

Resources for Whole Physician Health

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Seminal Papers and Relevant Data

- Sinsky et al, In Search of Joy in Practice: <http://www.annfammed.org/content/11/3/272.full.pdf+html>
- Bodenheimer/Sinsky, Triple to Quadruple Aim: <http://www.annfammed.org/content/12/6/573.full.pdf+html>
- Krasner/Epstein JAMA 2009 Mindfulness: <http://jamanetwork.com/journals/jama/fullarticle/184621>
- Rakel et al: Abbreviated Mindfulness intervention 2013: <http://www.annfammed.org/content/11/5/412.full.pdf+html>
- Nedrow et al, Burnout to Wellness, making the switch: <http://www.aafp.org/fpm/2013/0100/p25.pdf>
- Mayo Meta-analysis on what works to prevent/manage physician burnout: <http://www.thelancet.com/action/showFullTextImages?pii=S0140-6736%2816%2931279-X>
- Medical Education, From Burnout to Wellness: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2931235/pdf/i1949-8357-1-2-225.pdf>
- 2016 Medscape Survey: <http://www.medscape.com/features/slideshow/lifestyle/2016/public/overview#page=1>
- Linzer et al, 2016 National GIM Worklife and Wellness Survey: <https://www.ncbi.nlm.nih.gov/pubmed/27138425>
- Physician-Organization Collaboration, the Mayo Clinic Experience, 2016: <http://isites.harvard.edu/fs/docs/icb.topic1568188.files/Burnout%20JHM%20Swensen.pdf>
- Estimates of MD turnover cost (up to \$1.3 million):
 - <http://www.aspr.org/?696>
 - <http://www.selectinternational.com/blog/bid/112226/The-Shocking-Cost-of-Physician-Turnover>
 - <http://www.cepamerica.com/news-resources/perspectives-on-the-acute-care-continuum/july-2015/cost-of-physician-turnover-retention>
 - Strategies to retain physicians: <http://www.fiercehealthcare.com/healthcare/how-much-physician-turnover-really-costing-you>

Resources for Individual Strategies

- Epstein/Krasner U Rochester Center for Mindful Practice: <https://www.urmc.rochester.edu/family-medicine/mindful-practice.aspx>
- Stanford WellMD: <http://wellmd.stanford.edu/>
- Rachel Remen: <http://www.rachelremen.com/>

Resources for Institutional Strategies

- AMA Steps Forward: <https://www.stepsforward.org/modules/physician-wellness>
- American Hospital Association Call to Action, Creating a Culture of Health: <http://www.aha.org/research/cor/content/creating-a-culture-of-health.pdf>
- Mark Linzer's slides on ACP website: https://www.acponline.org/system/files/documents/about_acp/chapters/ut/16mtg/lopez.pdf
- Mayo Clinic Physician Well-Being Program: <http://www.mayo.edu/research/centers-programs/physician-well-being-program/overview>
- Resident Doctors of Canada, Resiliency Training:
 - Website: <http://residentdoctors.ca/wellness/resiliency/>

- Slide Deck from ICPH: http://residentdoctors.ca/wp-content/uploads/2015/11/Curriculum_Resiliency_FMF_FINAL.pdf
- Cardiff University, Wales, Physician Resilience Training: <https://wire.ama-assn.org/education/building-emotional-intelligence-medical-trainees>
- Helen Riess, MD, Empathetics: <http://empathetics.com/about-us/>

Personal Accounts/Narratives/Blogs

- Suzie Brown, Guitaristologist, TEDmed 2015: Sometimes Your Dreams Find You: <http://tedmed.com/talks/show?id=528927>
- Kevin Pho: <http://www.kevinmd.com/blog/>
- Trauma surgeons and moms: <https://heelskickscalpel.com/>
- Kathy Stepien, Institute for Physician Wellness: <http://www.instituteforphysicianwellness.com/>
- Catherine Cheng, patient-physician relationships/communication: <https://catherinechengmd.com/>

Resources from Other Fields

- Benjamin Zander and Rosamund Stone Zander, *The Art of Possibility*: https://www.amazon.com/Art-Possibility-Transforming-Professional-Personal/dp/0142001104/ref=sr_1_1?ie=UTF8&qid=1479275091&sr=8-1&keywords=art+of+possibility
- Harvard Business Review: Implementing Healthier Habits—Physical, Emotional, Mental and Spiritual: https://hbr.org/2007/10/manage-your-energy-not-your-time?cm_sp=Article_-Links_-Comment
- Simon Sinek
 - Know Your Why: http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action
 - Leading Is Like Parenting: http://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe
 - His books: *Start With Why* and *Leaders Eat Last*
- Coach Minda Miloff: Energize Your Time: <http://www.coachminda.com/>
- 6 Ways to turn bad stress to good stress: <http://www.alternet.org/6-ways-turn-bad-stress-good-stress>
- Nancy Duarte, (on making your case to your leadership):
 - Her book, *Resonate*: https://www.amazon.com/Resonate-Present-Stories-Transform-Audiences/dp/0470632011/ref=sr_1_1?ie=UTF8&qid=1479232190&sr=8-1&keywords=resonate
 - Her TED talk: https://www.ted.com/talks/nancy_duarte_the_secret_structure_of_great_talks

Specific Practices

- 3 Question Journal: Rachel Remen: <http://www.rachelremen.com/growing-new-eyes/>
- Tactical breathing: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Combat-Tactical-Breathing.pdf>
- Personal values card sort
 - The cards: http://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf
 - The instructions: <http://www.motivationalinterviewing.org/sites/default/files/valuesinstructions.pdf>
- 5 things you're grateful for today
- (From Coach Minda) Name Energy gains/drains, then ask:
 - If I had 2 extra hours per day, what would I add?
 - If I had 2 fewer hours per day, what would I cut out?
- Visualization
- Positive Self-talk: "I can ____, I will ____, I am ____."