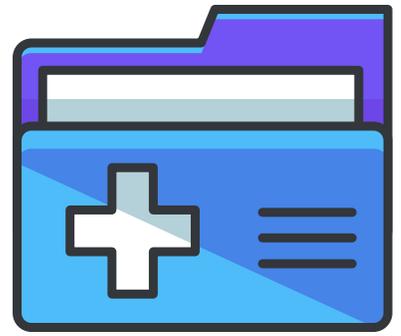


5

Tips for Reducing your EHR-Related Burnout

1. Invest in personalization

Most EHR systems have ways to personalize the user experience. One example is using text extenders/expanders. A short sequence of letters or a word can be used to auto-produce a longer string of text (sentences, paragraphs, even whole notes). Personal text extenders can be especially helpful for documentation which has a lot of redundancy between patients (e.g. a treatment plan for a common condition).



2. Cultivate local expertise

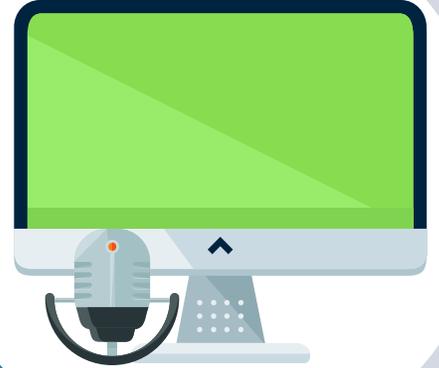
There is likely to be an EHR savvy clinician or staff member in a practice. This clinician may already be helping colleagues by answering EHR questions. Consider supporting this person by giving them admin time for their efforts and expand their EHR work for the practice. They could:

- develop practice-level personalizations
- interact with the IT group or vendor to report concerns and learn about new functionalities
- share EHR tips during practice meetings.



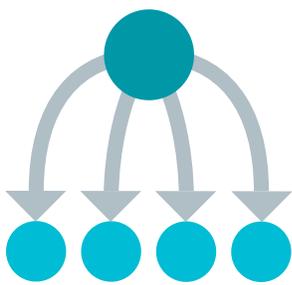
3. Consider alternatives

Physicians who are struggling might consider limiting direct interactions with the EHR through scribes or voice recognition software. Many clinicians have found scribes to be affordable and of great assistance in documenting and finding information in real time. Others prefer to speak rather than type and use voice recognition to save time. Both can be worth any initial investment if they free up more time to interact with patients or reduce the need to chart after hours.



4. Workflow shift

Daily routines may benefit from a protocol that can either be automated or completed by support staff. For instance, EHRs can improve the quality of care by alerting physicians about things that they may not have known about before EHRs, such as patients receiving care outside of the practice. With the aid of a protocol, much of this follow-up could be handled by support staff rather than physicians themselves.



5. Specialized training

Ongoing training and education are necessary to effectively and efficiently use the EHR. Larger health care systems may have in-house training teams. Smaller practices may have a more direct relationship with their EHR vendor and can ask them for information and training. Some vendors offer conferences or groups where users can connect to share and learn from each other.

