

Annotated Professional Resources Part D

Maintaining Personal Wellness: Annotated Resources

WEBSITES

Institute for the Study of Health & Illness (ISHI)

<http://www.ishiprograms.org/>

Founded by Rachel Naomi Remen, MD, ISHI provides education and support for health professionals who aspire to bring their hearts into their work and are dedicated to practicing a medicine of service, human connection and compassionate healing.

AAP Physician Health and Wellness

In response to the ongoing needs for wellness and healing, the American Academy of Pediatrics formed a special interest group on Physician Wellness. The Physician Wellness SIG addressed the needs of pediatricians for health and well-being.

Johns Hopkins Children's Center How to Share Bad News

<http://www.hopkinschildrens.org/how-to-share-bad-news.aspx>

How can pediatricians share bad news with both the parents and the patient? This article provides insights from Janet Serwint MD and David Loeb MD.

PRINT PROFESSIONAL RESOURCES

Quill TE, Williamson PR. Healthy approaches to physician stress. *Arch Intern Med.* <http://archinte.jamanetwork.com/article.aspx?articleid=613827>

The results of an open ended survey about how a group of physicians cope with common dilemmas they face such as mistakes, death, self-care, uncertainty, patient demands, and time demands. Techniques employed by this groups are described. Responses were organized into five general requirements for personal growth: (1) self-awareness, (2) sharing of feelings and responsibilities, (3) self-care, (4) developing a personal philosophy, and (5) nontraditional coping skills of reframing and limit setting.

Shanafelt TD, Sloan JA, Habermann TM. The well-being of physicians. *The Am J Med.* 2003 <http://www.amjmed.com/article/S0002-9343%2803%2900117-7/fulltext>

This article discusses the importance to understand the prevalence, causes, and consequences of physician distress; the factors that contribute to physician well-being; and the steps that academic medical centers, health maintenance organizations, and physician organizations can take to promote physician well-being and those that individual physicians may take to promote their own wellness.

Eickleberry-Hunt, Changing the Conversation from Burnout to Wellness: Physician Well-being in Residency Training Programs, *J Grad Med Educ* 2009.

<http://www.igme.org/doi/pdf/10.4300/JGME-D-09-00026.1>

The goal of this article is to call attention to an important gap in the literature in regards to physician wellness. The benefits of cultural change include providing a more positive educational environment for residents and faculty, raising awareness of burnout and its symptoms, decreasing stigma associated with admitting burnout symptoms, enabling the development of prevention strategies, and creating a more positive strength-based approach to understanding the toll of physician-patient relationships on physicians. A toolbox of practical steps to create a culture that emphasizes wellness including a general timeline illustrating necessary steps.

IsHak WW, Burnout During Residency Training: A Literature Review, *J Grad Med Educ*, 2009. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2931238/>

Burnout is a state of mental and physical exhaustion related to work or care giving activities. Burnout during residency training has gained significant attention secondary to concerns regarding job performance and patient care. This article reviews the relevant literature on burnout in order to provide information to educators about its prevalence, features, impact, and potential interventions.

Serwint J. Physicians must address emotional toll of patient's death *AAP News*. <http://aapnews.aappublications.org/content/25/2/81.full.pdf+html>

This articles describes the need and techniques to address emotional aspects of a patient dying (for family and physician).

MULTIMEDIA RESOURCES

Physician Burn-Out – The Silent Epidemic

<https://www.youtube.com/watch?v=n3FZDHSVHYjM>

BU students Lauren Hinkel, Clara Chaisson, Karishma Desai, and Joykrit Mitra investigate into the silent epidemic of physicians and the burn-out they face, working in the medical field. This was a final project for Science Broadcast Journalism (JO 881) under Gino Del Guercio.

Resiliency Training for Physicians: How to Manage Stress and Avoid Burnout

<https://www.youtube.com/watch?v=7KE6OTHiw-U>

Medscape Cardiology, Amit Sood, MD, MSc, and Charanjit Rihal, MD, MBD discuss ways in which medical institutions can address physician stress and burnout.

Preventing Burnout UW Department of Family Medicine

<https://www.youtube.com/watch?v=wKFZVeLW2cl>

David Rakel MD of the Integrative Medicine Program at the University Of Wisconsin Department Of Family Medicine discussed how to prevent physician burnout.

Physician Burnout University of California

<https://www.youtube.com/watch?v=P4ETqcPIwi0>

Elizabeth Bromley, MD, PhD, reviews recent data on burnout, depression and suicide in physicians, with particular emphasis on the work-related factors that appear to contribute to physician distress. Series: "UCLA Department of Pediatrics Grand Rounds"

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