Preceptor burnout support check-in

Use this discussion aid to name a concern, ask for support, and agree on a review. You do not need a diagnosis to raise a workload or supervision concern.

1. What needs attention?

Tick any current concerns. These are conversation prompts, not a score or diagnostic criteria.

- ☐ Little time for teaching or feedback
- ☐ Difficulty taking agreed breaks
- ☐ Feeling depleted before precepting
- ☐ Limited recovery between shifts
- ☐ Frequent interruptions or competing demands
- ☐ Unclear or unreliable backup support
- ☐ Less patience or connection than usual
- ☐ Other concern to discuss

2. Name the concern and its impact

What is happening, and how does it affect supervision, learning, or your well-being?

3. Ask for one concrete change

Requested support, who can authorize it, and the next action:

4. State a boundary and agree on coverage

What needs to change before you can continue the preceptor role safely? Who will confirm coverage?

5. Name your support and follow-up

Support contact (name or role) and how you will connect:

Review date:

How we will know support improved:

Educational discussion aid only, not a validated burnout screening tool, clinical assessment, or official patient/personnel record. For an immediate supervision or safety concern, use your facility's escalation process without waiting for this worksheet or the review date. Do not include patient identifiers or private personnel details. Follow facility policy for any required documentation and for storing or disposing of working notes.

Julia Kiss, EdD, MSN, RN, NPD-BC, CNE · November 2026
RNTransitionToPractice.com · Preceptor learning resource