

9-2017

Web Resources for Physician Wellness

Elizabeth C. Lawrence

University of New Mexico, Elawrence@salud.unm.edu

Follow this and additional works at: <https://digitalrepository.unm.edu/omsw>

 Part of the [Community Health and Preventive Medicine Commons](#), [Medical Education Commons](#), [Medical Humanities Commons](#), [Medical Sciences Commons](#), [Occupational Health and Industrial Hygiene Commons](#), [Other Mental and Social Health Commons](#), and the [Public Health Education and Promotion Commons](#)

Recommended Citation

Lawrence, Elizabeth C.. "Web Resources for Physician Wellness." (2017). <https://digitalrepository.unm.edu/omsw/2>

This Bibliography is brought to you for free and open access by the HSC Offices and Programs at UNM Digital Repository. It has been accepted for inclusion in Office of Physician and Student Wellness (OPSW) by an authorized administrator of UNM Digital Repository. For more information, please contact disc@unm.edu.

Physician Wellness Websites, TED TALKS, and PODCASTS

Compiled by Liz Lawrence, MD

September 2017

Links to individual strategies to address burnout, promote resiliency:

- <http://www.ishiprograms.org/about/> - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing
- <http://www.black-bile.com/> - a website dedicated to physicians suffering from depression, and those who care about them
- <http://ephysicianhealth.com/> - The world's first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <http://scpmgphysicianwellness.kaiserpermanente.org/> - Kaiser program for Physician Wellness
- <http://cmbm.org/> - Center for Mind-Body Medicine - access to evidence-based strategies for relieving stress and promoting wellness
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf>
- University of Colorado toolkit for promoting well-being for physicians
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency. Many self-assessments available.
- <http://www.thehappy.md.com/> - Dike Drummond's website about physician burnout and solutions
- <https://www.mindandlife.org/> - home page of Mind & Life Institute, an institute committed to integrating science and contemplative practice. Many excellent resources available.
- Resident Doctors of Canada, Resiliency Training Website:
<http://residentdoctors.ca/wellness/resiliency/>

Links to resources for institutional strategies to promote resilience and reduce burnout:

- AMA Steps Forward: <https://www.stepsforward.org/modules/physician-wellness>
- American Hospital Association Call to Action, Creating a Culture of Health:
<http://www.aha.org/research/cor/content/creating-a-culture-of-health.pdf>
- National Academy of Medicine announced a new Action Collaborative on Clinician Well-Being and Resilience in December 2016, aimed at building a collaborative platform for supporting and improving clinician well-being and resilience across multiple organizations. Through this link, you can access additional information on this collaborative platform and access additional resources and papers. <https://nam.edu/perspectives-on-clinician-well-being-and-resilience/>
- Resident Doctors of Canada, Resiliency Training Website:
<http://residentdoctors.ca/wellness/resiliency/>
- Updates from the AAMC:
<https://www.aamc.org/initiatives/462280/wellbeingacademicmedicine.html>

Links to what is going on at other institutions (with thanks to Eileen Barrett for locating several of these programs):

- <https://www.med.unc.edu/md/wellness>
- <http://www.ohsu.edu/xd/education/schools/school-of-medicine/academic-programs/md-program/student-affairs/student-health.cfm>



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

Physician Wellness Websites, TED TALKS, and PODCASTS

Compiled by Liz Lawrence, MD

September 2017

- <http://www.ohsu.edu/xd/education/schools/school-of-medicine/gme-cme/gme/resident-fellow-wellness-program/index.cfm>
- <https://www.uclahealth.org/plasticsurgery/resident-wellness-resources>
- <https://medicine.yale.edu/intmed/residency/programs/traditional/expectations/residentwellness.aspx>
- <http://phoenixmed.arizona.edu/wellness-program>
- <http://www.utsouthwestern.edu/newsroom/center-times/year-2017/aug/stress-programs.html>
- <https://medschool.vanderbilt.edu/student-wellness/>

TED Talks:

- Brene Brown: Listening to Shame: https://www.ted.com/talks/brene_brown_listening_to_shame
- Atul Gawande: How We Heal Medicine: https://www.ted.com/speakers/atul_gawande_1
- Shawn Achor: The Happy Secret to Better Work: https://www.ted.com/speakers/shawn_achor
- Brian Goldman: Doctors make mistakes: https://www.ted.com/speakers/brian_goldman
- Suzie Brown: Concert of melody & medicine: <http://www.tedmed.com/speakers/show?id=526396>

Podcasts:

- <http://thedoctorparadox.com/podcast-2/> - The Doctor Paradox is a podcast series addressing “why despite having incredibly meaningful jobs, doctors are increasingly unhappy in their work”
- <http://fhs.mcmaster.ca/on-fire/> “Souls on Fire: Narratives that Inspire” produced by McMaster Institute for Innovation and Excellence in Teaching and Learning
- <https://itunes.apple.com/us/itunes-u/narrative-medicine-rounds/id465492751?mt=10> Narrative Medicine Rounds are lectures or readings presented by scholars, clinicians, or writers engaged in work at the interface between narrative and health care. Free on itunes.
- <https://onbeing.org/programs/> On Being opens up the animating questions at the center of human life: What does it mean to be human, and how do we want to live?

Narrative Medicine and Reflection:

- Yale Journal for Humanities in Medicine: <http://yjhm.yale.edu/>
- Pulse - publishing personal accounts of illness and healing, fostering the humanistic practice of medicine: <http://pulsevoices.org/>
- UNM’s Journal about medicine and illness: <http://hsc.unm.edu/medmuse/>
- Columbia University’s journal for narrative medicine: <http://www.theintima.org/>
- Center for Humanities, Compassionate Care, and Bioethics at Stonybrook at <http://www.stonybrook.edu/bioethics/>
- Bellevue Literary Review at <http://blr.med.nyu.edu>
- The literary and prose journal of U of Virginia at <http://hospitaldrive.org>



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).