Resilience And Burnout In Medicine

Recasting burnout as a crucial phase of service, Building Resilience Through Contemplative Practice uses real-world case studies to teach professionals and volunteers unique skills for cultivating resilience. Viewing service and burnout as interdependent throughout phases of stability, collapse, reorganization, and exploitation, the book uniquely combines elements of adaptive resilience theory with contemplative practices and pedagogies. Drawing on the author’s extensive experience working at the intersection of service and contemplative practices, this is the first book to demonstrate how and why professionals and volunteers can reframe burnout as an opportunity for resilience-building service. User-friendly case studies provide tools, skills, and exercises for reconstructive next steps. Chapters address personal, group, and structural levels of service and burnout. Illuminating the link between adaptive resilience and burnout as a normal and useful phase of service, Building Resilience Through Contemplative Practice is a necessary resource for professionals and volunteers across a wide range of service settings.

"To continue the development and ongoing scholarship of medical professionalism, A[omega]A hosts a biennial Professionalism Conference bringing together leaders in the field of medical professionalism. In February 2019, more than 25 medical educators and specialists in medical professionalism, physician burnout and resiliency came together in Denver for three days to discuss Medical Professionalism Best Practices: Addressing Burnout and Resilience in Our Profession. The meeting was co-chaired and moderated by Samantha Dizon, MD, Douglas S. Paauw, MD, Sheryl Pfeil, MD, and Kathleen Ryan, MD. The conference presenters shared personal, heartrending, intimate stories of their struggles combating burnout. Many of their stories had never before been told in public. They agreed to share their experiences with the hope of helping others in their profession. The outcome of the conference and presentations is the monograph Medical Professionalism Best Practices: Addressing Burnout and Resilience in Our Profession. It is A[omega]A's hope that the 2020 monograph, "Medical Professionalism Best Practices: Addressing Burnout and Resilience in Our Profession" will aid practitioners, medical schools, professional organizations, and all involved in health care to better care for themselves, and contemporaneously their patients"--Page 5-6.

This inspiring book presents ten factors to help anyone become stronger and more resilient to life's challenges.

A part of the new Teaching Medicine Series, this new title acts as a guide for mentoring and fostering professionalism in medical education and training.

This report presents the results of a series of surveys and semistructured interviews intended to identify and characterize determinants of physician professional satisfaction.

The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

This book aims to help identify pre-existing adaptive traits and positive perspectives in resident trainees, while challenging those that are less adaptive by building a formal curriculum for medical education that focuses on the humanistic aspects of medicine. Humanism in medicine is threatened by the false narrative that good physicians are superhumans who do not have their own needs. Written by experts in the field, this book is designed to be a concise, integrated guide to resilience during residency training. Through this guide, trainees learn (i) the usefulness...
of psychotherapeutic strategies for their own stress management and well-being; (ii) techniques and strategies that are useful in the practice of medicine; and (iii) to consider lifestyle modifications to improve physical and psychological health and well-being, through identification of positive and negative lifestyle factors influencing physicians’ response to stress. Since it is designed for busy trainees and physicians, this volume meticulously provides easy-to-use, evidence-based learning tools and therapeutic techniques, including case studies, skill-building exercises, self-test questionnaires, illustrations, useful practice-reminder tips, and other features. Humanism and Resilience in Residency Training is an excellent resource for all medical trainees and professionals who need to incorporate humanism and resilience in their practice, both for accreditation requirements and for personal well-being. This includes medical students and residents, psychiatrists, addiction medicine specialists, family physicians, medical education professionals, hospitalists, nurses, and all healthcare providers. The New York Times Science Bestseller from Robert Wachter, Modern Healthcare’s #1 Most Influential Physician-Executive in the US While modern medicine produces miracles, it also delivers care that is too often unsafe, unreliable, unsatisfying, and impossibly expensive. For the past few decades, technology has been touted as the cure for all of healthcare’s ills. But medicine stubbornly resisted computerization — until now. Over the past five years, thanks largely to billions of dollars in federal incentives, healthcare has finally gone digital. Yet once clinicians started using computers to actually deliver care, it dawned on them that something was deeply wrong. Why were doctors no longer making eye contact with their patients? How could one of America’s leading hospitals give a teenager a 39-fold overdose of a common antibiotic, despite a state-of-the-art computerized prescribing system? How could a recruiting ad for physicians tout the absence of an electronic medical record as a major selling point? Logically enough, we’ve pinned the problems on clunky software, flawed implementations, absurd regulations, and bad karma. It was all of those things, but it was also something far more complicated. And far more interesting . . . Written with a rare combination of compelling stories and hard-hitting analysis by one of the nation’s most thoughtful physicians, The Digital Doctor examines healthcare at the dawn of its computer age. It tackles the hard questions, from how technology is changing care at the bedside to whether government intervention has been useful or destructive. And it does so with clarity, insight, humor, and compassion. Ultimately, it is a hopeful story. "We need to recognize that computers in healthcare don’t simply replace my doctor’s scrawl with Helvetica 12," writes the author Dr. Robert Wachter. "Instead, they transform the work, the people who do it, and their relationships with each other and with patients. . . Sure, we should have thought of this sooner. But it’s not too late to get it right." This riveting book offers the prescription for getting it right, making it essential reading for everyone – patient and provider alike – who cares about our healthcare system. An anthology of essential essays on physician well-being during sustained crisis Find the strength within--the practical guide to gaining resilience Everyone relies on a certain amount of stamina and flexibility to overcome life’s daily challenges. Everyday Resilience can help you face struggle and adversity with confidence by giving you practical strategies, powerful tips, and expert insights to build inner strength and develop this awesome power within you. From personal reflection exercises and mindfulness meditation, this practical guide gives you everything you need to find the courage, strength, and wisdom to deal with difficult circumstances. By building resilience and perseverance, you can enjoy life to the fullest and thrive, no matter what comes your way. Everyday Resilience includes: Easy to read, easy to understand--Discover clear, concise information on achieving resilience. Proven
approach--Explore various research-based psychological and mindfulness practices to guide you, including key takeaways after each chapter. Solutions revealed--Get simple science-based strategies and techniques you can use every day. The path to achieving resilience in your daily life starts with a little help from this simple, straightforward book. Lee Lipsenthal had a charmed life—married to the love of his life, the proud father of two remarkable children, working as medical director of the Preventive Medicine Research Institute. In his personal relationships and with his patients, Lee was committed to living his life fully and gratefully each day. The power of those beliefs were tested in July 2009 when he was diagnosed with esophageal cancer, leaving him with a 90 percent chance of dying within five years. As Lee and his wife Kathy navigated his diagnosis, illness and treatment, he discovered that he did not fear death, and even as he faced his own mortality, he felt more fully alive than ever before. In the bestselling tradition of Don't Sweat the Small Stuff and The Last Lecture, Enjoy Every Sandwich distils everything Lee learned about how we find meaning, purpose and peace in our lives. Told with humour and heart, this deeply inspiring book will help readers embrace their humanity, accept uncertainty and live a life of gratitude - whether they are facing the end now or not.

This memoir shines a light on the epidemic of physician burnout, depression and suicide, offering the author's journey of practicing medicine without losing heart and showing her medical students and residents how to do the same. As a doctor, mother and immigrant, Dr. Mukta Panda models how to thrive by creating community and self-awareness. "In this book, we tell the story of burnout of health care professionals. Many believe burnout to be the result of individual weakness when, in fact, burnout is primarily the result of health care systems that take emotionally healthy, altruistic people and methodically squeeze the vitality and passion out of them. Burned-out professionals are exhausted, jaded, demoralized, and isolated, and they have lost their sense of meaning and purpose. Frequently, these individuals are shamed and blamed by leaders who suggest they should sleep longer, meditate, and become more resilient even as they expect them to work harder, see more patients, embrace rapidly changing technology, stay abreast of new medical advances, and provide quality health care"--Provided by publisher.

Recognized as the leading measure of burnout, the Maslach Burnout Inventory (MBI) is validated by the extensive research that has been conducted in the more than 25 years since its initial publication. The MBI Surveys address three general scales: --Emotional Exhaustion measures feelings of being emotionally overextended and exhausted by one's work. --Depersonalization measures an unfeeling and impersonal response toward recipients of one's service, care treatment, or instruction. --Personal Accomplishment measures feelings of competence and successful achievement in one's work.

This issue of Emergency Medicine Clinics, guest edited by Joshua Joseph and Benjamin White, focuses on Emergency
Department Operations and Administration. Topics include: Emergency Department Operations Overview; Queuing Theory and Modeling ED Resource Utilization; Factors Affecting ED Crowding; Staffing and Provider Productivity in the ED; Patient Assignment Models in the ED; ED Layout and Organization; Lean Processes in the ED; ED Observation and Alternatives to Admission; Quality Assurance in the ED; Information Management in the ED; Best Practices in Communication and Patient Safety; Optimizing Patient Experience in the ED; Management of the Academic ED; and Strategies for Provider Well-being in the ED.

Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

The stresses of modern medicine place neurosurgeons at substantial risk of emotional and psychological distress. The function in a high-end, high stakes, rapidly changing, multi-tasked environment, fraught with inescapably poor outcomes, human tragedies, risk of litigation, unrelenting demands, and so much more. Now wonder nearly one in every two neurosurgeons experiences burnout, significant work-home conflict, and other maladaptive sequelae(McAbee et al, 2015; Shanafelt et al., 2012).Neurosurgical residents are particularly vulnerable. Neurosurgical residency is a crucible from which few escape unscathed. The interplay of tremendous daily physical, intellectual, and emotional challenges with a resident's personality type and coping style determines (for better or worse) his or her functionality, fulfillment, and emotional tone; and greatly affects his or her growth and development as a physician and neurosurgeon. Coping patterns learned during residency may impact and permeate a surgeon's entire professional life (as well as personal life). Thus, the more resilient a resident is to the daily stressors of neurosurgical training, the more likely he or she will lead a happy, fulfilling and productive career. The purpose of this book is to offer insights and details from our experience, with the hope of encouraging a greater focus on the psychological well being of neurosurgical trainees. We will describe many tactics and strategies that may be employed to enhance the residents' resiliency (with respect to myriad of challenges and stressors of their daily experience). These measures may be initiated independently or, more ideally, as part of a deliberately planned and enacted framework of intervention, fully integrated into the residency program's culture.

Professional burnout is an epidemic in America. Approximately half of physicians and nurses are affected and at risk for themselves and their patients. Much has been written about professional burnout. The term was originally coined in the 1970s by American psychologist Herbert
Freudenberger to describe the consequences of severe stress and high ideals experienced by people working in "helping" professions. Since then, many books have been written to address this looming national public health crisis. But, unfortunately, there has been much less written from a solution standpoint: getting to the root cause of why this is occurring now more than ever. The Resilient Healthcare Organization engages readers focusing on physicians and healthcare professionals and their experiences and how they overcame a loss of enthusiasm for work, feelings of cynicism, and a low sense of personal accomplishment. The feelings of emotional exhaustion are characterized by depersonalization and perceived ineffectiveness. These are the cardinal features that define "burnout" and affect almost 50% of physicians and 30–70% of nurses. This book addresses why burnout is viewed as a threat and how it can be fought. The author discusses the contributing factors and solutions at the health system and societal level. Additionally, this book explores the current and future etiology and impacts on physicians and healthcare professionals, with a significant emphasis on solutions at both the individual level and the system level. Contributors: Patricia S. Normand MD, Bruce Flareau, MD, Kathleen Ferket, MSN, APRN, Daniel Edelman, DO, and Peter B. Angood, MD. "Against the backdrop of the COVID-19 pandemic, the second edition of Overcoming Secondary Stress in Medical and Nursing Practice explores the phenomenon of secondary stress experienced by clinicians on the frontlines of care. The book integrates concepts, assessment tools and self-care insights from the first edition with new concepts, evidence, strategies, and vignettes from the field concerning secondary stress experienced specifically by physicians, physician assistants and nurses. The findings and efforts of medical and nursing professional organizations to address and ameliorate endemic secondary stress are explored. Strategies for identifying, reframing, and intervening in stressful problems of practice, including wicked problems are also addressed. Tools for enhancing self-knowledge and developing a personal, self-care protocol to recognize and prevent secondary stress are the book's core feature. This book highlights the importance of interprofessional communication and support in ameliorating the stressors of clinical work, an effort enhanced by the book's interdisciplinary co-authorship. The extreme stressors of the COVID-19 pandemic on health care practitioners and the health care system illustrate the interconnectedness of health-enhancing personal self-care strategies, quality patient care, and renewed career commitment - the goal of this second edition"--

Hope and resilience are essential throughout therapeutic practice as clinicians encounter a number of challenges that can lead to compassion fatigue and burnout. Through a collection of reflective practitioner accounts, this book explores how practitioners can achieve their best work through a framework of compassion. Combining a number of examples from a variety of practices, including clinical psychology, consultancy, and nursing, each chapter explores how compassion can influence therapeutic work and improve practitioner wellbeing. Topics include stress-resilience, the nature of self-care, self-compassion or self-criticism and supervision in therapeutic practice. These stories offer guidance and ideas for practitioners to prioritise their wellbeing in order to develop a compassionate engagement with clients contributing to a greater therapeutic outcome.

Keeping doctors happy and productive requires a thorough understanding of the systemic causes and consequences of physician stress, as well as the role of resilience in maintaining a healthy mental state. The pressure of making life-or-death decisions along with those associated with the day-to-day challenges of doctoring can lead to poor patient care and communication, patient dissatisfaction, absenteeism, reductions in productivity, job dissatisfaction, and lowered retention. This edited volume will provide a comprehensive tool for understanding and promoting physician stress resilience. Specifically, the book has six interrelated objectives that, collectively, would advance the evidence-based understanding of (1) the extent to which physicians experience and suffer from work-related stress; (2) the various manifestations,
syndromes, and reaction patterns directly caused by work-related stress; (3) the degree to which physicians are resilient in that they are successful or not successful in coping with these stressors; (4) the theories and direct evidence that account for the resilience; (5) the programs during and following medical school which help to promote resilience; and (6) the agenda for future theory, research, and intervention efforts for the next generation of physicians.

This issue of Physical Medicine and Rehabilitation Clinics, guest edited by Dr. Kathleen L. Davenport, will discuss a number of important topics in Dance Medicine. This issue of one of four issues selected each year by series Consulting Editor, Santos Martinez. Topics discussed in this issue include, but are not limited to: Rehabilitation of the Dancer, Access to Healthcare Among Dancers, Dry Needling and Acupuncture, Nutrition Periodization in Dancers, Choreography Specific Cross Training for Dancers, Mental and Physical Resilience in Dancers, Pointe Readiness Screening, Dancers with Disabilities, Special Considerations for the Growing Dancer, Supplemental Training in Dance: Systematic Review, Concussions in Dancers and Other Performing Artists, and Nutritional Concerns for the Artistic Athlete.

This timely aid, filled with 'down to earth' advice, provides invaluable guidance on avoiding burnout and on how to combat it should it occur. The book offers innovative ways to change working practices, shares advice on building protective mechanisms into daily working life and explores the diverse array of career options that are available to doctors. Key features: The first practical guide to help medical students and junior doctors identify, combat and avoid burnout Recognises and describes the impact that burnout has on the ability of doctors to work safely and of students to study effectively, and the impact burnout has on the wider healthcare system Discusses the factors that affect resilience and how this can be nurtured, and where help can be found for those who feel they are experiencing burnout Enhanced by 'real life' examples throughout Addressing the growing body of evidence that highlights burnout as an increasing problem among medical students and junior doctors worldwide, with a lasting impact on those directly affected, on the wider workforce and entire healthcare systems, this book will enable readers to identify and address problems quickly and see how they can build careers that are personally satisfying.

This book is the first to dissect the factors contributing to burnout that impact women physicians and seeks to appropriately address these issues. The book begins by establishing the differences in epidemiology between female physicians and their male counterparts, including rates of burnout, depression and suicide, chosen fields, caregiving responsibilities at home, career tradeoffs in dual physician marriages, patient satisfaction and outcomes, academic rank, leadership positions, salary, and turnover. The second part of the book explores the drivers of physician burnout that disproportionately affect women, each chapter beginning with a case vignette. This section covers many issues that often go unrecognized including unconscious bias, sexual harassment, gender role conflicts, domestic responsibilities, depression, addiction, financial stress, and the impact related to reproductive health such as pregnancy and breastfeeding. The book concludes by focusing on strategies to prevent and/or mitigate burnout among individual women physicians across the career lifespan. This section also includes recommendations to change the culture of medicine and the systems that contribute to burnout. Burnout in Women Physicians is an excellent resource for physicians across all specialties who are concerned with physician wellness and burnout, including students, residents, fellows, and attending physicians.

Transformative Learning in Healthcare and Helping Professions Education: Building Resilient Professional Identities is a co-edited book (Carter, Boden, and Peno) with invited chapters from educators who share our passion for learning in healthcare and the helping professions. The purpose of the book is to introduce professional learners (students, residents, and others in professional roles elsewhere in the healthcare system) to the knowledge, skills, and attitudes necessary to be a successful and sustainable member of the healthcare team.
training) to transformative learning for building resilient professional identities amid practice environments that include widespread burnout and compassion fatigue. With a diverse set of authors engaged in clinical and educational practice in academic medicine, nursing, dentistry, physical therapy, mental health counseling, science education, psychology, social work, and inter-professional collaborative practice, we offer strategies for building resilience throughout the years of professional training and into professional practice. We do so through the experiences of authors involved in healthcare and the helping professions to illustrate how some are coping with the challenges of burnout and compassion fatigue through learning that can be transformative. This book explores the nature of professional identity formation by examining ways that professionals in training can thrive amid the challenges of today’s stressful practice environments. First-hand stories of resilience illustrate how learners, as well as educators in these professions, are addressing adversity, career decision-making, service to the underserved, and the self-care needed to provide excellent care for others. The prominence of transformative learning within adult learning theory is illustrated for its potential to revise the meaning that learners make of their experiences and open up new possibilities for renewed vitality in professional education and practice environments. The book has two primary audiences: professional learners in healthcare and helping professions education, and their educators who are often professional practitioners themselves. These educators have a significant role in influencing the next generation of professionals by serving as mentors, role models, and teachers. The importance of fostering learning that is transformative has never been more important than it is today for those who will work in these demanding professions. We invite readers to discover experiences and strategies for achieving individual wellbeing, as well as opportunities for building a culture within professional education and practice settings that will foster resilience.

Do you work with medical students and healthcare professionals? Do you think they could benefit from heightened levels of resiliency? This instructional manual will guide you through five carefully designed modules aimed to teach, practice, and refine resilience abilities in medical students and healthcare professionals. The manual offers learning goals, clearly explained content, as well as an Appendix of supplementary materials. All you need to create a more resilient workforce in your clinic or classroom is included!

Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being
National Academies Press
Clinical professionalism is a set of values, behaviours and relationships which underpins the public’s trust in healthcare providers both as individuals and organisations. ‘First, do no harm’ is expressed most clearly today in the patient safety movement and the imperative for transparency and candour in the delivery of healthcare. Professional conduct is essential for safe and high quality clinical care. The ABC of Clinical Professionalism considers recent evidence on how healthcare practitioners maintain professionalism including how values are developed and affected by the working environment, the challenges of maintaining personal and organisational resilience and the ethical and regulatory framework in which practice is conducted. Topics covered include: Acquiring and developing professional values Patient-centred care Burnout and resilience Confidentiality and social media The culture of healthcare Ensuring patient safety Leadership and collaboration Ethical and legal aspects of professionalism.
Teaching and assessing professionalism Regulation of healthcare professionals The chapter authors come from a range of
countries and have experience of working in multidisciplinary clinical teams, research, and in the training of future healthcare
practitioners including their development as professionals.
FROM THE NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLER Americans enjoy the finest healthcare delivery
system in the world, but most people will tell you that we still have a long way to go. Far too frequently, patients leave the doctor’s
office or hospital feeling confused, angry, or neglected. Healthcare leaders recognize this problem, but in their focus on patients
(and sometimes financials), they often overlook the true key to lasting patient loyalty and satisfaction: their employees. Patients
Come Second shakes up the traditional healthcare model, arguing that in order to care for and retain patients, leaders must first
create exceptional teams and find ways to engage nurses, administrative staff, physicians, supervisors, and even housekeeping
staff and switchboard operators. By connecting employees’ work with a higher purpose and equipping them with the tools to
become leaders themselves, patient care can be dramatically transformed. And with continuing healthcare changes on the horizon
and ever-rising pressure to acquire and keep patients, doing so now is more important than ever. Britt Berrett, president of an
898-bed hospital, and Paul Spiegelman, founder and CEO of a successful patient-experience company, are the perfect guides to
the changes needed in healthcare leadership. With a rich combined experience in their field, they have filled each chapter with an
abundance of engaging, insightful stories and write with a humor and friendliness that balances and enhances the urgency of their
message.
Physician Burnout to Your Ideal Practice is possible using this first comprehensive stress-reduction resource for practicing
physicians. You can be a modern physician and have an extraordinary life when you learn and practice the tools in this book. Use
this book to STOP the downward spiral of physician burnout with field-tested, doctor-approved techniques discovered through
thousands of hours of one-on-one coaching with physicians facing career threatening burnout.Dr. Dike Drummond MD, CEO and
founder of TheHappyMD.com will show you burnout's symptoms, effects, and complications; burnout's pathophysiology and four
main causes; how to bypass the invisible doctor "Mind Trash" that gets in the way of your recovery; 14 proven burnout prevention
techniques and FREE access to an additional 15 techniques on our Power Tools web page - a private resource library; and a step-
by-step method to build a more Ideal Practice and a more balanced life whether or not you are suffering from burnout at the
moment.
Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly
demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more
attention to their clients’ well being than their own. Both students and practitioners in these fields will find this book an essential
guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the
long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods
experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and
motivate readers to think about their own work and ways to enhance their own resilience. Elocquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

Edited by experts on burnout, five sections lay out the scope of the challenge and outline potential interventions. The introduction, which discusses the history and social context of burnout, provides psychiatrists who may be struggling with burnout with much-needed perspective. Subsequent sections discuss the potential effects of burnout on clinical care, contextual elements that may contribute to burnout, and, potential systemic and individual interventions.

Suffering is an unavoidable reality in healthcare. Not only are patients and families suffering, but more and more the clinicians who care for them are also experiencing distress. The omnipresent, daily presence of moral adversity is, in part, a reflection of the burgeoning complexity of healthcare, clinicians' role within it, and the expanding range of available interventions that must be balanced with competing demands. There is an urgent need to design solutions that address the myriad factors that create the conditions for imperiled integrity within the healthcare system. Moral resilience is a pathway to transform the effects of moral suffering in healthcare. Dr. Rushton and colleagues offer a novel approach to addressing moral suffering that engages transformative strategies for individuals and systems alike and leverages practical skills and tools for a sustainable workforce that practices with integrity, competence, and wholeheartedness, and dismantles the systemic patterns that impede ethical practice. This is a must-read for clinicians - front line nurses to physicians to system leaders and policymakers - because it will require collective collaboration, aligned values, shared language and intentional design to make our healthcare organizations and their clinicians healthy again.

This book advocates for a new culture -- one that is supportive of the health and well-being of health professionals to the benefit of the patients and populations they serve. A variety of case examples, vignettes, and illustrations serve not only to frame the scope of the challenges clinicians face but also to inspire readers to apply key concepts to their own situations. The inclusion of "positive practices," discussion questions, and written exercises also help readers to engage with the material and integrate what they have learned into their practice.

A mission to help others heal and regain productive lives is likely what led you to pursue a career in professional caregiving. But what happens when all the accumulated suffering and trauma that you have witnessed and the pain that you have experienced starts to cause problems in your own personal and professional life? Insidious and often steeped in shame, compassion fatigue burnout and traumatic stress are very real issues that members of the caregiving community are not only at risk for but will inevitably confront at some point in their careers. The key is not to fight against or run away from these consequences of caregiving, but to recognize their normalization, origination, and the applicable...
steps available to heal your existing stress and build resilience for the future. In Forward-Facing(R) Professional Resilience: Prevention and Resolution of Burnout, Toxic Stress and Compassion Fatigue, trauma and compassion fatigue expert Dr. J. Eric Gentry and medical director and practitioner of emergency medicine Dr. Jeffrey "Jim" Dietz combine over seventy years' worth of experience treating patients and caregivers to present a two-part text that first examines the cause of compassion fatigue, followed by a proven, simple five-step solution for healing and a renewed sense of mission. Drawing from their Professional Resilience workshop that has been attended by over 100,000 international participants, Drs. Gentry and Dietz address these issues with their readers in ways that are candid, heartfelt, insightful, and most of all--filled with hope. This is not only a book about avoiding compassion fatigue and burnout, it's about rediscovering the joy of helping others. - Charles R. Figley, PhD, Kurzweg Chair in Disaster Mental Health, Tulane University, New Orleans

Professional burnout remains a constant and increasing concern. With ABC of Clinical Resilience, you'll learn how to connect with those impulses that motivated you to become a healthcare professional in the first place. You'll rediscover that 'joy of practice' that nourishes and replenishes your energy even as you do the hard work of caring for your patients, and practice the self-care necessary to maintain a positive and consistently productive outlook. ABC of Clinical Resilience delivers a concise and perceptive treatment of what it means to be a resilient healthcare professional. The book describes the concept of resilience and how organisations and healthcare teams can use intelligent kindness to help their team members maintain their efficacy and avoid burnout in the long term. Readers will also benefit from the inclusion of: A thorough introduction to the concept of resilience and why it’s important at this moment in time in the healthcare profession An exploration of the emotional impact of working in healthcare Practical discussions of resilience and how it affects cognitive performance, as well as organisational kindness and the teaching of resilience and compassion Treatments of self-care, the physiology of resilience and well-being, and an examination of intelligent kindness in healthcare teams Perfect for healthcare professionals, especially mental healthcare professionals, ABC of Clinical Resilience will also earn a place in the libraries of professionals who treat healthcare workers and readers interested in the psychology and prevention of burnout, vicarious trauma, and compassion fatigue.

This book tackles the most common challenges that medical students experience that lead to burnout in medical school by carefully presenting guidelines for assessment, management, clinical pearls, and resources for further references. Written by national leaders in medical student wellness from around the country, this book presents the first model of care for combating one of the most serious problems in medicine. Each chapter is concise and follows a consistent format for readability. This book addresses many topics, including general mental health challenges, addiction,
mindfulness, exercise, relationships and many more of the important components that go into the making of a doctor. Medical Student Well-being is a vital resource for all professionals seeking to address physician wellness within medical schools, including medical students, medical education professionals, psychiatrists, addiction medicine specialists, hospitalists, residents, and psychologists.

Physicians today may face more stress than any other group of professionals. Long hours, continual training, and constant change in the workplace complicate their already stressful lives. This book should help physicians maintain control of their emotions, their practices and their lives.

Dear Doc, Please don't quit... (Nurses and APPs, too) It's time for some self-care. You deserve it and you need it. More than half of physicians have at least one symptom of burnout and would leave the practice of medicine if they could. Why is that? Because they are emotionally exhausted—the most obvious sign of burnout. Curing burnout does not require you to leave your practice. Medicine is a tough career but if leaving was the only way to prevent or recover from burnout the physicians who are not burned out would be burned out, too. We've studied the strategies that help individuals thrive in spite of adversity for more than two decades and taught those who weren't thriving how to do what thrivers do. When you learn advanced and transformative strategies that reduce stress you will feel renewed energy. Are you one of more than 50% of physicians who are experiencing at least one symptom of burnout? During the past month: * Have you felt burned out from your work? * Have you worried that your work is hardening you emotionally or felt cynical toward your work or patients? * Have you often felt down, depressed, hopeless, or wondered about the point of it all? * Have you fallen asleep unexpectedly or when you didn't want to such as when you were driving? * Have you felt overwhelmed, as if there is too much to do and that completing all the tasks is impossible? * Have you felt anxious, depressed, irritable, or easily angered? * Has your physical health declined or have you been ill more frequently? * Do you feel your work is important and that it matters? * Do you find yourself simply wanting to escape your reality such as by reading a lot of fiction, binge watching shows, surfing the web, using alcohol, drugs, or other addictive behaviors? We look at burnout through two lenses: 1) What can individuals do now to reduce the stress they experience and restore their confidence, vitality, and their zest for life? 2) What can healthcare organizations do, individually and collectively, to prevent burnout and create environments that are healthier for employees and patients? We are more knowledgeable about solutions that work because we've used them, taught them, and delivered them to thousands who trusted us to help them when they were at their most vulnerable. Whether you are a new physician who wants to maintain your enthusiasm for medicine or recover from burnout developed in medical school or nearing retirement, you'll wish you had the strategies you'll learn in these pages sooner and be relieved you have them now. Anyone who experiences stress can apply these strategies. If you
won't learn them for yourself, do it for your family and your patients. Healthcare organizations that want to improve conditions can gain a greater understanding of policies and practices that increase stress and de-motivate employees. Our training programs teach large groups how to develop healthy habits of thought that reduce stress. It's the most cost effective method of addressing burnout prevention and recovery. Treat yourself well, not just today, every day. You deserve it.

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