

Healthy Practice Resource

One of the major challenges we're all feeling across the physical therapy profession now is the rising level of stress and the impact of this on therapists. We are expected to keep up with documentation burdens, rapid technological changes, shrinking budgets, workforce shortages, and higher patient volumes. Long hours and heavy caseloads can take a toll on us individually and lead to therapist burnout.

Burnout can manifest as dissatisfaction but also leads to exhaustion, a negative outlook, declining performance, and a loss of connection. Recent research shows us burnout and dissatisfaction among clinicians have far-reaching consequences for patient safety, quality, and retention. While the evidence isn't conclusive, many studies found that therapists and those earlier in their careers were at higher risk of burnout and more likely to consider leaving the profession. The factors fell into buckets such as organizational, environmental, psychological/emotional, and sociodemographic. The most frequently cited contributors included poor workplace relationships, excessive workload, limited resources, lack of support, and organizational structure. Together, these findings highlight the need for tools PTs and PTAs can use to evaluate and support their own well-being—both personally and professionally.

To address this, The Federation of State Boards of Physical Therapy (FSBPT) in conjunction with Healthcare Regulatory Research Institute (HRRI), and researchers Alyssa Gibbons and Gwenith Fisher have created the Healthy Practice Resource.

The Healthy Practice Resource is free and anonymous. It includes self-assessment modules focusing on multiple dimensions of clinician well-being. These cover emotional, mental, social, financial, and physical health, along with modules focused on the practice environment—such as workplace climate, role support, benefits and wellness, work-related well-being, and compassion. Each module takes about eight to ten minutes to complete, and clinicians can select whichever of the ten modules are most relevant to their situation.

The Minnesota Board of Physical Therapy allows up to 3 hours of Self-Assessment. Individuals that take at least three modules can apply this toward their continuing education requirements.

For more information check out this YouTube Video: [Healthy Practice Resource](#)

For the link to the health practice resource: <https://healthypractice.hrri.org/>