

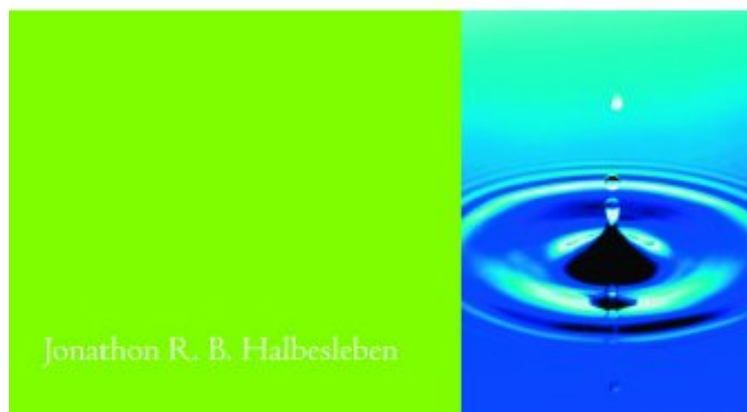
# Managing Stress and Preventing Burnout in the Healthcare Workplace (ACHE Management)

*Jonathon R.B. Halbesleben*

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## Managing Stress and Preventing Burnout in the Healthcare Workplace



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**Jonathon R.B. Halbesleben : Managing Stress and Preventing Burnout in the Healthcare Workplace (ACHE Management)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Managing Stress and Preventing Burnout in the Healthcare Workplace (ACHE Management):

2 of 2 people found the following review helpful. Engaging Healthcare Professionals for the Long RunBy K. CohnWe are experiencing a tidal wave of stress and burnout in our healthcare workplaces. As Dr. Jonathon Halbesleben, the

author of *Managing Stress and Preventing Workplace Burnout*, wrote (p.xiii-xiv): Stress has become something of a badge of honor in today's society.... We are quickly realizing that people who experience stress act in ways that can be problematic for their organizations and for their own well-being. Over the long term, what starts as a relatively minor complaint can blossom into burnout, lower performance, and even turnover and violence.... If we could help ourselves, stress would not be considered an epidemic.... The goal of this book is to put practicing administrators in a better position to address the stress of those with whom you work. On page 108 is an interview form that contains questions to ask, including:- What are the primary challenges you face- How often do you face these challenges- What do you enjoy about your job- What suggestions do you have to make your job better I enthusiastically recommend this book because of its practical approach to acknowledge and deal with the causes of stress and burnout. Kenneth H. Cohn, M.D., MBA, author of *Better Communication for Better Care: Mastering Physician-Administration Collaboration and Collaborate for Success! Breakthrough Strategies for Engaging Physicians, Nurses, and Hospital Executives*, [...].

Stress is an easy thing to ignore. It seems normal. Everyone is stressed, right? But do you know that stress among your clinical staff and administrative employees significantly affects the quality of care patients receive? It leads to medical errors, near misses, and lower patient satisfaction. As a leader in your organization, you cannot ignore the significant impact that stress can have on organizational performance. This is not a self-help book. Rather, it is an other-help book that will explain how to evaluate and address the stress your clinicians and administrators regularly face. After making the business case for addressing stress, it explains how to reverse the burnout your employees are experiencing and reengage them in their work.

About the Author Jonathon R. B. Halbesleben, Ph.D., is an assistant professor in the Department of Management and Marketing at the University of Wisconsin Eau Claire. Dr. Halbesleben has published more than 45 peer-reviewed journal articles based on his research on stress, burnout, engagement, and work family relationships. He serves on the editorial boards of the *Journal of Organizational Behavior* and the *Journal of Management History* and is an associate editor of the *Journal of Occupational and Organizational Psychology*.