good distraction
 - B. It can change your personality
 - C. They can help you make friends with others
 - D. They help you qualify for other jobs
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37. How can lifestyle impact someone's burnout?

- A. Lifestyle doesn't impact burnout
 - B. It can make their burnout worse or help them manage it
 - C. It can prevent them from working due to lack of time
 - D. It can cause them to need to work more due to excessive spending
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38. What is not a good activity to do before bed to help enhance sleep?

- A. Eating dinner or snacks
 - B. Journaling
 - C. Watching TV
 - D. Reading
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39. What is a consideration to be aware of in regards to cotreatment?

- A. Not all insurances reimburse for cotreatment
 - B. Cotreatment is allowed at all facilities
 - C. Patients never like cotreatment
 - D. Cotreatment is not a good scheduling option
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40. What is NOT a good way to approach meetings to help minimize burnout?

- A. Assign meeting roles
 - B. Delineate clear action points by the end
 - C. Have a set agenda
 - D. Let everyone take a turn speaking, no matter what
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