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**

- [Mayo clinic strategies to reduce burnout: 12 actions to create the ideal workplace](#). Swensen SJ, et al, 2020.
- [Transforming the heart of practice: an organization and personal approach to physician wellbeing](#). McCallister DE, Hamilton T, editors, 2019.

**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.

Selected articles: general and overviews

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


Selected articles: specialty

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

- 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.


- **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.


**Selected articles: COVID-19 pandemic**


**Selected articles: inclusivity and equity**


### Selected articles: occupational hazards


### Selected articles: technology


### Selected articles: violence and conflict


Selected articles: other


Online resources

• Practice innovation strategies: physician burnout. AMA. 2023.

  o 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.]
  o 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.]
  o 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.]
  o 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),
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.


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. Questions on topics other than physician wellness are also welcome!