

Selected resources on Physician Resilience



These resources are a synthesis from the Apr 30 Workshop “Building Resilience and Preventing Burnout in Rural Practice” as well as feedback from the May 2, 2017 Assembly at the 14th WONCA World Rural Health Conference (WRHC) – Cairns Australia, April 29 to May 2, 2017.

Selected Tools

- Resident Doctors of Canada: Resiliency Curriculum. www.residentdoctors.ca
- CRANaplus Self Care Booklets: <https://crana.org.au/support/resources/self-care-booklets>
- Dr. Michael Kaufmann: The Basics <http://php.oma.org/wellnessResourcesP.html>
Including the BASICS personal action plan checklist for Resilience
- Dr. Mamta Gautam: Iron Doc
- Dr Paddy Barrett : The Doctor Paradox <http://thedoctorparadox.com/>
- The Happy md <https://www.thehappy.md.com/>
- Dr. Robin Youngson: Hearts in Healthcare <http://heartsinhealthcare.com/>
<https://www.youtube.com/user/DrRobinYoungson>
- RACGP webinar: Working with victims of family abuse and violence: looking after yourself. <http://www.racgp.org.au/education/courses/faculty-webinars/national/working-with-victims-of-family-abuse-and-violence/>

Selected Publications

- Shanafelt, TD, Noseworthy, JH. Executive Leadership and Physician Well-being: Nine Organizational Strategies to Promote Engagement and Reduce Burnout. *Mayo Clin Proc.* 2017;92(1):129-146
- West, CP, et al. Interventions to prevent and reduce physician burnout: a systemic review and meta-analysis.” *The Lancet.* 2016; 388.10057: 2272-2281
- Rourke L, Rourke J. “Boundaries and Balance: managing relationships in rural practice.” Chapter 2.3.1 in electronic textbook: Chater AB, Rourke J, Couper ID, Strasser RP, Reid S (eds.) *WONCA Rural Medical Education Guidebook.* World Organization of Family Doctors (WONCA): WONCA Working Party on Rural Practice 2014. www.globalfamilydoctor.com/RMEG
- Epstein, RM Krasner, MS. Physician resilience: what it means, why it matters, and how to promote it. *Academic Medicine.* 2013; 88.3: 301-303
- Longenecker R, Zink T, Florence J. Teaching and Learning Resilience: Building Adaptive Capacity for Rural Practice. A Report and Subsequent Analysis of a Workshop Conducted at the Rural Medical Educators Conference, Savannah, Georgia, May 18, 2010. *The Journal of Rural Health* 28 (2012) 122–127.
- Howe A, Smajdor A, Stockl A. Towards an understanding of resilience and its relevance to medical training. *Medical Education* 2012;46(4):349-356.
- Jensen PM, Trollope-Kumar K, Waters H, Everson J. Building physician resilience. *Can Fam Phys* 2008; 54:722-729. <http://www.cfp.ca/content/54/5/722.full.pdf+html>
- Davis R, Cook D, BA, Cohen L. Community Resilience Approach to Reducing Ethnic and Racial Disparities in Health. *American Journal of Public Health* 2005; 95(12):2168-2173.

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