

fast facts

ACCC member responses to 5 survey questions required when registering for the July 10, 2023, ACCC President Fireside Chat: Strategies to Address Burnout Among Your Workforce.

When you feel overwhelmed at work, what causes these feelings?

Most Common Answers/Themes (n=87)

- **42%**—Workload
- **21%**—Competing priorities
- **17%**—Leadership and/or organizational challenges
- **14%**—Lack of resources
- **14%**—Staffing challenges
- **Other responses** included: lack of support, low morale, stress, patient concerns, and financial challenges.
- **1 individual** shared simply, “Saying ‘yes’ too much.”



What motivates you at work?



Most Common Answers/Themes (n=92)

- **29%**—Patients
- **29%**—Other staff and/or colleagues
- **12%**—Making a difference and/or making an impact
- **11%**—Positive outcomes and/or advancements
- **9%**—Helping others
- **8%**—Professional growth
- **Other responses** included: being part of a solution, overcoming challenges, caring for others, and saving lives.
- **1 individual** shared, “Post-COVID, that is still up for discussion.”

What strategies do you use to help relieve stress?

Most Common Answers/Themes (n=88)

- **40%**—Physical activity
- **23%**—Take a break and/or disengage from work
- **18%**—Meditation or deep breathing
- **17%**—Self-care and/or mindfulness activities
- **13%**—Organize tasks, set priorities and deadlines, and/or problem-solving
- **13%**—Talk to trusted others
- **11%**—Hobbies
- **Other responses** included: spend time with family and/or friends; focus on the positives; look for opportunities to laugh and/or have fun; spirituality and/or religion; and sleep.
- **1 individual** suggested, “Avoiding confrontation and talking with a therapist.”



What can your leader do to best support you at work? (n=92)



- **25%**—Offer support
- **19%**—Listen
- **8%**—Positive encouragement and/or affirmations
- **8%**—Help with financial and/or personal growth
- **8%**—Support and help to achieve a positive work-life balance
- **7%**—Provide clear direction(s)
- **7%**—Remove silos and barriers
- **Other responses** included: regular check-ins; ask what is needed; flexibility; trust; support collaboration; ensure accountability; employ creative problem-solving; and use effective communication.
- **2 individuals** focused on workload, “Don’t ask more of physicians without taking things off of their plate.” and “Hire more staff and not worry as much about the budget.”

Why do you love taking care of patients? (n=89)

Most Common Answers/Themes

- **20%**—To help patients and/or because of a need or desire to help
- **19%**—To make a positive impact and/or make a difference
- **17%**—Brings purpose and/or meaning; the work is rewarding
- **13%**—To build relationships
- **8%**—Because it is my passion and/or life work
- **7%**—To reduce burdens for others
- **Other responses** included: it brings an appreciation of life and/or a new perspective on life; it instills admiration of patients’ courage; to improve the patients’ quality of life; and to improve overall health and wellness.
- **1 individual** said, “I love being a part of their journey through cancer care and being someone they remember.”



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Proactive Interventions for the Prior Authorization Process

For providers, the necessity of seeking permission to give patients the best possible care, the paperwork to fight payment denials, and the time necessary to educate medical reviewers on why certain therapies are needed are overly burdensome. Learn how to navigate these challenges by watching this 6-part series of [on-demand webinars](#).



Psychosocial Care in Oncology: Advocating for Policy Changes that Improve the Culture of Care

This [blog](#) touches on why it is important that cancer programs and practices advocate for policies that drive patient access to psychosocial care, including continued access and increases for mental health coverage and reimbursement and access to mental health services delivered via telehealth.



Combatting Caregiver Isolation Through Awareness and Education

Isolation is a common concern among caregivers. Studies show that the lack of social interaction and stimulation from individuals other than their care recipient, especially when cognitive impairment is present, can be an undeniable trigger for loneliness. Addressing isolation is critical and any way that caregivers can connect with peers, professional support, and friend and colleague support networks is a priority. Hear [strategies](#) for combatting the feeling of isolation among caregivers



A Financial Advocate’s Guide to Biomarker Testing

While biomarker testing allows providers to assess targeted therapy as a treatment option for patients with cancer, prior authorization is often required to order these valuable tests. Additionally, patients may face steep out-of-pocket costs related to this type of testing. Learn more about how to [improve access to biomarker testing](#) for patients with cancer.



Strategies to Improve Regional Access to Chronic Lymphocytic Leukemia Care

Learn how 3 cancer programs are using community outreach and other support strategies to improve care for patients diagnosed with chronic lymphocytic leukemia who are in underserved populations. In this [spotlight series](#), ACCC examines state and regional disparities and each cancer program’s unique approach to overcome barriers and provide equitable care for those with this disease.