



Burnout Podcast Series

The Burnout Task Force is producing a series of podcasts on burnout-related topics, particularly in the context of the COVID-19 pandemic.

- [Episode 1: Psychological Impacts of a Crisis](#)

In this inaugural episode, Dr. Mamta Gautam, chair of the Burnout Task Force, and Dr. Joy Albuquerque, medical director of the Physician Health Program, discuss the psychological impacts of COVID-19 on physicians and the importance of normalizing the dialogue on burnout.

- [Episode 2: Peer Support](#)

In this episode, Dr. Mamta Gautam and Dr. Simron Singh, a member of the Task Force, explore resilience and well-being.

- [Episode 3: Resilience and Well-Being](#)

Text-based Well-being Intervention – Behavioural Insights Project

COVID-19 has placed additional pressures on physician mental health, leading to increased levels of burnout. To provide additional support to members during the pandemic, the OMA is launching a short-term, text-based intervention. Members will be sent weekly evidence-informed text messages for approximately three months to support well-being, and members can opt out of receiving the texts at any time. In addition to supporting physicians, the goal of this research-based intervention is to compare the types of messages sent and their relative impact on well-being outcomes. The OMA is collaborating on this project with the [Behavioural Insights Team](#), a global organization that applies behavioural insights to inform policy.

This project is only one of many addressing the mental health needs of physicians during the pandemic. It does not address the root causes of burnout and the OMA continues to address these system-wide issues on a priority basis through the OMA Burnout Task Force.

[Learn more about the Behavioural Insights Project.](#)