

---

# Putting Doctors' Health and Wellbeing Into Practice

---

## Resource Guide

We hope you've enjoyed the personal stories, reflection and practical applications of doctors' wellbeing shared in the webinar. The five colleges of IACA have compiled these resources of interest, including recommended readings from guest speakers and panel members, web resources, and where to go locally for support.

Please come back often, as we will update these periodically.

### Recommended readings from presenters

#### Dr Hing-yu So, HKCA, MC and Chair of the Webinar

- Resilience and Burnout Among Physicians and the General US Working Population<sup>1</sup> *Journal article*
- Psychological interventions to foster resilience in healthcare professionals<sup>2</sup> *Journal article*
- Interventions to improve resilience in physicians who have completed training: A systematic review<sup>3</sup> *Journal article*
- COVID-19 & Mindfulness: Resources for health and care staff<sup>4</sup> *Journal article*
- IHI Framework from Improving Joy in Work<sup>5</sup> *Paper, Account login required*

#### Dr Vivian Lau, HKCA, Panel member

- The Sound of a Wild Snail Eating by Elisabeth Tova Bailey<sup>6</sup> *Book*
- Executive Leadership and Physician Well-being : Nine Organizational Strategies to Promote Engagement and Reduce Burnout<sup>7</sup> *Journal article*

#### Dr Joanna Sinclair, ANZCA, Speaker

- Ten Percent Happier *App and website*
- Australian Anaesthesia with Dr Suzi Nou *Podcasts*
- Brené Brown *Podcasts*
- Daring Greatly by Brené Brown<sup>8</sup> *Book*
- In Shock by Dr Rana Awdish<sup>9</sup> *Book*
- The Mass Exodus of Americas Health Care Workers *Article*

#### Prof John Gallagher, CAI, Speaker

- Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being<sup>10</sup> *Journal article*

## Web resources

### Australia and New Zealand College of Anaesthetists (ANZCA)

- Critical Incident Debriefing LibGuide *Library resource guide*
- Wellbeing LibGuide *Library resource guide*

### Royal College of Anaesthetists UK (RCOA)

- RCOA UK support and wellness page *Webpage and webinar content*
- PTSD and wellbeing in the COVID era *Podcast*
- What can we learn from COVID-19 *Podcast*
- Mitigating the stress from working day to day with COVID-19 *Podcast*

### Where to go for support

#### Australia & New Zealand

- ANZCA Doctors' support program
- Beyond Blue

#### Canada

- Canadian Medical Association support line

#### Hong Kong

- 12 tips with audio exercises to practice various self-compassion, mindfulness and relaxation methods
- Hong Kong Academy of Medicine Wellbeing Charter

#### Ireland

- The Employee Assistance and Counselling Service (EACS) – Your Mental Health
- Practitioner Health Matters

#### United Kingdom

- RCOA UK support and wellness page

## References

1. West CP, Dyrbye LN, Sinsky C, Trockel M, Tutty M, Nedelec L, et al. Resilience and burnout among physicians and the General Us Working Population. *JAMA Network Open*. 2020;3(7).
2. Helmreich I, Kunzler A, Chmitorz A, König J, Binder H, Wessa M, et al. Psychological interventions for resilience enhancement in adults. *Cochrane Database of Systematic Reviews*. 2017;
3. Venegas CL, Nkangu MN, Duffy MC, Fergusson DA, Spilg EG. Interventions to improve resilience in physicians who have completed training: A systematic review. *PLOS ONE*. 2019;14(1).
4. Covid-19: Mindfulness based resources for health and care ... [Internet]. [cited 2021Nov30]. Available from: [https://www.researchgate.net/publication/349590797\\_Covid-19\\_Mindfulness\\_Based\\_Resources\\_for\\_Health\\_and\\_Care\\_Staff\\_updated](https://www.researchgate.net/publication/349590797_Covid-19_Mindfulness_Based_Resources_for_Health_and_Care_Staff_updated)
5. Perlo J, Balik B, Swensen S, Kabcenell A, Landsman J, Feeley D. IHI Framework for Improving Joy in Work. IHI White Paper. Cambridge, Massachusetts: Institute for Healthcare Improvement; 2017. (Available at [ihi.org](http://ihi.org))
6. Bailey ET. *The sound of a wild snail eating*. Thorndike, ME: Center Point Large Print; 2010.
7. Shanafelt TD, Noseworthy JH. Executive leadership and physician well-being. *Mayo Clinic Proceedings*. 2017;92(1):129–46.
8. Brown Brené. *Daring greatly: How the courage to be vulnerable transforms the way we live, Love, parent, and lead*. London, England: Penguin Books Ltd; 2015.
9. Awdish R. *In shock: How nearly dying made me a better doctor*. London: Corgi Books; 2019.
10. National Academies of Sciences, Engineering, and Medicine; National Academy of Medicine; Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being. *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being*. Washington (DC): National Academies Press (US); 2019.