

***‘Reverse Burnout’ for Healthcare Workers,  
A Practical Approach***

**Date: April 15, 2025**

**Time: 6pm**

**Presenter: Dr. Hari S. G. R. Tunuguntla**

**Dr. Ishan Shivanand DNM**

Speakers declare NO conflict of interest

**1 CH AORN Approval Pending**

**Dinner** sponsored by Medtronic Interstim

**Location:**

**Bridgewater Ambulatory Surgery Center**


**Conference Room**

**1121 US-22 Suite 301, Bridgewater, NJ 08807**

**And via Zoom – more info in email**

**Contact: [magsayed29@gmail.com](mailto:magsayed29@gmail.com)**

**Business meeting following educational presentation**

ADVANTIS  MEDICAL

**BURNOUT SIGNS  
AND SYMPTOMS:**

PHYSICAL	EMOTIONAL
<ul style="list-style-type: none"><li>• Fatigue</li><li>• Changes in sleep patterns</li><li>• Frequent illness</li><li>• Abnormal appetite</li></ul>	<ul style="list-style-type: none"><li>• Hopelessness</li><li>• Feelings of failure or disappointing others</li><li>• Irrational worry or feelings of despair</li></ul>
<b>BEHAVIORAL</b> <ul style="list-style-type: none"><li>• Isolation</li><li>• Substance abuse</li><li>• Procrastination</li><li>• Withdrawing from responsibilities</li></ul>	<ul style="list-style-type: none"><li>• Lack of motivation</li><li>• Self-doubt</li><li>• Negative outlook</li></ul>

**MORE MENTAL HEALTH  
RESOURCES HERE**

If you or someone you know is in crisis, contact the Suicide Prevention Lifeline by dialing 988.