

Coaching as a method for potentially reducing the risk of burnout in medical professionals

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ABSTRACT

In their daily work, medical professionals often encounter emotionally and mentally challenging situations, such as sudden health deterioration or death of their patients.

The concern to ensure the highest possible level of healthcare and meet all the standards despite the limitations that come with working under the pressure of time, the interactions with other individuals, the physical burden and stress, as well as with the (sometimes limited) support from superiors and lack of satisfaction with salary may, as a result, translate into a higher risk of burnout.

Research indicates a potential effectiveness of coaching with respect to medical personnel. However, there are no publications available concerning nurse-oriented coaching, which would be intended to reduce the risk of burnout in this professional group. The objective of this paper is to present coaching as a method that makes it possible to reduce the risk related to burnout in medical professionals.

Keywords: coaching, burnout, medical professions, nurses, physicians

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