

Physician Burnout and Wellness Resources

February 2019

Websites:

- <https://www.acponline.org/practice-resources/physician-well-being-and-professional-satisfaction> Read about ACP's ongoing commitment to improve physician well-being and personal satisfaction.
- <https://www.stepsforward.org/modules/physician-wellness> - AMA Steps Forward modules, with multiple strategies for reducing burnout and returning joy to medicine
- <https://nam.edu/perspectives-on-clinician-well-being-and-resilience/>
- National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience
- <http://www.ihl.org/education/WebTraining/Webinars/joy-in-work/Pages/default.aspx>
Institute for Healthcare Improvement offers information on turning burnout to engagement and finding joy in practice
- <https://www.acponline.org/advocacy/where-we-stand/patients-before-paperwork> ACP's initiative to put patients before paperwork
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency. Many self-assessments available.

TED Talks:

- Atul Gawande: How we heal medicine: https://www.ted.com/speakers/atul_gawande_1
- Brian Goldman: Doctors make mistakes: https://www.ted.com/speakers/brian_goldman
- Abraham Verghese: A doctor's touch:
https://www.ted.com/talks/abraham_verghese_a_doctor_s_touch
- Eric Dishman: Health care should be a team sport:
https://www.ted.com/talks/eric_dishman_health_care_should_be_a_team_sport
- Vivek Murthy – not a TED talk, but a great listen -
<https://hbr.org/video/5775734185001/whiteboard-session-the-problem-of-loneliness-at-work>

Books:

- Epstein R. Attending: Medicine, Mindfulness, and Humanity. 2017.
- Figley C, et al, Ed. First do no self-harm. Understanding and promoting physician stress resilience. 2013.
- Firth-Cozens J. How to Survive in Medicine: Personally and Professionally. 2013.
- Fischer-Wright H. Back to Balance: The Art, Science, and Business of Medicine. 2018.
- Raket D. The Compassionate Connection: The Healing Power of Empathy and Mindful Listening. 2018..

Podcasts:

- Fascinating clinical stories - <http://bedside-rounds.org>
- Narrative medicine rounds from Columbia - <https://itunes.apple.com/us/podcast/narrative-medicine-rounds/id465492751?mt=2>

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- The Doctor Paradox is a podcast series addressing “why despite having incredibly meaningful jobs, doctors are increasingly unhappy in their work”
<http://thedoctorparadox.com/podcast-2/>

Recent articles on burnout and wellness, including interventions to prevent/reduce burnout:

Bodenheimer T, Sinsky C. **From triple to quadruple aim: care of the patient requires care of the provider.** Ann Fam Med. 2014 Nov-Dec;12(6):573-6.

Bohman B, Dyrbye L, Sinsky C, Linzer M, Olson K, Babbott S, Murphy ML, Purpur deVires P, Hamidi MS, Trockel M. **Physician well-being: the reciprocity of practice efficiency, culture of wellness, and personal resilience.** Available at: <https://catalyst.nejm.org/physician-well-being-efficiency-wellness-resilience/>. Accessed 1-25-19.

Dyrbye LN, West CP, Sinsky CA, Goeders LE, Satele DV, Shanafelt TD. **Medical licensure questions and physician reluctance to seek care for mental health conditions.** Mayo Clin Proc. 2017 Oct;92(10):1486-1493.

Dzau VJ, Kirch DG, Nasca TJ. **To care is human – collectively confronting the clinician-burnout crisis.** NEJM. 2018;378:312-314.

Erickson SM, Rockwern B, Koltov M, McLean RM; Medical Practice and Quality Committee of the American College of Physicians. **Putting patients first by reducing administrative tasks in health care: a position paper of the American College of Physicians.** Ann Intern Med. 2017 May 2;166(9):659-661.

Gawande A. **Why doctors hate their computers.** New Yorker. 2018. November 12. Available at: <https://www.newyorker.com/magazine/2018/11/12/why-doctors-hate-their-computers>. Accessed 1/29/18.

Jha AK, Li KT, Iliff AR, Chaoui AA, Defossez S, Bombaugh MC, Miller R. **A crisis in health care: a call to action on physician burnout.** Available on line at <http://www.massmed.org/News-and-Publications/MMS-News-Releases/Physician-Burnout-Report-2018/>. Accessed 1-26-19

Linzer M, Poplau S, Grossman E, Varkey A, Yale S, Williams E, Hicks L, Brown RL, Wallock J, Kohnhorst D, Barbouche M. **A cluster randomized trial of interventions to improve work conditions and clinician burnout in primary care: results from the healthy work place (HWP) study.** J Gen Intern Med. 2015. Aug;30(8):1105-11.

Mackinnon M, Murray S. **Reframing physician burnout as an organizational problem: a novel pragmatic approach to physician burnout.** Acad Psychiatry. 2018. Feb;42(1):123-128.

Maslach C, Leiter MP. **New insights into burnout and health care: strategies for improving civility and alleviating burnout.** Med Teach. 2017. Feb;39(2):160-163.

Murphy DR, Meyer AN, Russo E, Sittig DF, Wei L, Singh H. **The burden of inbox notifications in commercial electronic health records.** JAMA Intern Med. 2016. Apr;176(4):559-60.

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Olson KD. **Physician burnout - a leading indicator of health system performance?** Mayo Clin Proc. 2017 Nov;92(11):1608-1611.

Shah DT, Williams VN, Thorndyke LE, Marsh EE, Sonnino RE, Block SM, Viggiano TR. **Restoring faculty vitality in academic medicine when burnout threatens.** Acad Med. 2018 Jul;93(7):979-984.

Shanafelt T, Goh J, Sinsky C. **The business case for investing in physician well-being.** JAMA InternMed.2017;177:1826-1832.

Shanafelt T, Trockel M, Ripp J, Murphy ML, Sandborg C, Bohman B. **Building a program on well-being: key design considerations to meet the unique needs of each organization.** Acad Med. 2018 Aug 21. [Epub ahead of print]

Shanafelt T, Swensen S. **Leadership and physician burnout: using the annual review to reduce burnout and promote engagement.** Am J Med Qual. 2017 Sep/Oct;32(5):563-565.

Shanafelt TD, Lightner DJ, Conley CR, Petrou SP, Richardson JW, Schroeder PJ, Brown WA. **An organization model to assist individual physicians, scientists, and senior health care administrators with personal and professional needs.** Mayo Clin Proc. 2017. Nov;92(11):1688-1696.

Shanafelt TD, Dyrbye LN, West CP. **Addressing physician burnout: the way forward.** JAMA. 2017 Mar 7;317(9):901-902.

Shanafelt TD, Noseworthy JH. **Executive leadership and physician well-being: nine organizational strategies to promote engagement and reduce burnout.** Mayo Clin Proc. 2017 Jan;92(1):129-146.

Sinsky C, Colligan L, Li L, Prgomet M, Reynolds S, Goeders L, Westbrook J, Tutty M, Blike G. **Allocation of physician time in ambulatory practice: a time and motion study in 4 specialties.** Ann Intern Med. 2016 Dec 6;165(11):753-760.

West CP, Dyrbye LN, Shanafelt TD. **Physician burnout: contributors, consequences and solutions.** J Intern Med. 2018 Jun;283(6):516-529.

West CP, Dyrbye LN, Erwin PJ, Shanafelt TD. **Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis.** Lancet. 2016 Nov 5;388(10057):2272-2281.