



# **SPECIAL MEETING MINUTES**

**November 3, 2020**

**3127 Smoketree Ct.,  
Raleigh, NC**

Special Meeting Minutes of the Burnout Workgroup of the North Carolina Medical Board (NCMB) Meeting was held November 3, 2020.

A Special Meeting of the Burnout Workgroup of the North Carolina Medical Board was called to order at 4:30 p.m. on Tuesday, November 3, 2020, virtually through MS Teams. Members present were: Damian McHugh, MD; Howard Hall, MD; and Christine Khandelwal, MD.

### **Burnout Workgroup Report**

The workgroup discussed the below items as possible actions the group could recommend to the Board to address licensee burnout. The workgroup acknowledged the value of caution about the hats being worn, the clinical approach v. administrative regulatory approach, when developing an action plan.

Considerations:

- Routine burnout assessment, using a scale like the Maslach burnout inventory
- Normalizing burnout self – assessments
- Educating NCMB staff about burnout
- Adopting FSMB approach as a blueprint for developing NCMB's strategic priorities
- Preparing board members for outreach presentations on burnout and providing resources
- Tracking and collecting data on (1) suicides by all licensees and (2) suicides of licensees actively engaged with the board
- Other types of data collection that might be beneficial
- Identifying and engaging stakeholders and opportunities to host stakeholders virtually or on-site
- Strategic engagement of ACGME programs
- Producing a podcast episode
- Publishing Forum Articles

The group made proposals to integrate suggestions and finalize the November Board meeting agenda for the workgroup.



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Michaux R. Kilpatrick, MD; Secretary/Treasurer