

Alleviating burnout in medical school

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Propositions accompanying this doctoral dissertation

Alleviating burnout in medical school: increasing a sense of belonging and collegiality in the clinical workplace

Maastricht University, **November 2, 2023**

1. Promoting a sense of belongingness, collegiality, and engagement in medical school needs to be advocated as it may alleviate burnout. (this dissertation)
2. Raising awareness among coworkers to involve medical students in the healthcare service team needs to be promoted as it positively impacts students' well-being. (this dissertation)
3. Mistreatment of students is linked to the students' own unprofessional behavior, such as being the subject of filed unprofessional behavior reports, concerning conflicts with colleagues, absence from class or work without reasonable cause, or mistreatment of others. (this dissertation)
4. If mistreatment of a student causes that student to mistreat others, the medical school and the medical students' community unconsciously contributes to sustain cycle of mistreatment. (this dissertation)
5. A safe and supportive clinical learning environment is an important requirement for students' a positive learning environment. (this dissertation)
6. Promoting teacher-student or student-student relationships is one of the faculty members' roles that can enhance students' well-being.
7. The faculty development programs for clinical teachers should highlight how to promote a positive and inclusive learning environment for medical trainees.
8. Mentoring programs and extracurricular activities for medical students are beneficial for increasing a sense of belonging and have the potential to reduce burnout.
9. During the COVID-19 pandemic, it was tough yet achievable to work as a pediatrician, clinical instructor, and researcher. To face such unforeseen events, agility, collegiality, and the support of one's family are beneficial. (personal experience)
10. High workload related to patient care is not directly linked to burnout in pediatric residents. However, superfluous tasks, as well as a suboptimal learning environment, are key contributors to burnout. (personal experience)
11. Alleviating burnout in medical school is a way to rescue future physicians' mental health and protect patient safety in the health care system.
12. Buddha edified a teacher should be a true friend of a student with 7 characteristics namely 1) lovable; 2) respectable, creating safe space for student; 3) being expert and continuously developing self; 4) being a counselor; 5) being a patient listener 6) being able to deliver deep discourses or treat profound subjects; 7) not leading or spurring on to a useless end. (พระพรหมคุณาภรณ์ (ป.อ. ปยุตโต), พระธรรมปิฎก (ประยุทธ์ ปยุตโต). (2003) พจนานุกรมพุทธศาสตร์ ฉบับประมวลธรรม พิมพ์ครั้งที่ ๑๒ พ.ศ. ๒๕๔๖. https://84000.org/tipitaka/dic/d_item.php?i=278)