



RESOURCES FOR  
PREVENTING +  
ADDRESSING BURNOUT

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## **BURNOUT RESOURCE GUIDE**

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2021

Articles/Publications	2
Blogs and Other Websites	2
Books	2
Podcast	4
Presentations/Webinars	4
Additional Resources	4

## **Articles/Publications:**

### [Clinician Burnout and the Quality of Care](#)

By: Mark Linzer, MD

### [Effects of Virtual Care Delivery on Health Center Clinician Engagement and Burnout](#)

Prepared by: Ann Loeffler, MSPH, PMP for The Association of Clinicians for the Underserved

### [The Evolving Role of Nurse Practitioners in Health Centers and Considerations for Provider Satisfaction](#)

By: Association of Clinicians for the Underserved (ACU) and National Nurse-Led Care Consortium (NNCC)

### [Family Physician Burnout, Well-Being, and Professional Satisfaction \(Position Paper\)](#)

By: American Academy of Family Physicians (AAFP)

### [Physician Burnout: The Root of the Problem and the Path to Solutions](#)

By: NEJM Catalyst

### [Physician Burnout: A Way Forward](#)

By: Andrew Robinson, Director of Portfolio Strategies, Relias

### [Physician Resilience and Burnout: Can You Make the Switch?](#)

By: Annie Nedrow, MD, MBA, Nicole A. Steckler, PhD, and Joseph Hardman, MD

## **Blogs and Other Websites:**

### [Gail Gazelle, MD - Helping Physicians Thrive](#)

Dr. Gail Gazelle is an Assistant Professor of Medicine at Harvard Medical School, Physician Coach, Certified Mindfulness Teacher, keynote speaker, and author. Dr. Gazelle has developed a number of free resources to help users utilize mindfulness, grow your leadership, and build your resilience to whatever challenges your face.

### [The Happy MD](#)

Since 2010, TheHappyMD.com has been the leader in the prevention of physician burnout for individual doctors and healthcare organizations.

### [Preventing Physician Burnout](#)

Dr. Paul DeChant, MD, MBA is an experienced physician executive, leadership coach, and expert on physician burnout with a proven approach to identify, treat, and prevent burnout. In addition to consulting services, Dr. DeChant's website has a number of podcasts, webinars, and videos on burnout prevention.

## **Books:**

### [The Corporate Athlete](#)

By: Jack Groppel and Bob Andelman

Based on the latest scientific research, The Corporate Athlete shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the

parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement—mental, physical, and emotional—play in giving Corporate Athletes their winning edge.

### [Emotional Intelligence 2.0](#)

By: Travis Bradberry & Jean Greaves

*Emotional Intelligence 2.0* delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential: Self-Awareness, Self-Management, Social Awareness, and Relationship Management.

### [Finding Balance in a Medical Life](#)

By: Lee Lipsenthal, DO

*Finding Balance in a Medical Life* is the culmination of the author's years of working with large physician groups, evaluating physician health research and delivering workshops to physicians and their families. It is intended to help physicians, healthcare professionals and their families to understand how they find themselves 'stuck' in their work lives and even in their personal relationships.

### [Grit](#)

By: Angela Duckworth

In this instant New York Times bestseller, pioneering psychologist Angela Duckworth shows anyone striving to succeed—be it parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls “grit.”

### [Healing Physician Burnout: Diagnosing, Preventing, and Treating](#)

By: Quint Studer

This is a book about physician burnout. It's also a book about physician engagement. Why? Because these two concepts are deeply connected. When physicians team up with the organizations they work for to pursue mutual goals, they are far less likely to burn out. And when organizations seek to prevent and treat physician burnout, they go a long way toward getting everyone physicians included working together to meet the same goals.

### [Leading Change in Healthcare: Transforming Organizations Using Complexity, Positive Psychology and Relationship-Centered Care](#)

By: Anthony L. Suchman, MD, MBA

*Leading Change in Healthcare* presents relationship-centered administration, an effective new evidence-based alternative to traditional culture change methodologies. It integrates fresh insights and methods from complexity science, positive psychology and relationship-centered care, enabling a more spontaneous and reflective approach to change management. [Preventing Physician Burnout: Curing the Chaos and Returning the Joy to the Practice of Medicine](#)

By: Paul DeChant

In *Preventing Physician Burnout: Curing the Chaos and Returning Joy to the Practice of Medicine*, doctors Paul DeChant and Diane Shannon define burnout, explore the consequences for physicians, patients, and the health care system, and identify the underlying causes that are fueling the epidemic. Based on their extensive interviews, they give voice to patient advocates, burnout researchers, leaders of health care organizations, and the physicians themselves.

### [Transforming Health Care: Virginia Mason Medical Center's Pursuit of the Perfect Patient Experience](#)

By: Charles Kenney

*Transforming Health Care: Virginia Mason Medical Center's Pursuit of the Perfect Patient Experience* takes readers step by step through Virginia Mason's journey as it seeks to provide perfection to its

customer – the patient. This book shows readers how you use this system to transform your own organization.

#### [What Doctors Feel: How Emotions Affect the Practice of Medicine](#)

By: Danielle Ofri, MD

Digging deep into the lives of doctors, Dr. Danielle Ofri examines the daunting range of emotions—shame, anger, empathy, frustration, hope, pride, occasionally despair, and sometimes even love—that permeate the contemporary doctor-patient connection. Drawing on scientific studies, including some surprising research, Dr. Ofri offers up an unflinching look at the impact of emotions on health care.

#### **Podcast:**

##### [Joy in Medicine Podcast](#)

By: Johns Hopkins Medicine

Through the monthly podcast Joy in Medicine, Paul B. Rothman, M.D.'s comprehensive look at clinical burnout and how to address it will explore the various methods clinicians use to identify and implement strategies that benefit patient care and help seize joy in their practice.

#### **Presentations/Webinars:**

##### [Physician Burnout: The ACP Wellness Champions Initiative - American College of Physicians](#)

This presentation by Dr. J. Matthew Neal, MD, MBA, CPE, FACP, FACE, FAAPL discusses burnout and its qualitative and quantitative risks for healthcare delivery, as well as improvement strategies and suggestions.

##### [Preventing Burnout and Restoring Purpose in Our Interdisciplinary Teams - IPHCA Medical Directors Roundtable, December 2017](#)

Dr. Eileen Barrett, General Internist at the University of New Mexico, shares her expertise on preventing physician burnout at IPHCA's December 2017 Medical Directors Roundtable. Dr. Barrett serves on several national committees related to physician wellness, quality improvement, and increasing professional fulfillment, and has presented on increasing physician wellness at numerous regional and national meetings.

#### **Additional Resources:**

##### [Burnout and Well-Being Toolkits](#)

By: American Medical Association (AMA) STEPS Forward™

This collection of AMA's STEPS Forward™ toolkits offer strategies on how to engage health system leadership, understanding physician burnout and how to address it, as well as developing a culture that supports physician well-being.

##### [Clinician Wellbeing Bundle](#)

By: Association of Clinicians for the Underserved (ACU) STAR<sup>2</sup> Center

The Solutions, Training, and Assistance for Recruitment and Retention (STAR<sup>2</sup>) Center is a project of the Association of Clinicians for the Underserved (ACU) that provides resources, training, and technical

assistance to help Health Center Program grantees with their clinician workforce challenges and questions.

#### [Clinician Well Being Knowledge Hub](#)

By: National Academy of Medicine

This site is intended to provide an easy-to-navigate repository of helpful resources for those seeking information and guidance on how to combat clinician burnout in their organizations and in their personal lives. There are lots of links to peer-reviewed articles and opinion pieces, case studies, FAQs, toolkits, etc., which can be accessed via the tabs, “About”, Causes”, Effects”, Solutions”, Resources”, and Case Studies.”

#### [Maslach Burnout Toolkit™](#)

By: Mind Garden

The Maslach Burnout Inventory (MBI) is recognized as the leading measure of burnout, as defined by the World Health Organization (WHO) and validated by 35+ years of extensive research. The Areas of Worklife Survey (AWS) assesses employee perceptions of workplace attributes that may determine whether they experience work engagement or burnout. The AWS is a brief companion questionnaire to the MBI. Use the combined MBI + AWS Toolkit to measure both the extent and likely cause of burnout.

#### [Professional Quality of Life Scale \(ProQOL\)](#)

By: U. S. Department of Veterans Affairs

The ProQOL (Professional Quality of Life Scale)<sup>17,18</sup> was developed as a measure of both the negative and positive effects of working with those who have experienced traumatic stress. The ProQOL has sub-scales for compassion satisfaction, burnout, and compassion fatigue. It has proven to be a valid measure of compassion satisfaction and fatigue, and was developed with data from over 3000 people.

#### [Self-Care Program Manual: Self-Care in the Workplace](#)

By: Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC)

This Self-Care Facilitation Manual will help professionals in a range of disciplines and settings facilitate brief self-care sessions with their peers and colleagues. This Manual will guide you through the facilitation of 5 sessions addressing the following self-care topics: Pause, Breathe, Nourish Yourself, Move, Sleep.

#### [Well-Being Index](#)

By: Mayo Clinic

Using this application, clinicians can assess their current level of well-being, learn how their level of well-being compares to others’, track changes in their well-being over time, and gain access to resources designed to promote well-being and address a variety of concerns. Results are immediate.