

ATTENTION, COGNITIVE LOAD, AND BURNOUT: How Our Most Valuable Asset Impacts Our Performance and Well-being

ACCREDITATION

CONTINUING MEDICAL EDUCATION:

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

NURSING CONTINUING PROFESSIONAL DEVELOPMENT:

Texas Tech University Health Sciences Center El Paso is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

CREDIT DESIGNATION

CONTINUING MEDICAL EDUCATION:

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of *1.0 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CONTINUING PROFESSIONAL DEVELOPMENT:

1 contact hour will be awarded with verifiable attendance and completion of an evaluation.

ETHICS CREDIT

This activity provides 1 CME credit toward the annual requirement of the Texas Medical Board for continuing medical education credit in medical ethics or professional responsibilities.

DISCLOSURE

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content for this activity.

FRIDAY, FEBRUARY 17, 2023

Noon to 1 p.m.

Virtual Session Via Webex

Lunch will be available for pickup. Prior registration is required.

CLICK HERE TO REGISTER



PRESENTED BY:

Elizabeth Harry, MD, SFHM

**Senior Medical Director of Well-being, UHealth
Assistant Dean of Faculty Well-being
Associate Professor, Department of Medicine
University of Colorado School of Medicine**

Dr. Elizabeth Harry is the Senior Medical Director of Well-being for UHealth, Assistant Dean of Faculty Well-being for the University of Colorado School of Medicine, and Associate Professor of Medicine at the University of Colorado School of Medicine in the Division of General Internal Medicine. She has practiced internal medicine for 10 years, both inpatient and outpatient. Previously, Dr. Harry practiced at Brigham and Women's Hospital for four years where she was the Assistant Medical Director, Director of Faculty Development and Well-being for the Brigham and Women's Physicians Organization as well as the faculty liaison for graduate medical education well-being for Partners Healthcare GME programs. Personally, she has three children ages five, eight, and ten and her husband is a clinical pathologist at the University of Colorado Hospital.

LEARNING OBJECTIVES:

- 1. Describe cognitive load theory and the three biggest drivers of extraneous cognitive load**
- 2. Explain the shift to an economy of attention and the impact this has on healthcare providers**
- 3. Identify the relationship between task load and burnout**
- 4. List 3 systemic strategies to reduce task load**

Learning Outcome:

Upon completion of this session, 80% of nurse participants should report a change in knowledge that enhances, validates, or causes a change in practice related to the learning objectives for this session.