

Humanizing the Patient Experience in the Age of AI



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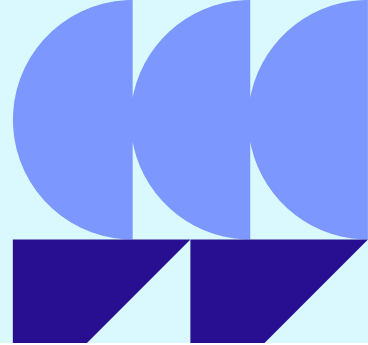
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Part 1: People Pulse Check

Burnout assessment

Instructions: Rate Each statement on a scale of 1 to 5:

1=Never | 2=Rarely | 3=Sometimes | 4=Often | 5=Always

Emotional Exhaustion:

- ___ I feel emotionally drained by my work
- ___ I struggle to find the energy to lead my team
- ___ I feel overwhelmed by the constant demands placed on me
- ___ I dread starting the work day

- ___ Total Score

Depersonalization / Disconnection:

- ___ I feel detached from my team or colleagues
- ___ I've become more critical or cynical at work
- ___ I avoid difficult conversations or isolate myself
- ___ I feel like I'm just "going through the motions" as a leader

- ___ Total Score

Reduced Personal Accomplishment:

- ___ I feel like I'm not making a meaningful impact
- ___ I question whether I'm the right person for this role
- ___ I find little joy in achievements that used to energize me
- ___ I doubt my ability to lead effectively

- ___ Total Score

Cognitive and Physical Strain

- ___ I have trouble focusing or making decisions
- ___ I'm experiencing more physical symptoms (headaches, insomnia, fatigue)
- ___ My work performance has declined due to stress
- ___ I neglect personal well-being because of work demands

- ___ Total Score

Total Score of all boxes: _____

Scoring:

0-20: Low risk of burnout - continue healthy leadership habits

21-40: Moderate risk - evaluate boundaries and recovery strategies

41-60: High risk - consider coaching, delegation, or professional support

61-80: Critical - immediate intervention is needed to protect your health and effectiveness

The last time I took a fully disconnected vacation was: _____ (circle: days, weeks, months, years) ago. My next vacation will be: _____ and I am committed to disconnecting fully so I can show up as my best for my team when I return.