

# **PHYSICIAN WELL-BEING**

## **Links – Ted Talks – Books – Podcasts - Articles**

### **The American College of Physicians Ongoing Commitment:**

*Fostering Local Communities Of Well-Being  
Improving The Practice and Organizational Environment  
Advocating For Systems Changes  
Promoting Individual Well-Being*

### **LINKS:**

#### **American College Of Physicians Physician Burnout, Wellness Information, and Resources**

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-satisfaction>

#### **American College Of Physicians Initiative – Put Patients Before Paperwork**

<https://www.acponline.org/advocacy/where-we-stand/patients-before-paperwork>

#### **American Foundation For Suicide Prevention**

<https://afsp.org/>

#### **American Medical Association Steps Forward Program**

<https://edhub.ama-assn.org/steps-forward>

<https://www.stepsforward.org/modules/physician-wellness>

#### **Central Oregon Medical Society**

<https://www.comedsoc.org/Wellness.htm?m=68&s=548>

#### **Depression And Bipolar Support Alliance | 800-826-3632**

[https://secure2.convio.net/dabsa/site/SPageServer/?jsessionid=00000000.app204b?NONCE\\_TOKEN=DDE33ABDB7C17361F9E35194980127E2&pagename=home](https://secure2.convio.net/dabsa/site/SPageServer/?jsessionid=00000000.app204b?NONCE_TOKEN=DDE33ABDB7C17361F9E35194980127E2&pagename=home)

#### **Federation Of State Physician Health Programs | 978-347-0603**

<https://www.fsphp.org/>

#### **Hazelden Treatment Program For Health Care Professionals | 866-261-3734**

<https://www.hazeldenbettyford.org/treatment/models/specialized-programs/health-care-professionals>

<https://www.ihl.org/education/WebTraining/Webinars/joy-in-work/Pages/default.aspx>

#### **Lane County Medical Society Provider Wellness Program | 541-686-099**

<https://lcmedsociety.site-ym.com/>

#### **Legacy Health's Wellness Resources**

<https://www.legacyhealth.org/for-health-professionals/tools-and-resources-for-providers/wellness.aspx>

#### **Medical Society Of Metropolitan Portland Physician Wellness Program | 503-222-9977**

<https://www.msmp.org/Wellness-Program>

## [National Academy Of Medicine Action Collaborative On Clinician Well-Being & Resilience](https://nam.edu/perspectives-on-clinician-well-being-and-resilience/)

<https://nam.edu/perspectives-on-clinician-well-being-and-resilience/>

## [National Suicide Prevention Lifeline | 800-273-TALK \(8255\)](https://suicidepreventionlifeline.org/)

<https://suicidepreventionlifeline.org/>

If you or someone you know is experiencing thoughts of suicide, call the National Suicide Prevention Lifeline. at 1-800-273-TALK (8255) or your [local crisis services](#).

You may also text '273TALK' to 839-863. <https://suicidepreventionlifeline.org/>

## [Oregon Health & Science University Resident & Faculty Wellness Program](https://www.ohsu.edu/xd/education/schools/school-of-medicine/gme-cme/gme/resident-fellow-wellness-program)

<https://www.ohsu.edu/xd/education/schools/school-of-medicine/gme-cme/gme/resident-fellow-wellness-program>

## [Oregon Medical Association](http://www.theoma.org)

[www.theoma.org](http://www.theoma.org)

We all know the practice of medicine can take its toll. What might have been less clear until recently is just how stressful a career in medicine can be. As the collected body of physicians and physician assistants in the state, the OMA has been involved from the very beginning in statewide efforts to combat provider stress, with a redoubled effort when the concept became more mainstream.

## [Oregon Medical Board Wellness Resources | 971-673-2700](https://www.oregon.gov/omb/Topics-of-Interest/Pages/Wellness.aspx)

<https://www.oregon.gov/omb/Topics-of-Interest/Pages/Wellness.aspx>

Licensee health and wellness is a critical component in achieving the Oregon Medical Board's mission of protecting patients while promoting access to quality care. As stated in the American Medical Association's policy on Physician Health and Wellness, "*When health or wellness is compromised, so may the safety and effectiveness of the medical care provided*". **The Oregon Wellness Program (OWP)**: The Board supports a proactive, broad approach to licensee wellness. The Board's prevention, treatment, and rehabilitation efforts have led to the inception of a statewide initiative known as the Oregon Wellness Program. This new program "promotes the wellness of health care professionals through education, coordinated regional counseling services, telemedicine services, and research." Services are currently available in Central Oregon and will continue to spread throughout the state by using collaborative agreements with regional medical societies and institutions. More information on the Oregon Wellness Program is available at <https://oregonwellnessprogram.org>.

## [Oregon Psychiatric Access Line \(OPAL-A\)](https://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/opal-k/register-for-opal-k.cfm)

<https://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/opal-k/register-for-opal-k.cfm>

## [Oregon Wellness Program](http://www.oregonwellnessprogram.org)

[www.oregonwellnessprogram.org](http://www.oregonwellnessprogram.org)

Whether you are seeking a better balance in your personal and professional life, or simply want to talk with someone who understands the issues you face, the **Oregon Wellness Program's** team is here to help. It's never too early to resolve emerging issues. At this time the Oregon Wellness Program (OWP) includes in-person counseling with selected professionals in the Bend, Eugene, Salem and the Portland Metropolitan area. Other areas and clinicians will be added to the program in the near future. All professionals participating in the OWP are licensed and credentialed clinicians in good standing who are experienced in working with physicians. All have undergone additional instruction to participate in the OWP. See below for all current programs:

- In-Person services are offered in Jefferson, Crook, Deschutes, Marion, Polk, Lane, Clackamas, Multnomah and Washington Counties
- Visit [Central Oregon Medical Society](#), [Marion Polk County Medical Society](#), [Lane County Medical Society](#) and the [Medical Society of Metropolitan Portland](#) for more information

Other medical societies or regional medical professional groups interested in becoming a part of the OWP network of services are invited to contact the OWP administrative offices at 503-222-1960.

The Oregon Wellness Program is not a healthcare program for professionals who are in immediate crisis. **The Oregon Wellness Program (OWP) promotes Oregon Healthcare Professionals' well-being through education, coordinated regional counseling, telemedicine services and research.** The OWP is a statewide collaboration of participating medical societies, healthcare systems and other Oregon entities, providing coordinated, high-quality counseling and educational resources. All Oregon medical societies are invited to become active members or participants in the support of the program. The program evolved out of "town hall" meetings from early 2014, attended by physician and non-physician leaders of medical societies along with other organizations. The program then developed into a coalition dedicated to bringing insights into the burden of "professional burnout" suffered by our colleagues and programs that would bring the wonder of medicine back into focus for them.

**[Patient-Centered Primary Care Institute Clinician Academy | 503-241-3571](http://www.pcpci.org/clinician-academy)**

[www.pcpci.org/clinician-academy](http://www.pcpci.org/clinician-academy)

**[PeaceHealth's Wellness Resources](https://www.peacehealth.org/about-peacehealth/medical-professionals/eugene-springfield-cottage-grove/cme-opportunities/Pages/Physician-Wellness)**

<https://www.peacehealth.org/about-peacehealth/medical-professionals/eugene-springfield-cottage-grove/cme-opportunities/Pages/Physician-Wellness>

**[Stanford School Of Medicine – Promote Health & Resiliency](http://wellmd.stanford.edu/test-yourself)**

<http://wellmd.stanford.edu/test-yourself>

**[The Foundation For Medical Excellence | 503-222-1960](https://tfme.org)**

<https://tfme.org>

## **TED TALKS:**

[Atul Gawande: How We Heal Medicine:](https://www.ted.com/speakers/atul_gawande_1)

[https://www.ted.com/speakers/atul\\_gawande\\_1](https://www.ted.com/speakers/atul_gawande_1)

[Brian Goldman: Doctors Make Mistakes:](https://www.ted.com/speakers/brian_goldman)

[https://www.ted.com/speakers/brian\\_goldman](https://www.ted.com/speakers/brian_goldman)

[Abraham Verghese: A Doctor's Touch:](https://www.ted.com/talks/abraham_verghese_a_doctor_s_touch)

[https://www.ted.com/talks/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)

[https://www.ted.com/talks/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)

<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.

Rakel 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>

The Doctor Paradox - a podcast series addressing “why despite having incredibly meaningful jobs, doctors are increasingly unhappy in their work.”

<http://thedoctorparadox.com/podcast-2/>

## **ARTICLES:**

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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.

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### **10 Bold Steps to Prevent Burnout in General Internal Medicine**

Mark Linzer, MD<sup>1,2</sup>, Rachel Levine, MD, MPH<sup>3</sup>, David Meltzer, MD, PhD<sup>4</sup>, Sara Poplau, BA<sup>1</sup>, Carole Warde, MD<sup>5</sup>, and Colin P. West, MD, PhD<sup>6</sup>

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KEY WORDS: burnout; prevention; general internal medicine.

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**Improving Wellness: Techniques For Building Resiliency –**

Carrie Horwitch, MD, MACP

[https://www.acponline.org/system/files/documents/about\\_acp/chapters/nm/wellness\\_horwitch.pdf](https://www.acponline.org/system/files/documents/about_acp/chapters/nm/wellness_horwitch.pdf)

**Improving Professional Satisfaction And Practice Sustainability Through Office Transformation –**

Bruce Bagley, MD, FAAFP

[https://www.acponline.org/system/files/documents/about\\_acp/chapters/nm/bagley.pdf](https://www.acponline.org/system/files/documents/about_acp/chapters/nm/bagley.pdf)

**Put Your Own Mask On FirstA Resilience Review for Physicians –**

Catherine Cheng, MD, FACP

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**Colorado Physicians Health Program: Physicians Helping Physicians –**

Doris Gunderson, MD

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**The Epidemic Of Clinician Burnout: We Can Turn This Around –**

Mark Linzer, MD

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