Physician Burnout and Wellness Resources

The Scope of the Problem
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From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider. Bodenheimer T; Sinsky C. Ann Fam Med 2014;12:573-576

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**Resilience and Wellness Strategies**


Intervention to Promote Physician Well-being, Job Satisfaction, and Professionalism. West CP; Dyrbye LN; Rabatin JT; Call TG; Davidson JH; Multari A; Romanski SA; Henriksen Hellyer JM; Sloan JA; Shanafelt TD. *JAMA Intern Med.* 2014;174(4):527-533


**Mindfulness In Medicine.** Horwitch C. https://vimeo.com/117306069

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**Time Management for Leaders.** Jokela, J. https://vimeo.com/35013659


**Association of an educational program in mindful communication with burnout, empathy, and attitudes among primary care physicians.** Krasner MS; Epstein RM; Beckman H; Suchman AL; Chapman B; Mooney CJ; Quill TE. *JAMA.* 2009;302(12):1284-1293.


http://pulsevoices.org/ - publishing personal accounts of illness and healing, fostering the humanistic practice of medicine


**DIMENSIONS: Work & Well-Being Toolkit for Physicians** - This toolkit is designed for use by physicians, their employers and their peers and assists with promoting physicians’ individual and workplace well-being.

**Canadian Physician Health Institute** dedicated to promoting physician health and wellness - http://cphi-icsm.ca/
**Institutional Initiatives to Reduce Burnout and Promote Wellness**

Ten Bold Steps to Prevent Burnout in Internal Medicine. Linzer M; Levine R; Meltzer D; Poplau S; Warde C; West C. J Gen Intern Med 29(1):18

Creating a Culture of Wellness: Conversations, Curriculum, Concrete Resources, and Control. Place S: Talen M. Int. J. Psychiatry in Medicine, Vol. 45(4) 333-344, 2013


Part-Time Careers in Academic Internal Medicine: A Report From the Association of Specialty Professors Part-Time Careers Task Force on Behalf of the Alliance for Academic Internal Medicine. Linzer M; Warde C; Alexander RW; DeMarco A; Haupt A; Hicks L; Kutner J; Mangione CM; Mechaber H; Rentz M; Riley J; Schuster B; Solomon GD; Volberding P; Ibrahim T. Academic Medicine, Vol. 84, No. 10. October 2009.


**Physicians As Patients**


[http://www.black-bile.com/](http://www.black-bile.com/) - a website dedicated to physicians suffering from depression, and those who care about them

**Books:**

Great by Choice by Jim Collins and Morten T. Hansen (2011)

Lean In by Sheryl Sandberg (2013)

The way we're working isn’t working by Tony Schwartz (2010)
First break all the rules by Marcus Buckingham and Curt Coffman (2000)

Leading change in healthcare by Anthony Suchman, David Sluyter, Penelope Williamson, and Peter Block (2011)

Transforming Health Care: Virginia Mason Medical Center's Pursuit of the Perfect Patient Experience by Charles Kenney (2010)

Finding Balance in a Medical Life by Lee Lipsenthal (2007)