

2015 Association of Professors of Dermatology Annual Meeting

Supplemental Notes: Session on Clinician Wellness

September 25, 2015

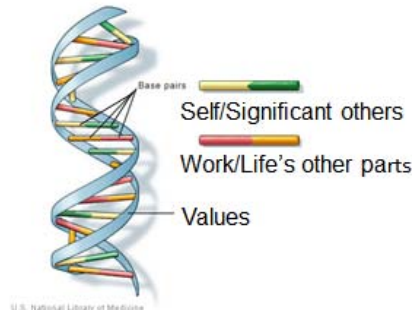
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- Brandt TP *Burnout and the Buddha*. Arch Dermatology. 2002 May;138(5):587-8.
- Christensen C , Allworth J. *How Will You Measure Your Life?* Harper Business; 2012
- Shanafelt T. *Arch Intern Med*. 2012; 172(18):1377-1385. **National survey data on physician burnout and that physicians on the front line are at greatest risk.**
- Maslach C. quoted in Thomas N. Resident Burnout. JAMA. December 15, 2004; 292:2880. ***Burnout: Emotional exhaustion, Detachment, Lack of personal achievement.***
- Candib, L. *Medicine and the Family: A Feminist Perspective*. 1995 : **“The secret of the care of the patient is caring for oneself while caring for the patient.”**
- TE Quill, PR Williamson. *Healthy Approaches to Physician Stress*. Arch Intern Med, 1990. **Some examples of Self-Care: Personal interests, Exercise, Regular health care, Keep a journal, Grieve losses, Find joy in victories, Share feelings, Set limits, Religious practice, Education outside of medicine, Managing time (explore-- www.mindtools.com), Managing emails, Keeping a to-do list, Meditation/yoga, Solitude, Dangers of chemical coping.**
- Gautam M. *Iron Doc: Practical Stress Management Tools for Physicians*. Book Coach Press (October 7, 2004) **“The stigma of illness persists in the culture of medicine and serves as a barrier to the seeking of help by faculty members in need.”**
- Epstein R, Krasner M. *Physician Resilience: What It Means, Why It Matters, and How to Promote It*. Acad Med. 2013; 88:301-03. **“Individual factors of resilience include the capacity for mindfulness, self-monitoring, limit setting and attitudes that promote constructive and health engagement with ... challenges at work.”**
- Epstein R. *Mindful Practice*. JAMA. September 1, 1999; 282:833-839. **“Mindful practitioners attend in a non-judgmental way to their own physical and mental processes during ordinary, everyday tasks.”**
- Tolstoy L. *What Men Live By*.
- Marion Wright Edelman: **“Be a good ancestor. Stand for something bigger than yourself. Add value to the Earth during your sojourn.”**
- Christakis N, Fowler J. *Connected*. Little Brown, 2009
- **“What is it that you find most important in your life?”**
- Cassel C. *The Patient-Physician Covenant: An Affirmation of Asklepios*. Ann Intern Med. March 15, 1996;124:604-606. **“Medicine is, at its center, a moral enterprise grounded in a covenant of trust...dedicated to something other than its own self-interest.”**

- Schenck D, Churchill L. *Healers: Extraordinary Clinicians at Work*. Oxford University Press, 2012. ***Eight Practitioner Skills That Promote Healing Relationships-- Do the little thing, Take time, Be open and listen, Let the patient explain, Find something to like, to love, Remove barriers, Share authority, Be committed and trustworthy.***
 - Margaret Edson: *Wit*
 - Parker Palmer: “**What does it mean to listen to a voice before it is spoken?**”
 - Listening: **Eyes, Ears, Attention, Open Heart**
 - Frank Davidoff “**And the sad truth is that our trillion-dollar medical care system seems to feel that time spent with patients is a luxury it simply can't afford.**”
 - Richard Weinberg *First Love*. *Ann Intern Med*. 1997; 126:327-329
 - Cooper R, Tauber A. *Values and Ethics: A Collection of Curricular Reforms for a New Generation of Physicians*. *Acad Med*. 2007;82:321-323. ”**Physicians do not exist in abstract isolation—they are woven into the fabric of people’s lives. Their fundamental role in service to humanity is to wed expert knowledge to systems of thought.**”
 - Anatole Broyard: “**...one who is a close reader of illness and a good critic of medicine, but a bit of a metaphysician too...one who is able to go beyond the science into the person...(able to) imagine the aloneness of the critically ill..**”
 - Mary Oliver, *Wild Geese*: “**The world offers itself to your imagination.**”
 - Oliver Wendell Holmes: “**Men do not quit playing because they grow old; they grow old because they quit playing.**”
 - Ulrike Welsch, *The World I Love to See*, 1981
 - Sanders B. *Fabled Service/Ordinary Acts, Extraordinary Outcomes*, Jossey-Bass, 1995. “**This is what we are here for: to serve and to be kind.**”
 - Henry James: “**Three things in human life are important: the first is to be kind, the second is to be kind, and the third is to be kind.**”
 - Albert Schweitzer “**Example is not the main thing in influencing others, it is the only thing.**”
 - Albert Einstein: “**It is a miracle that curiosity survives formal education.**”
 - **Values: Kindness, Curiosity, Affirmation, Humor, Passion**
 - Piffnerling JH, Gilley K. *Putting ‘Life’ Back Into Your Professional Life*. *Family Practice Management*, June 1999. “**What aspects of your professional and personal lives bring you joy?**”
 - Dunn et. al. *Meeting the Imperative to Improve Physician Well-being: Assessment of an Innovative Program*. *J Gen Intern Med* 2007; 22(11):1544–52-- **Control (Influence over work environment), Order (Efficient office design & high quality staff), Meaning (Satisfaction with clinical & human aspects of patient care)**
 - Nash L, Stevenson H.
 - *Success That Lasts*. *Harvard Business Review*. February 2004:102-109.
 - *Just Enough*, Wiley 2004
- A balanced life: Happiness, Satisfaction, Legacy, Achievement and for each of these relevant considerations as they apply to self, family, work and community.**