

# 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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