

First Heal the Healer: Supporting Healthcare Worker Wellbeing during the COVID-19 Pandemic

With Sarah Richards, MD, FACP

Tuesday, February 15, 2022, 12:00 p.m. – 1:00 p.m. CT/11:00 a.m. – 12:00 p.m. MT

Register [HERE!](#)

This session is intended for anyone who would like to learn more about the impact of Covid-19 on healthcare workers. Dr. Richards will share data about the prevalence and drivers of burnout in healthcare workers and review a variety of approaches to support their wellbeing. This includes the need to normalize & validate the stressors faced by healthcare workers, destigmatize getting help, empower leaders and individuals to support one another, and inspire change at the local level.

Who Should Attend?

- ✓ **Critical Access Hospital Staff**
- ✓ **Long-Term Care Facility Staff**
- ✓ **Hospital Human Resource Managers**
- ✓ **Healthcare Leaders**
- ✓ **Public Health Professionals**
- ✓ **Emergency Preparedness Professionals**

For more information about the UNMC College of Public Health's ECHO program for Critical Access Hospitals, click [here](#).



About Sarah Richards, MD, FACP:

Dr. Richards is an Associate Professor in the Division of Hospital Medicine at the University of Nebraska Medical Center (UNMC) and the Senior Medical Director for Clinician Experience at Nebraska Medicine.

Dr. Richards joined the faculty as a Hospitalist in 2011 after completing medical school, residency, and a chief resident year at UNMC. She was named the Medical Director of Patient Experience for Nebraska Medicine in 2015. Her role then expanded to include physician and advanced practice provider (APP) experience in 2018. Given the evolving landscape in healthcare and high rates of professional burnout, Dr. Richards transitioned from her patient experience role to focus all her efforts on physician and APP wellbeing in 2021. In this system-wide leadership role, she has responsibility for developing, coordinating, and implementing strategies to improve clinician wellbeing and enhance professional satisfaction.

Additionally, Dr. Richards is the current nominated chair of the Society of Hospital Medicine (SHM) Wellbeing Taskforce in which she leads a team of national experts to reduce hospitalist burnout. She completed a Chief Wellness Officer course through Stanford University and a coach training program through Spiro in 2021.