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
- 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.thehappymd.com/
- Dr. Robin Youngson: Hearts in Healthcare http://heartsinhealthcare.com/
  https://www.youtube.com/user/DrRobinYoungson

Selected Publications


May 3, 2017