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**Returning to wellness: burnout is a wakeup call**

**Jamie Ioane**  
*New Zealand*

When it hit me, I was in my last 12 months of psychiatry training before becoming a consultant psychiatrist. Something never quite sat right with becoming a psychiatrist, the long hours and emotional toll of the profession was not something I could see myself doing for the rest of my life. The administrative burden and endless hours at the computer were not why I signed up for a career in medicine. Then it hit me, burnout. A sense of perpetual stress mixed with perfectionistic traits and high levels of personal responsibility came together to a single point. My burnout was a wake up call. I needed to change something in my life and I knew my heart wasn't in the clinical work of psychiatry. So I took the leap and decided to leave psychiatry, a career 20 years in the making, gone. It isn't until you take the step over the precipice that you truly understand what is on the other side. Fear can be a great motivator, or it can hinder any progression. Once I took the leap, I realized it was one of the best decisions I ever made. On my journey I rediscovered my passion for design and have since been on a mission to help others with burnout and improve health IT systems to be more user-friendly and aid clinicians in their jobs rather than hinder them.

As a speaker I bring a unique perspective on the intersection of mental health, burnout, clinician wellness and being an agent of change for improved design in the healthcare industry.

**Biography**

Dr Jamie Ioane – Consultant Psychiatrist, also conducted Psychogeriatrics Advanced training program in New Zealand, gave some talks on Management of overlapping cognitive syndromes, Wernicke's encephalitis management and Alternative therapies to ECT.

Jamie.ioane@gmail.com