Physician Burnout and Wellness Resources
March 2019
Prepared by Dr. Liz Lawrence, Elawrence@salud.unm.edu

Websites:
• 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.ihi.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.
• Firth-Cozens J.  How to Survive in Medicine: Personally and Professionally.  2013.

Podcasts:
• Fascinating clinical stories - http://bedside-rounds.org
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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:


Shanafet 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]


