

# Burnout

## Peritoneal Dialysis

### Caring for Each Other

Congratulations! You have just learned how to do peritoneal dialysis on your own. It is important that you monitor:

- a) how you are feeling physically, and
- b) how you are coping emotionally.

### Ask yourself, do you feel:

- physically drained?
- emotionally exhausted?
- tired all the time?
- irritable?
- anxious?
- angry with the demands of others?
- you are withdrawing from activities you once enjoyed?
- you are isolating yourself from other people?
- it is difficult to concentrate?
- it is difficult to get a good night sleep?
- forgetful?

### What is BURNOUT ?

If you answered YES to any of the above questions, you may be suffering from burnout. The symptoms listed above are warning signs that you may be stressed, depressed, and suffering from burnout. Burnout is a psychological state where you experience emotional exhaustion and often, a negative shift in attitude.

## **Who is affected by BURNOUT?**

Burnout can affect patients who are independent and managing their own medical needs, as well as loved ones who are helping a family member or friend with their medical needs. It is important to track your thoughts and not be afraid to ask for help when needed.

## **What can I do?**

Speak to your medical team about strategies to best manage your energy. It is important to get out of the house and make time for yourself. Many people find it helpful to go for a walk, make a date with a friend to have coffee, etc... The key is that you do something you enjoy.

## **Who should I talk to?**

Your social worker can speak with you about options available to you and your loved ones in the community. Options can be explored to best suit your needs.

- For short-term assistance, options may include support groups, adult day programs, and home making services.
- For long-term assistance, options may include respite care services, assisted-living, and moving to a long term care facility.

**Speak up! We are here to help!**

Prepared by the Renal Social Work Team at Vancouver General Hospital

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **FP.465.B87**  
© Vancouver Coastal Health, August 2016

The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)