

## READING LIST

# Physician Wellness Resources

A selected list of resources on the topic of physician wellness available through the College library. Electronic resources are listed first, followed by print resources. Enter your CPSID and password to access the e-resources.

**Note:** Resources and links are provided for general reference only and are not considered College policy.

## Ebooks

- [Emotion in the clinical encounter](#). Schwartz R, Hall JA, Osterberg L, editors, 2021.
- [Physician well-being during sustained crisis: defusing burnout, building resilience, restoring hope](#). Hamilton T, et al, editors, 2021. (Audiobook format only)
- [Burnout in women physicians: prevention, treatment and management](#). Stonnington CM, Files JA, editors. 2020.
- [Mayo clinic strategies to reduce burnout: 12 actions to create the ideal workplace](#). Swensen SJ, et al, 2020.
- [The art and science of physician wellbeing: a handbook for physicians and trainees](#). Roberts LW, Trockel M, editors, 2019. Also available: [in print](#).
- [Transforming the heart of practice: an organization and personal approach to physician wellbeing](#). McCallister DE, Hamilton T, editors, 2019.
- [The resilient physician: a pocket guide to stress management](#). Kelly JD, Kelly AM, 2018.
- [Physician mental health and well-being: research and practice](#). Brower KJ, Riba MB, 2017. Also available: [in print](#).

## Ebook chapters

The links in the list below will take you to the ebook. Please select the chapter of interest in the table of contents.

- **Chapter 8, Peer support for the medical community**. Shin B. In: Avery JD. [Peer support in medicine: a quick guide](#), 2021. p. 145.
- **Chapter 21, Professional survivors**. In: Alonzo D, Gearing RE. [Suicide assessment and treatment: empirical and evidence-based practices](#), 2018. p. 409.

## Selected articles: general and overviews

Review articles with a focus on practical tips for clinical use.

- [Impact of coaching on physician wellness: a systematic review](#). Boet S, Etherington C, Dion PM, et al. PLoS One. 2023;18(2):e0281406.
- [Organization-wide approaches to foster effective unit-level efforts to improve clinician well-being](#). Shanafelt TD, Larson D, Bohman B, et al. Mayo Clin Proc. 2023 Jan;98(1):163-80.
- [Supporting healthcare workers with work related stress](#). Shemtob L, Good L, Ferris M, et al. BMJ. 2022 Nov 16;379:e070779.
- [The wicked problem of physician well-being](#). Sinsky JL, Margolis RD, Vinson AE. Anesthesiol Clin. 2022 Jun;40(2):213-23.
- [Foster well-being throughout the career trajectory: a developmental model of physician resilience training](#). Cordova MJ, Gimmler CE, Osterberg LG. Mayo Clin Proc. 2020 Dec;95(12):2719-33.
- [Interventions to reduce burnout of physicians and nurses: an overview of systematic reviews and meta-analyses](#). Zhang XJ, Song Y, Jiang T, et al. Medicine (Baltimore). 2020 Jun 26;99(26):e20992.
- [Interventions to reduce symptoms of common mental disorders and suicidal ideation in physicians: a systematic review and meta-analysis](#). Petrie K, Crawford J, Baker STE, et al. Lancet Psychiatry. 2019 Mar;6(3):225-34.
- [A systematic review of interventions to foster physician resilience](#). Fox S, Lydon S, Byrne D, et al. Postgrad Med J. 2018 Mar;94(1109):162-70.

## Selected articles: specialty

Review articles with a focus on practical tips for clinical use.

- [The "Bayés spirit" as a guide for new generations: how to combine one's personal life and friendships with science and profession](#). Martínez-Sellés M, Elosua R, Baranchuk A. J Electrocardiol. 2023 May-Jun;78:17-20.
- [Complication is inevitable, but suffering is optional-psychological aspects of dealing with complications in surgery](#). Le HD, Wolinska JM, Baertschiger RM, Himidan SA. Eur J Pediatr Surg. 2023 Jun;33(3):181-90.
- [Health and well-being of intensive care unit physicians: how to ensure the longevity of a critical specialty](#). Klick JC, Syed M, Leong R, et al. Anesthesiol Clin. 2023 Mar;41(1):303-16.
- [Burnout: a mindful framework for the radiologist](#). Spieler B, Baum N. Curr Probl Diagn Radiol. 2022 Mar-Apr;51(2):155-61.
- [Orthopaedic surgeons have a high prevalence of burnout, depression, and suicide: review of factors which contribute or reduce further harm](#). Jennings JM, Gold PA, Nellans K, Boraiah S. J Am Acad Orthop Surg. 2022 Mar 1;30(5):e528-e35.

- [Physician health and wellness](#). McClafferty HH, Hubbard DK, Foradori D, et al. Pediatrics. 2022 Nov 1;150(5):e02022059665.
- [Addressing physician burnout and ensuring high-quality care of the physician workforce](#). Bradford L, Glaser G. Obstet Gynecol. 2021 Jan 1;137(1):3-11.
- [Mastering stress: mental skills and emotional regulation for surgical performance and life](#). Anton NE, Lebares CC, Karipidis T, Stefanidis D. J Surg Res. 2021 Jul;263:A1-A12.
- [Physician wellness in orthopedic surgery: challenges and solutions](#). Smith JM, Boe EA, Will R. Orthop Clin North Am. 2021 Jan;52(1):41-52.
- [Preventing physician burnout in breast imaging: scope of the problem and keys to success](#). Kalantarova S, Mickinac N, Santhosh S, et al. Curr Probl Diagn Radiol. 2021 Sep-Oct;50(5):734-7.
- [Decreasing radiologist burnout through informatics-based solutions](#). Simon AF, Holmes JH, Schwartz ES. Clin Imaging. 2020 Feb;59(2):167-71.
- [Physician well-being in practice](#). Khan A, Vinson AE. Anesth Analg. 2020 Nov;131(5):1359-69.
- [Strategies for provider well-being in the emergency department](#). Wong ML, Chung AS. Emerg Med Clin North Am. 2020 Aug;38(3):729-38.
- [Wellness, burnout, and the dermatologist: fundamentals for practice longevity](#). Kurtzman DJB. Clin Dermatol. 2020 May-Jun;38(3):328-35.
- [Assessment of physician well-being, part one: burnout and other negative states](#). Lall MD, Gaeta TJ, Chung AS, et al. West J Emerg Med. 2019 Mar;20(2):278-90.
- [Assessment of physician well-being, part two: beyond burnout](#). Lall MD, Gaeta TJ, Chung AS, et al. West J Emerg Med. 2019 Mar;20(2):291-304.
- [Burnout in oncology](#). Copur MS. Oncology (Williston Park). 2019 Nov 14;33(11).
- [A growing epidemic: plastic surgeons and burnout-a literature review](#). Khansa I, Janis JE. Plast Reconstr Surg. 2019 Aug;144(2):298e-305e.
- [The physician's physician: the role of the psychiatrist in helping other physicians and promoting wellness](#). Nakagawa K, Yellowlees PM. Psychiatr Clin North Am. 2019 Sep;42(3):473-82.
- [Update on addressing mental health and burnout in physicians: what is the role for psychiatry?](#) McFarland DC, Hlubocky F, Riba M. Curr Psychiatry Rep. 2019 Oct 15;21(11):108.
- [Burnout in oncologists is a serious issue: what can we do about it?](#) Murali K, Banerjee S. Cancer Treat Rev. 2018 Jul;68:55-61.
- [From burnout to resilience: an update for oncologists](#). Murali K, Makker V, Lynch J, Banerjee S. Am Soc Clin Oncol Educ Book. 2018 May 23;38:862-72.
- [How to prevent burnout in cardiologists? A review of the current evidence, gaps, and future directions](#). Panagioti M, Geraghty K, Johnson J. Trends Cardiovasc Med. 2018 Jan;28(1):1-7.

- Physician burnout: the hidden health care crisis. Lacy BE, Chan JL. Clin Gastroenterol Hepatol. 2018 Mar;16(3):311-7. [[Request a copy](#)]
- [The role of feedback in ameliorating burnout](#). Gordon EK, Baranov DY, Fleisher LA. Curr Opin Anaesthesiol. 2018 Jun;31(3):361-5.
- [Wellness interventions for anesthesiologists](#). Saadat H, Kain ZN. Curr Opin Anaesthesiol. 2018 Jun;31(3):375-81.

## Selected articles: COVID-19 pandemic

- [Burnout from gender inequity in a pandemic](#). Malinzak EB, Byerly SI. Anesthesiol Clin. 2022 Jun;40(2):225-34.
- [Four key questions leaders can ask to support clinicians during the COVID-19 pandemic recovery phase](#). Palamara K, Sinsky C. Mayo Clin Proc. 2022 Jan;97(1):22-5.
- [The impact of the COVID-19 pandemic on wellness among vascular surgeons](#). Drudi LM, Nishath T, Ma X, et al. Semin Vasc Surg. 2021 Jun;34(2):43-50.
- [Resilience in the face of the COVID-19 pandemic: how to bend and not break](#). Barthélemy EJ, Thango NS, Höhne J, et al. World Neurosurg. 2021 Feb;146:280-4.
- [Clinician wellness during the COVID-19 pandemic: extraordinary times and unusual challenges for the allergist/immunologist](#). Bansal P, Bingemann TA, Greenhawt M, et al. J Allergy Clin Immunol Pract. 2020 Jun;8(6):1781-90 e3.
- [Coronavirus disease 2019 \(COVID-19\) and beyond: micropractices for burnout prevention and emotional wellness](#). Fessell D, Cherniss C. J Am Coll Radiol. 2020 Jun;17(6):746-8.

## Selected articles: inclusivity and equity

- [The challenges of parenthood for female surgeons: the current landscape and future directions](#). Knell J, Kim ES, Rangel EL. J Surg Res. 2023 Aug;288:A1-A8.
- [Building inclusive work environments](#). Adjo J, Maybank A, Prakash V. Pediatrics. 2021 Sep 1;148(Suppl 2):e2021051440E.
- [Challenges and solutions for physician mothers: a critical review of the literature](#). Chesak SS, Yngve KC, Taylor JM, et al. Mayo Clin Proc. 2021 Jun;96(6):1578-91.
- [Innovative wellness models to support advancement and retention among women physicians](#). Ramas ME, Webber S, Braden AL, et al. Pediatrics. 2021 Sep;148(Suppl 2):e2021051440H.
- Misogyny in medicine. Kaye EC. N Engl J Med. 2021 Jun 17;384(24):2267-9. [[Request a copy](#)]
- [Psyche meets the gatekeepers: creating a more humane culture for women in medicine](#). Flaherty SM, Misra M, Scott-Vernaglia SE, et al. Acad Med. 2019 Nov;94(11):1665-9.
- [Recognizing and reacting to microaggressions in medicine and surgery](#). Torres MB, Salles A, Cochran A. JAMA Surg. 2019 Sep 1;154(9):868-72.

- [Gendered expectations: do they contribute to high burnout among female physicians?](#) Linzer M, Harwood E. J Gen Intern Med. 2018 Jun;33(6):963-5.

## Selected articles: occupational hazards

- Ergonomics in IR. Knuttinen MG, Zurcher KS, Wallace A, et al. J Vasc Interv Radiol. 2021 Feb;32(2):235-41. [[Request a copy](#)]
- [Occupational reproductive hazards for female surgeons in the operating room: a review](#). Anderson M, Goldman RH. JAMA Surg. 2020 Mar 1;155(3):243-9.
- [Baby on board: managing occupational radiation exposure during pregnancy](#). Marx MV. Tech Vasc Interv Radiol. 2018 Mar;21(1):32-6.
- [Ergonomics in the development and prevention of musculoskeletal injury in interventional radiologists](#). Benjamin JL, Meisinger QC. Tech Vasc Interv Radiol. 2018 Mar;21(1):16-20.
- [Get the lead off our backs!](#) Rees CR, Duncan BWC. Tech Vasc Interv Radiol. 2018 Mar;21(1):7-15.
- [Should we keep the lead in the aprons?](#) Bartal G, Sailer AM, Vano E. Tech Vasc Interv Radiol. 2018 Mar;21(1):2-6.

## Selected articles: technology

- [Physician burnout and the electronic health record leading up to and during the first year of COVID-19: systematic review](#). Kruse CS, Mileski M, Dray G, et al. J Med Internet Res. 2022 Mar 31;24(3):e36200.
- [The burden of the digital environment: a systematic review on organization-directed workplace interventions to mitigate physician burnout](#). Thomas Craig KJ, Willis VC, Gruen D, et al. J Am Med Inform Assoc. 2021 Apr 23;28(5):985-97.
- [Electronic health record-related burnout among clinicians: practical recommendations for Canadian healthcare organizations](#). Lo B, Kemp J, Cullen C, et al. Healthc Q. 2020 Oct;23(3):54-62.
- [University of California technology wellness index: a physician-centered framework to assess technologies' impact on physician well-being](#). Nakagawa K, Yellowlees PM. Psychiatr Clin North Am. 2019 Dec;42(4):669-81.

## Selected articles: violence and conflict

- [Doctors and nurses: a systematic review of the risk and protective factors in workplace violence and burnout](#). Giménez Lozano JM, Martínez Ramón JP, Morales Rodríguez FM. Int J Environ Res Public Health. 2021 Mar 22;18(6).
- [Overcoming a hostile work and learning environment in academic surgery-tools for change at every level](#). Kent TS, Freischlag J, Minter R, et al. J Surg Res. 2020 Aug;252:281-4.
- [Workplace violence against doctors: characteristics, risk factors, and mitigation strategies](#). Kumari A, Kaur T, Ranjan P, et al. J Postgrad Med. 2020 Jul-Sep;66(3):149-54.

- [Applying conflict management strategies to the pediatric operating room](#). Sinskey JL, Chang JM, Shibata GS, et al. *Anesth Analg*. 2019 Oct;129(4):1109-17.
- [Interventions to prevent aggression against doctors: a systematic review](#). Raveel A, Schoenmakers B. *BMJ Open*. 2019 Sep 17;9(9):e028465.

## Selected articles: other

- [Surviving a medical malpractice lawsuit](#). Bookman K, Zane RD. *Emerg Med Clin North Am*. 2020 May;38(2):539-48.
- [Beyond burnout: a physician wellness hierarchy designed to prioritize interventions at the systems level](#). Shapiro DE, Duquette C, Abbott LM, et al. *Am J Med*. 2019 May;132(5):556-63.
- [A burnout reduction and wellness strategy: personal financial health for the medical trainee and early career radiation oncologist](#). Royce TJ, Davenport KT, Dahle JM. *Pract Radiat Oncol*. 2019 Jul-Aug;9(4):231-8.
- [Can dietary supplements improve a clinician's well-being and health?](#) Parry DA, Oeppen RS, Amin M, Brennan PA. *Br J Oral Maxillofac Surg*. 2018 Feb;56(2):85-9.
- [Sleep: its importance and the effects of deprivation on surgeons and other healthcare professionals](#). Parry DA, Oeppen RS, Amin MSA, Brennan PA. *Br J Oral Maxillofac Surg*. 2018 Oct;56(8):663-6.

## Online resources

- [Practice innovation strategies: physician burnout](#). AMA. 2023.
- [The U.S. Surgeon General's framework for workplace mental health & wellbeing](#). Office of the U.S. Surgeon General. 2022.
  - The document above is not specific to the healthcare setting, but has been included due to particular relevance and usefulness.
- [BC physician health program](#). Physician Health Program. [n.d.]
  - [Community resources](#). Physician Health Program. [n.d.]
- [Physician health & wellness](#). South Island Division of Family Practice. [n.d.]
- [Physician wellness](#). Vancouver Division of Family Practice. [n.d.]
  - To look for similar documents from other BC regions, go to the website of the [Divisions of Family Practice](#), and hover over "Divisions in BC" in the top menu. Select your region, and look for a link to Resources. Please note: availability varies.
- [Physician wellness hub](#). CMA. [n.d.]
  - [Physician wellness hub resource centre](#). CMA. [n.d.]

## Print books

College registrants with library services may borrow any of the following books, which can be sent via mail including free return postage. Contact the library by email ([medlib@cpsbc.ca](mailto:medlib@cpsbc.ca)),

or [web form](#) to request a book. If you have more than one address on file with the College, be sure to indicate where you would like the book to be sent.

- [The wellbeing toolkit for doctors: a supportive guide to help everyone working in healthcare](#). Morrison L, 2021.
- [The art and science of physician wellbeing: a handbook for physicians and trainees](#). Roberts LW, Trockel M, editors, 2019. Also available as an [ebook](#).
- [Physician mental health and well-being: research and practice](#). Brower KJ, Riba MB, 2017. Also available as an [ebook](#).

Looking for something more specific? College registrants with library services can ask for a literature search on a related topic via the literature search [web form](#) or [medlib@cpsbc.ca](mailto:medlib@cpsbc.ca). Questions on topics other than physician wellness are also welcome!