

Lecture Notes

- **Stress** is simply a reaction to a stimulus that disturbs our physical or mental equilibrium.
- Yerkes –Dodson Law: Too Much or Too Little impacts our ability to cope. Goldilocks wants it just right.
- **Burnout** is characterized by
 - **Emotional exhaustion** – feeling of being emotionally overextended and depleted of one's own emotional resources
 - **Depersonalization** – feeling excessively detached and negative, callous responses to other people
 - **Reduced personal accomplishment** – decreased feelings of competence and productivity
- **Compassion fatigue** is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring. It is sometimes referred to as secondary traumatic stress.
- **Vicarious traumatization** is a transformation in the self of a trauma worker or helper that results from empathic engagement with traumatized clients and their reports of traumatic experiences. It is a special form of countertransference stimulated by exposure to the client's traumatic material.
- **Moral injury** refers to an injury to an individual's moral conscience and values resulting from an act of perceived moral transgression, which produces profound emotional guilt and shame, and in some cases also a sense of betrayal, anger and profound "moral disorientation".
- **Your First Wealth is your health** – Take care of your whole person: Mind, Body and Spirit

Wellness Resources (soon will have Dashboard for links)

UF Health and National resources for Docs:

- EAP <https://eap.ufl.edu/>
- (EE Wellness Jax) <https://bridge.ufhealth.org/jax-employee-wellness/>
- National Physician Support Line <https://www.physiciansupportline.com/>
- ComPsych <https://www.guidanceresources.com/groWeb/login/login.xhtml>

Blog Sites:

- Our own Melissa Parsons MD (ED Colleague) provides Great Resource for Facing COVID 19 <https://www.shemd.org/post/staying-well-in-the-face-of-covid>
- Kevin MD: <https://www.kevinmd.com/blog/>
- Happy MD <https://www.thehappy.md.com/>
- Moral injury <https://docs.google.com/presentation/d/1BFJeUyNAfBaSz1dwEbXbixPEanSizQYZV3pnuabkpLc/edit?usp=s haring>

Modules

- AMA STEPS Forward <https://www.stepsforward.org/> STEPS Forward™ offers innovative strategies that will allow physicians and their staff to thrive in the new health care environment
- E physician Health – Modules made in Canada <http://ephysicianhealth.com/>
- Preventing Physician Distress and Suicide – Tools for identifying at-risk physicians and facilitating access to care from the American Medical Association.

Websites with Wellness Resources:

- **Action Collaborative on Clinician Well-Being and Resilience NAM**
<https://nam.edu/initiatives/clinician-resilience-and-well-being/>
- **The CDC Workplace Health Program**
<https://www.cdc.gov/workplacehealthpromotion/index.html> provides leadership to improve the health, safety, and well-being of employees through science-based workplace health promotion programs.
- **AAMC** <https://www.aamc.org/news-insights/wellbeing/faculty> Wellness Tips for Covid-19
<https://www.aamc.org/topic/wellness> Wellness topics AAMC
- **Accreditation Council for Graduate Medical Education (ACGME) Resources** – Resources to share with programs, institutions, residents, and fellows that promote a culture of physician well-being and provide support in the case of burnout, depression, or suicide.

UF Health Jax Mayo Well-Being Index: <https://app.mywellbeingindex.org/login>

Video:

- Metaphor for setting priorities <https://youtu.be/v5ZvL4as2y0?list=PL2ECED8459BE2467C>
- Compassionate Care:
<https://www.youtube.com/watch?v=tRi0pYAYn3Y&t=166s&list=PL2ECED8459BE2467C&index=33>
Clinicians and staff at Seattle Children's Hospital talk about how the challenge of working in health care affects them. Beth Lown, MD, Medical Director of the Schwartz Center for Compassionate Healthcare, offers a national perspective on burnout and workforce wellbeing
- Trailer of film on MD **Burnout, suicide, depression** : <http://donoharmfilm.com/>
- Wible Ted Talk: **MD Suicide** - <https://youtu.be/qyVAtZ9VZ4Q>
Founder of the ideal medical care movement Pamela Wible shares why, in order to heal patients, physicians must first heal their profession – and what can happen if they don't.
- Suicide MD from AFSP: <https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>
Pressure in the high-stakes environment of medical training can be overwhelming. This video from Mayo Clinic and the American Foundation for Suicide Prevention explains how everyone can help prevent suicide by being alert for the signs of depression and escaping stress and how to be most helpful.
- Wellbeing and organizational costs: https://youtu.be/EQdHJeueN_g?list=PL2ECED8459BE2467C
John Harris, Chief Well-Being Officer at Healthways, talks about the correlation between the well-being of employees and an organizations costs, productivity, engagement, and performance. In this video blog, you will learn about how impacting well-being will return results.

- Moral injury <https://youtu.be/aU4vJqXfZ8o> veterans
- Moral injury https://youtu.be/L_1PNZdHq6Q zdogg
- Moral injury resources <https://fixmoralinjury.org/resources/>

Articles and Resources for physicians

- NAM <https://nam.edu/clinicianwellbeing/resource-center/> 1150 resources and growing
- NAM: Burnout Among Health Care Professionals: A Call to Explore and Address This Underrecognized Threat to Safe, High-Quality Care <https://nam.edu/burnout-among-health-care-professionals-a-call-to-explore-and-address-this-underrecognized-threat-to-safe-high-quality-care/>
- [Breaking the Culture of Silence on Physician Suicide](#) – A sharable graphic and information about physician suicide from the National Academy of Medicine.
- Women in Medicine <https://www.aamc.org/news-insights/why-women-leave-medicine>
- [Creating a Safety Net: Preventing Physician Suicide](#) – An article by AFSP Chief Medical Officer Christine Moutier, M.D., for the Association of American Medical Colleges' AAMC News.
- [Reducing the Stigma: Faculty Speak Out About Suicide Rates Among Medical Students, Physicians](#) – An article by Dana Cook Grossman, for the Association of American Medical Colleges' AAMC News.
- [Symposium on Physician Well-Being](#) – A symposium held on November 17-18, 2015 by The Accreditation Council for Graduate Medical Education (ACGME). PDF of Presentations available