

A Series of Effective Questions to Ask Healthcare Candidates

3

Resilience and Stress Questions

How do you approach self-care and stress management?

Given the stress of healthcare, understanding self-care practices is key to preventing burnout, notes iHire.



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Resilience and Stress Questions

Give an example of how you dealt with a difficult patient or family member.

This assesses their **empathy, communication skills, and ability to de-escalate** tense situations, according to Medvocation.



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Resilience and Stress Questions

How do you manage a patient in an acute medical emergency?

This will reveal how well they **remain calm, follow procedures, and act under pressure.**



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