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/?sessioinid=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.ihi.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/

National Suicide Prevention Lifeline | 800-273-TALK (8255)
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

Oregon Medical Association
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
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)

Oregon Wellness Program
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
www.pcpcic.org/clinician-academy

PeaceHealth’s Wellness Resources
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

The Foundation For Medical Excellence | 503-222-1960
https://tfme.org

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:

BOOKS:
PODCASTS:
Fascinating Clinical Stories - http://bedside-rounds.org
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:


10 Bold Steps to Prevent Burnout in General Internal Medicine
Mark Linzer, MD1,2, Rachel Levine, MD, MPH3, David Meltzer, MD, PhD4, Sara Poplau, BA1, Carole Warde, MD5, and Colin P. West, MD, PhD6
1Division of General Internal Medicine, Hennepin County Medical Center, Minneapolis, MN, USA; 2University of Minnesota, Minneapolis, MN, USA; 3Johns Hopkins University School of Medicine, Baltimore, MD, USA; 4University of Chicago, Chicago, IL, USA; 5Greater Los Angeles VA Health System and UCLA, Los Angeles, CA, USA; 6Mayo Clinic, Rochester, MN, USA.
KEY WORDS: burnout; prevention; general internal medicine.
J Gen Intern Med 29(1):18–20
DOI: 10.1007/s11606-013-2597-8
© Society of General Internal Medicine 2013
Improving Wellness: Techniques For Building Resiliency – Carrie Horwitch, MD, MACP

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

Put Your Own Mask On First: A Resilience Review for Physicians – Catherine Cheng, MD, FACP

Colorado Physicians Health Program: Physicians Helping Physicians – Doris Gunderson, MD
https://www.acponline.org/system/files/documents/about_acp/chapters/nm/colorado_program.pdf

The Epidemic Of Clinician Burnout: We Can Turn This Around – Mark Linzer, MD

ACP-WellnessToolkit-LinksForWellness.docx 6-15-2019