

QUOTABLE Quotes

We've been asking some of Canada's top wound leaders a number of questions about their personal experiences in wound care. Their responses are both unique and share common wisdom. Here are a few quotes. We hope they challenge and inspire you.

Q What's your top tip to avoid clinician burnout?

"Know your limits and listen to yourself. Before being able to heal your patients, you must be able to heal yourself."

—Richard Belley, MD, CMFC, BSc

"Get regular exercise. Your personal life should be number 1."

—Kyle Goettl, RN, BScN, MEd, IIWCC

"Have a good work/life balance and make sure your work does not encroach on your personal life."

—Sunita Coelho, RN

"Recognize that this role takes an emotional toll: we care for the cell and the soul. Monitor your internal meter. Talk to other clinicians as an outlet—this helps."

—Marlene Varga, MSc, BScN, IIWCC

"Keep a good balance between work and play. Exercise!! And avoid answering or dealing with work emails on the weekends."

—Robyn Evans, MD, CCFP, IIWCC

"The best way to avoid burnout is to take vacation! And really take it. Don't check in. Make yourself unavailable. Set boundaries and stick to them. Rejoice in the everyday. Focus on the patient that is in front of you at the time and do the best you can at that moment. Don't worry about all the other things that are happening around you. And attend conferences and training."

—Deirdre O'Sullivan, BScPT, MCISC

"Pace yourself. Hit the Refresh button every time you see the next patient. Focus and listen!"

—Brian Scharfstein, CPed (C)

"Work as part of a team whenever possible (virtual or actual). Share ideas. Brainstorm. Support each other. Complex patient care requires a multi-disciplinary approach."

—Barbie Murray, BScN RN MCISC