

Department of Surgery Wellness Committee

GRAND ROUNDS



Dr. Alana Holt

Burnout, Boundaries & Better Practice

Dr. Holt is a psychiatrist practicing in Saskatoon for the past 18 years. She is the Clinical Practice Lead of Psychiatry at Student Wellness Centre, University of Saskatchewan. She is a long-standing member of the SMA Physician Health Program and provides treatment to physicians and physician learners. Dr. Holt is the Lead of the Physician Wellness division of Continuing Medical Education and the new Director of Resident Wellness Resources in Post Graduate Medical Education, College of Medicine, University of Saskatchewan. She is the Saskatchewan representative on the steering committee for the National Plan for Health Workforce Wellbeing which was funded by Health Canada in 2024.

Objectives of Lecture:

Become acquainted with Physician Health data and why caring also for yourself matters; Understand the stages of Burnout and its impact on health and practice; Explore the spectrum of boundaries, time (or energy) management and effective decision making to enhance personal and professional efficacy, Identify an approach to personal and professional health and fulfillment.

Thursday, February 27th, 2025 at 5:00 PM

Mall Lecture Theatre, Royal University Hospital

Grand Rounds will be available via ZOOM Network, please contact the Department of Surgery at surgery.dept@usask.ca

