

R<sub>x</sub>

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date: \_\_\_\_\_

# PRESCRIPTION FOR BURNOUT

How to Transition Healthcare Trainees Into the  
Clinical Work Environment and Improve Clinician  
Resilience, Patient Care, and Hospital Efficiency

IRIS MUSHIN, M.ED., MBA

**A Transformative, Evidence-Based  
Approach to Combating Burnout and  
Restoring Resilience in the Next  
Generation of Healthcare Professionals**

*Drawing on 25+ years of proven success with the  
MedRAP/CPR program at Baylor College of Medicine, this  
groundbreaking book offers a blueprint for lasting cultural  
change in medical education and healthcare delivery*

## About the Book

From the moment they transition from academic learning to clinical practice, medical personnel face high-pressure environments, time management challenges, and threats to their professional and personal well-being.

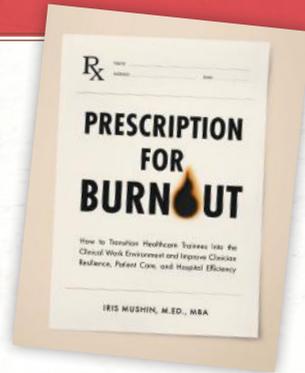
On average, more clinicians experience burnout in their first few years of training than in most of their careers, leading to disastrous results in care quality, knowledge gaps, and interpersonal relationships.

Iris Mushin draws on over twenty-five years of real-world success with the MedRAP/CPR program at Baylor College of Medicine. This structured, time-tested model supports medical trainees through the most vulnerable phase of their professional development. Through firsthand program insights, institutional outcomes, and guiding principles, Mushin demonstrates how safe environments, structured mentorship, formalized informal learning, and early intervention create a thriving ecosystem for trainees, teams, and institutions alike.

By targeting systemic issues rather than placing the burden of resilience solely on individuals, this book offers practical solutions for medical institutions worldwide

### Target Audiences

- Medical education administrators and program directors.
- Hospital executives and healthcare leaders.
- Medical students, residents, and fellows.
- Nursing and allied health professionals.
- Healthcare policy makers and researchers.



## Key Components Of The MedRAP/CPR Model

- Safe and supportive environments fostering transparent communication.
- Structured mentorship from senior clinicians.
- Formalized informal training.

## About the Author

**Iris Mushin, M.Ed., MBA** is a medical education expert and founder of the MedRAP program at Baylor College of Medicine, where she directed it for 25 years. In 1993, she published a landmark JAMA Internal Medicine article, "Developing a Resident Assistance Program: Beyond the Support Group Model," focusing on preventing issues rather than offering support only after problems arose.



Her goal in designing the program was to enhance medical resident well-being by addressing stress and burnout through an improved training environment, professional growth, and increased physician effectiveness, which in turn benefits hospital efficiency and patient care.

## Market Position

- Evidence-based program with 25+ years of proven results.
- Addresses urgent global healthcare crisis of clinician burnout.
- Applicable across diverse healthcare training environments.
- Includes QR codes linking to podcasts discussing chapter implications.
- Practical implementation guide for institutions worldwide.

**Amir Halevy, M.D., J.D.,  
Director of Internal Medicine Residency Program:**

*"Programs like MedRAP benefit medical institutions, providing a cost-effective platform for improving the Graduate Medical Education experience for trainees."*

**Antonio Gotto, Jr., M.D.,  
Dean Emeritus, Weill Cornell Medicine:**

*"I highly recommend MedRAP to all medical residents, resident program directors, department chairs, and administrators who are connected with the training of new physicians. Ms. Mushin has made an enormous contribution not only to resident training at Baylor, but also to the overall training of residents in the United States."*

For more information please visit  
the author's website and presentation:  
[www.medrap.org/presentations](http://www.medrap.org/presentations)



**Valcal Literary Agency**  
International Rights Representation

email: [tali@valcagroup.com](mailto:tali@valcagroup.com)

Address: 3 Rothschild Blvd. Tel Aviv 6688106, Israel

Phone: +972-52-2237216

[www.valcagroup.com](http://www.valcagroup.com)