Physician Burnout Articles

Please see the links below:

1. Stanford Medicine Wellness Program
2. AMA - Preventing Physician Burnout
   A CME module developed by the American Medical Association focusing on preventing physician burnout and improving patient satisfaction, quality outcomes and provider recruitment and retention.
3. Stanford's “time banking” Program Helps ER Physicians Avoid Burnout
   Stanford’s Department of Emergency Medicine adopted a “time banking” program that allows doctors to log the time they spend doing often under-valued activities, such as mentoring and covering colleagues’ shifts, to earn credits for the work and home-related services that would normally gobble up their free time.
4. If Every Fifth Physician is Affected by Burnout, What About the Other Four? Resilience Strategies of Experienced Physicians
   A study to identify health-promoting strategies employed by experienced physicians in order to define prototypical resilience processes and key aspects of resilience-fostering preventive actions.
6. Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians
   An Intervention study to determine whether an intensive educational program in mindfulness, communication, and self-awareness is associated with improvement in primary care physicians' well-being, psychological distress, burnout, and capacity for relating to patients.
7. The Impact of a Program in Mindful Communication on Primary Care Physicians
   The purpose of this research was to understand what aspects of a successful continuing education program in mindful communication contributed to physicians’ well-being and the care they provide.