

## Healing Physician Burnout Diagnosing Preventing And Treating

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### On Becoming a Healer

Edited by experts on burnout, five sections lay out the scope of the challenge and outline potential interventions. The introduction, which discusses the history and social context of burnout, provides psychiatrists who may be struggling with burnout with much-needed perspective. Subsequent sections discuss the potential effects of burnout on clinical care, contextual elements that may contribute to burnout, and, potential systemic and individual interventions.

### The Deepest Well

Gynecologic Care provides a succinct yet comprehensive discussion of critical knowledge required for gynecologists. Concise, easily accessible chapters allow the reader to quickly review essential material for patient care, or comprehensively study the modern management of gynecology. New residents can quickly cover the breadth of gynecology, while more experienced physicians will find the materials useful for review purposes. Each chapter covers key topics listed by the Committee for Resident Education in Obstetrics and Gynecology. Gynecologic Care is part of a three book series which covers the breadth of the Obstetrics and Gynecology specialty. The other books in the series are Obstetric Care and Office Care of Women.

### Healing Physician Burnout

The rapid expansion of clinical knowledge in the field of neurology warrants a new edition of this highly regarded textbook of neurology. In addition to the anchor chapters on major areas such as headache, stroke, developmental disorders, dementia, epilepsy, acquired metabolic disorders, and others, several new chapters have been added to meet the clinical demand for those in practice. This edition features new chapters on neurotoxicology, neuroimaging, and

neurogenetics including basic and more advanced concepts for the practitioner. Finally, as the health care system continues to evolve, a new chapter on population health and systems of care reflects current practice in team care, patient-centric approaches, and value-based care. \*Pithy bullet points and standard prose allow the reader to assimilate concepts and key messages with ease \*Summary tables, neuroimages, photomicrographs, neuroanatomic drawings, gross and microscopic neuropathologic specimen photos, graphics, and summary boxes further enhance the text \*Chapters are crafted in a way to appeal to both the visuospatial and analytic functional centers of the brain, as we stimulate the senses and learn Hankey's Clinical Neurology, Third Edition, will be of value to medical students, physicians in training, neurology fellows, neurologist and neurosurgeon practitioners, and advanced practice professionals (e.g., nurse practitioners and physician assistants) who are faced with neurologic practice challenges.

### **Physician Suicide Letters Answered**

A look at the emotional side of medicine—the shame, fear, anger, anxiety, empathy, and even love that affect patient care Physicians are assumed to be objective, rational beings, easily able to detach as they guide patients and families through some of life's most challenging moments. But doctors' emotional responses to the life-and-death dramas of everyday practice have a profound impact on medical care. And while much has been written about the minds and methods of the medical professionals who save our lives, precious little has been said about their emotions. In *What Doctors Feel*, Dr. Danielle Ofri has taken on the task of dissecting the hidden emotional responses of doctors, and how these directly influence patients. How do the stresses of medical life—from paperwork to grueling hours to lawsuits to facing death—affect the medical care that doctors can offer their patients? Digging deep into the lives of doctors, 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. Danielle Ofri offers up an unflinching look at the impact of emotions on health care. With her renowned eye for dramatic detail, Dr. Ofri takes us into the swirling heart of patient care, telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring. She admits to the humiliation of an error that nearly killed one of her patients and her forever fear of making another. She mourns when a beloved patient is denied a heart transplant. She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms, and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction. But doctors don't only feel fear, grief, and frustration. Ofri also reveals that doctors tell bad jokes about "toxic sock syndrome," cope through gallows humor, find hope in impossible situations, and surrender to ecstatic happiness when they triumph over illness. The stories here reveal the undeniable truth that emotions have a distinct effect on how doctors care for their patients. For both clinicians and patients, understanding what doctors feel can make all the difference in giving and getting the best medical care.

### **Attending**

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In *Let Me Heal*, prize-winning author Kenneth M. Ludmerer provides the first-ever account of the residency system for training doctors in the United States. He traces its development from its nineteenth-century roots through its present-day struggles to cope with new, bureaucratic work-hour regulations for house officers and, more important, to preserve excellence in medical training amid a highly commercialized health care system. *Let Me Heal* provides a highly engaging, richly contextualized account of the residency system in all its dimensions. It also brilliantly analyzes the mutual relationship between residency education and patient care in America. The book shows that the quality of residency training ultimately depends on the quality of patient care that residents observe, but that there is much that residency training can do to produce doctors who practice in a better, more affordable fashion. *Let Me Heal* is both a stunning work of scholarship and a highly engaging account of how one becomes a doctor in the United States. It is indispensable reading for those who wish to understand what it means to learn and practice medicine and what is needed to make medical education and patient care in America better. The definitive work on the subject, it is destined to become a classic that will be consulted by readers far into the future.

### **Combating Physician Burnout**

*Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope* sheds light on an often overlooked and misunderstood issue: the problem of eating disorders in women with type 1 diabetes – referred to by lay people and the media as "diabulimia" and characterized by insulin restriction as a means of calorie purging for weight loss. Drawing on a series of recent interviews and over 16 years of research and clinical experience with this unique phenomenon, author Dr. Ann Goebel-Fabbri provides groundbreaking insight into the lives of women who have recovered from eating disorders in type 1 diabetes. She explores the condition's origins, its effects on the lives of those affected, and possible paths to recovery. Also included are suggestions for prevention and treatment, as well as practical and inspirational advice from now-recovered women. *Prevention and Recovery from Eating Disorders in Type 1 Diabetes* is a valuable guide for patients and loved ones, diabetes treatment teams, and eating disorder clinicians.

### **Physician Mental Health and Well-Being**

A comprehensive book of “need-to-know” insights for busy leaders. Being a great leader means getting the fundamentals right. It also means consistently doing the “little things” that make a positive difference in the lives of employees, customers, and other stakeholders. *The Busy Leader’s Handbook: How to Lead People and Places That Thrive* is a practical, easy-to-use book filled with gentle reminders of what we should be doing every day—especially when work is at its most intense. The Handbook is packed with proven best practices, tools, tips, and tactics for engaging employees, revitalizing cultures, delighting customers, and building high-performance companies. Short, succinct, and accessible, each chapter is “stand-alone,” offering helpful advice for meeting common business challenges. Plus, the strategies, approaches, and tactics are designed to be put into action immediately. Best-selling author, businessman, visionary, and entrepreneur Quint Studer draws on his 30-plus years of experience in helping organizations of all sizes and leaders at every level reach peak performance. Comprehensive in scope, his book

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overflows with insights and practical advice to help you make smart leadership decisions. For example: Why putting the right foundational structures in place early on creates clarity and heads off problems that cause businesses to struggle and fail The importance of followership: why being a good leader requires that you first be a good follower Why we tend to run from self-disruption and a sense of being unsettled (and how to learn to embrace them instead) Why leaders should seek consent, not consensus How to engage employees and create a positive workplace culture How to help employees find meaning and purpose in their work How to conduct difficult conversations and resolve conflicts—and why having these skills (or not) can make or break you as a leader Advice for attracting and hiring the best talent, retaining them over time, and dealing with the low performers who drive them away Why mentoring is so powerful and how to encourage it inside your company Tips and tactics for seeing the world through your customer's eyes How to reduce customer anxiety (and encourage them to buy) with the right words at the right times for the right reasons The Busy Leader's Handbook functions as a desk reference and pocket guide for anyone in a leadership position. It's also a great training tool for onboarding new leaders. Whether you work for a start-up, a small or mid-size business, or a large corporation, this book will change how you think, inspire you to do your job better—and help your organization thrive.

### **Maximize Performance**

Print+CourseSmart

### **The Scientific Basis of Integrative Medicine, Second Edition**

Since the first suffering supplicant offered a prayer to his god or the first mother cradled an ailing child in her caring arms, we have witnessed how human health and healing goes beyond any inventory of parts and infusion of chemicals. We humans are a complex melding of thought, emotion, spirit, and energy and each of those components is as critical to our well-being as our physiological status. Even if we are just beginning to quantify and document these seemingly intangible aspects, to ignore them in the practice of medicine is neglect and an invitation to do harm. Now in its second edition, *The Scientific Basis of Integrative Medicine* continues to provide doctors and other health practitioners with information on complementary and alternative approaches to health, that is authoritative, scientifically based, and epidemiologically substantiated. Written for doctors and healthcare professionals by pioneering practitioners and updated with the newest research across an increasing range of possibilities, the new edition of this bestselling work – Establishes the scientific basis for the mind-body connection and then documents the puissant interactions of the endocrine, immune, nervous, and stress systems that so profoundly influence our lives Examines that healing dimension of spirituality, which informs but transcends the five senses Investigates how hope, faith, and love aid healing Discusses how the emotional presence of a practitioner affects patient outcome Considers the incorporation of a unified theory that can account for the existence of health enhancing energy fields within — as well as outside — the human body Integral physiology serves as a bridge between Western medical knowledge and the equally valuable, but less well-recognized, Eastern systems of medicine. The authors refer to it as integrative because it combines important Western biological knowledge with forms of healing that

incorporate the mental and emotional, and spiritual aspects that are essential to health, because those aspects are what make us essentially human.

### **Improving Diagnosis in Health Care**

Edited by Robert E. Rakel, MD and David P. Rakel, MD, Textbook of Family Medicine remains your #1 choice for complete guidance on the principles of family medicine, primary care in the community, and all aspects of clinical practice. Ideal for both residents and practicing physicians, it includes evidence-based, practical information to optimize your patient care and prepare you for the ABFM exam. The full-color format features a clean, quick-reference layout that makes it easy for you to put information to work immediately in your practice. You can also access the complete contents online at [www.expertconsult.com](http://www.expertconsult.com), plus 30 videos of common office procedures, additional chapters on timely topics, and figures, tables, and photographs that supplement the text. Prepare for success on the ABFM exam with complete coverage of all aspects of family medicine. Access information quickly with an efficient, full-color layout that makes it easy to apply the latest knowledge in your practice. Take advantage of today's most useful online resources with a convenient list of outstanding clinical websites. Quickly spot "Best Evidence Recommendations" with special boxes located throughout the text. Glean helpful tips on diagnosis and therapy from "Key Points" boxes found on every page. Access the complete contents and illustrations online at [www.expertconsult.com](http://www.expertconsult.com) - fully searchable - plus additional figures, tables, and photographs online, as well as online-only chapters that cover topics such as prescribing nutritional supplements and botanicals. View 30 videos online covering common office procedures such as vasectomy, the proper use of today's diabetic equipment, and endometrial biopsy. Gain a new understanding of the patient-centered medical home and how to achieve this status in outpatient clinics. Make the most effective care decisions with help from "Evidence vs. Harm" icons that guide you through key treatments of common medical conditions. The Textbook of Family Medicine continues to provide the latest, most comprehensive coverage of family medicine practice.

### **Physician Wellness**

### **Cultivating Teacher Renewal**

Physician Burnout to Your Ideal Practice is possible using this first comprehensive stress-reduction resource for practicing physicians. You can be a modern physician and have an extraordinary life when you learn and practice the tools in this book. Use this book to STOP the downward spiral of physician burnout with field-tested, doctor-approved techniques discovered through thousands of hours of one-on-one coaching with physicians facing career threatening burnout. Dr. Dike Drummond MD, CEO and founder of TheHappyMD.com will show you burnout's symptoms, effects, and complications; burnout's pathophysiology and four main causes; how to bypass the invisible doctor "Mind Trash" that gets in the way of your recovery; 14 proven burnout prevention techniques and FREE access to an additional 15 techniques on our Power Tools web page - a private resource library; and a step-by-step method to build a more Ideal Practice and a more balanced life whether or not

you are suffering from burnout at the moment.

### **Physician Burnout**

Every 20 minutes a child is diagnosed with a disease on the autism spectrum--including ADD, learning disabilities, Asperger's, Autism, and PDD--making it today's most common childhood disability. While the medical establishment treats autism as a psychiatric condition and prescribes behaviorally based therapies, Dr. Julie A. Buckley argues that it is a physiological disease that must be medically treated. Part personal story of her battle to heal her autistic daughter, part guide for parents, *Healing Our Autistic Children* explains simply and accessibly the new treatments and diets that have already proven effective for many families. Told through the case studies of her patients, the book is divided into four typical visits to Dr. Buckley's pediatric practice so that parents can see the progression of initial treatment. Written in a warmly engaging voice, parents new to the diagnosis will: - learn about clinical treatments that work - understand how different foods affect the body and how to begin implementing diets - learn to navigate the medical system and advocate for their child - bridge the communication gap with their pediatrician - discover that recovery is possible

### **The Physician as Patient**

The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

### **Prevention and Recovery from Eating Disorders in Type 1 Diabetes**

Over half of all physicians suffer from burnout, characterized by depersonalization, loss of enthusiasm for the profession, and cynicism. This devastating emotional disease adversely impacts physicians' personal and professional lives, with potentially catastrophic consequences for the patients in their care. *Physician Burnout: An Emotionally Malignant Disease* proposes two effective and scientifically validated treatments for burnout in both physicians and other members of the health-care community: wellness and emotional intelligence. Using their experience working with and coaching physician groups, Reldan Nadler, PsyD, MCC; Zeina Ghossoub El-Aswad, PhD, CPEC, PCC, CWC; and Naim El-Aswad, MD, offer an in-depth look at physician burnout and how to treat it. They focus on six core concepts: Burnout as a malignant emotional disease The pendulum of burnout symptoms Emotional intelligence Optics and self-diagnosing burnout Professional/personal life balance Wellness and burnout prevention As awareness of physician burnout rises, the impact of this pervasive disease becomes

increasingly clear. By utilizing the treatment modalities put forth in *Physician Burnout: An Emotionally Malignant Disease*, health-care facilities and individual physicians alike can get ahead of a disease that exerts a toll on physicians, patients, their families, and the community at large.

### **The Definitive Guide to Thriving After Cancer**

Because physicians are shaped by the expectations and responsibilities of their profession and are especially susceptible to stress and illness, professionals treating them need to be attuned to a host of demands and considerations not applicable to other patients. *The Physician as Patient* meets that need by combining the perspectives of two seasoned psychiatrists who have been assessing and treating physicians for more than 30 years. Drs. Myers and Gabbard pool their career-long dedication to physician health, counseling, and risk management to demonstrate that, through accurate diagnosis and state-of-the-art treatment, most impaired physicians can recover and return to practice. As the most current sourcebook available on this subject, *The Physician as Patient* not only discusses common illnesses and problems seen in doctors but also outlines the many biopsychosocial treatments that are indicated -- always with an emphasis on integrated care. It considers such issues as the reluctance of physicians to assume the role of patient and the uniqueness of the physician's psychological makeup that facilitates or impedes diagnosis and treatment. It describes the most common medical and psychiatric illnesses in physicians -- including addictions -- and addresses personality disorders and the increasingly important subject of boundary violations. And it helps readers determine what can be done about doctors behaving badly or out-of-character, or what strategies are useful in treating physicians to assure accuracy while also diminishing morbidity and relieving suffering. Among other key issues raised are: The importance of considering sociocultural customs and values when treating the increasing number of minority and International Medical Graduate physicians Addressing the many clinical, humanistic, ethical, and legal dimensions of the psychiatric evaluation of physicians Distinguishing between long-standing patterns of personality disorders that manifest as disruptive behaviors and those patterns that lead to burnout and depression Assessing amenability to rehabilitation in cases of sexual boundary violation, including an awareness of alcohol or drug abuse as contributing factors Utilizing a physician's predisposition as a learner and pragmatist to enter into cognitive behavior therapy The success of early diagnosis and treatment in lowering the occurrence of suicide, for which physicians are notoriously at risk Brimming with case examples, *The Physician as Patient* adopts a reader-friendly style that facilitates quick grasp of concepts, while an extensive list of references and websites provides an entrée for additional support. This book is an indispensable resource for all mental health professionals who take caregivers into their care.

### **To Err Is Human**

Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic

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approach to address burnout that focuses on the structure, organization, and culture of health care. *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being* builds upon two groundbreaking reports from the past twenty years, *To Err Is Human: Building a Safer Health System* and *Crossing the Quality Chasm: A New Health System for the 21st Century*, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

### **Inspired Nurse**

With his “deeply informed and compassionate book...Dr. Epstein tells us that it is a ‘moral imperative’ [for doctors] to do right by their patients” (New York Journal of Books). The first book for the general public about the importance of mindfulness in medical practice, *Attending* is a groundbreaking, intimate exploration of how doctors approach their work with patients. From his early days as a Harvard Medical School student, Epstein saw what made good doctors great—more accurate diagnoses, fewer errors, and stronger connections with their patients. This made a lasting impression on him and set the stage for his life’s work—identifying the qualities and habits that distinguish master clinicians from those who are merely competent. The secret, he learned, was mindfulness. Dr. Epstein “shows how taking time to pay attention to patients can lead to better outcomes on both sides of the stethoscope” (Publishers Weekly). Drawing on his clinical experiences and current research, Dr. Epstein explores four foundations of mindfulness—Attention, Curiosity, Beginner’s Mind, and Presence—and shows how clinicians can grow their capacity to provide high-quality care. The commodification of health care has shifted doctors’ focus away from the healing of patients to the bottom line. Clinician burnout is at an all-time high. *Attending* is the antidote. With compassion and intelligence, Epstein offers “a concise guide to his view of what mindfulness is, its value, and how it is a skill that anyone can work to acquire” (Library Journal).

### **Discovering Precision Health**

This book helps readers gain an in-depth understanding of electronic health record (EHR) systems, medical big data, and the regulations that govern them. It analyzes both the shortcomings and benefits of EHR systems, exploring the law's response to the creation of these systems, highlighting gaps in the current legal framework, and developing detailed recommendations for regulatory, policy, and technological improvements. *Electronic Health Records and Medical Big Data* addresses not only privacy and security concerns but also other important challenges, such as those related to data quality and data analysis. In addition, the author formulates a large body of recommendations to improve the technology's safety, security, and efficacy for both clinical and secondary (such as research) uses of medical data.

### **Stop Physician Burnout**

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In Physician Suicide Letters-Answered, Dr. Wible exposes the pervasive and largely hidden medical culture of bullying, hazing, and abuse that claims the lives of countless medical students, doctors, and patients. Now-for the first time released to the public-here are private letters and last words from our doctors who could no longer bear the pain of an abusive medical system. What you don't know about medical training and culture can kill you. Dr. Wible takes you behind the white coat and into the mind, heart, and soul of our doctors-and provides answers.

### **Compassion Fatigue and Burnout in Nursing**

"A companion to The Definitive Guide to Cancer, this practical and fully revised guide (formerly titled Five to Thrive) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors. There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. The Definitive Guide to Thriving After Cancer combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin resistance, hormones, and digestion/detoxification. While other health plans may focus on one or two of these functions, this book is the only program that emphasizes a comprehensive approach needed for optimal health and recurrence prevention"--

### **Taking Action Against Clinician Burnout**

To Get Health System Leaders and Physicians Working Together, We Must Tackle Physician Burnout 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. There has never been a better time for organizations and physicians to join forces to make sure this happens. High rates of physician burnout and a rapid push toward integration demand it. And while it will surely be challenging, together we can create the right environment to facilitate massive change while keeping physicians physically, mentally, and emotionally strong. Healing Physician Burnout--written by healthcare performance expert Quint Studer in collaboration with George Ford, MD--explains how. You'll find: Evidence on why burnout is so high in physicians and why organizations should care Tactics health system leaders can use to partner with physicians to help them avoid burnout--and to ensure that everyone is working toward the same goals Burnout "red flags" leaders and physicians should watch for so that help may be provided early on Personal profiles that tell of physicians' triumphs over burnout and showcase the passion and purpose that keep them persevering Actions physicians can take to heal their own burnout and help others to do so as well Physicians need understanding and empathy for the massive changes they must endure. While no one can stop the shift our industry is undergoing, we can create the kind of positive, supportive work environments that help physicians cope and, ultimately, thrive.

## **Hankey's Clinical Neurology**

The revolutionary, New York Times bestselling guide to the powerful lifestyle changes that fight and prevent cancer—an integrative approach based on the latest scientific research “A common-sense blueprint for healthy living.” —Chicago Tribune “Resonating with cancer support communities and recommended nationwide.” —Los Angeles Times “Life affirming . . . filled with practical advice.” —The Seattle Times David Servan-Schreiber was a rising neuroscientist with his own brain imaging laboratory when, in the middle of an equipment test, he discovered a tumor the size of a walnut in his own brain. Forced to confront what medicine knows about cancer, and all that we still do not know, Servan-Schreiber marshaled his will to live and set out to understand the complex inner workings of the body’s natural cancer-fighting capabilities. He soon found himself on a decades-long journey from disease and relapse into scientific exploration and, finally, a new view of health. Anticancer is at once the moving story of one doctor’s inner and outer search for wellness and a radical exposition of the roles that lifestyle, environment, and trauma play in our health. Drawing on the latest research in integrative medicine that blends conventional and alternative approaches, Servan-Schreiber concisely explains what makes cancer cells thrive, what inhibits them, and how we can empower ourselves to prevent their growth. His advice details how to develop a science-based anticancer diet (and the small changes that can make a big difference); how to reap the benefits of exercise, yoga, and meditation; which toxic, unsafe products to replace in your home; and how to stave off the effects of helplessness and unhealed wounds to regain balance. Anticancer’s synthesis of science and personal experience marks a transformation in the way we understand and confront cancer. A long-running bestseller that has changed the lives of millions around the world, Anticancer remains a pioneering and peerless resource, an inspirational and revolutionary guide to “a new way of life.”

## **Results That Last**

For many who work in health care today, overwhelming business pressures and perceived barriers to change have nearly extinguished the flame of their passion to help others. In this book, Quint Studer sparks a trend toward purpose, worthwhile work, and making a difference in the health care profession. He shares his personal story and teaches the reader how to apply specific prescriptive tools and practices to create and sustain a world-class organisation. "Hardwiring Excellence" is a huge success, changing the way countless physicians and their teams operate.

## **Burnout for Experts**

This book explores Mental Health and related problems among physicians. These problems include addiction, burnout, disruptive and unprofessional behaviors, impairment, depression and other mood disorders, traumatic stress, and suicide. Just like other people, physicians may suffer in silence and refuse to seek help. However, unlike most other people, they work in safety-sensitive positions where clear-headed judgment and proper action can save lives. The authors of this work include psychiatrists and psychologists who diagnose and treat a range of patients with mental illness. They have also seen physicians with mental health issues and

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substance use disorders who benefitted greatly from education, support, coaching, and treatment. Further, several authors themselves have at times struggled with some of the aforementioned mental health problems, allowing them to study and understand these issues “from the inside out.” The book’s content is organized into three parts with interconnecting themes. Part I focuses on symptoms and how physicians’ problems manifest at the workplace. Part II discusses the disorders underlying the manifesting symptoms. Part III focuses on interventions at both the individual and organizational levels. The major themes investigated throughout the book are developmental aspects; mental health and well-being as a continuum; and the multifactorial contributions of individual, interpersonal, organizational, and cultural elements to physician health. This book is intended for anyone who works with, provides support to, or professionally treats distressed physicians. It is also intended for healthcare leaders and organizations, motivated to expand their culture, such that seeking help and counsel become normal activities. By writing this book, the authors hope to bring their struggles to light, reduce stigma and outline effective pathways to a healthy work-life balance.

### **What Doctors Feel**

Today we are on the brink of a much-needed transformative moment for health care. The U.S. health care system is designed to be reactive instead of preventive. The result is diagnoses that are too late and outcomes that are far worse than our level of spending should deliver. In recent years, U.S. life expectancy has been declining. Fundamental to realizing better health, and a more effective health care system, is advancing the disruptive thinking that has spawned innovation in Silicon Valley and throughout the world. That's exactly what Stanford Medicine has done by proposing a new vision for health and health care. In *Discovering Precision Health*, Lloyd Minor and Matthew Rees describe a holistic approach that will set health care on the right track: keep people healthy by preventing disease before it starts and personalize the treatment of individuals precisely, based on their specific profile. With descriptions of the pioneering work undertaken at Stanford Medicine, complemented by fascinating case studies of innovations from entities including the Chan Zuckerberg Biohub, GRAIL, and Impossible Foods, Minor and Rees present a dynamic vision for the future of individual health and health care. You'll see how tools from smartphone technology to genome sequencing to routine blood tests are helping avert illness and promote health. And you'll learn about the promising progress already underway in bringing greater precision to the process of predicting, preventing, and treating a range of conditions, including allergies, mental illness, preterm birth, cancer, stroke, and autism. The book highlights how biomedical advances are dramatically improving our ability to treat and cure complex diseases, while emphasizing the need to devote more attention to social, behavioral, and environmental factors that are often the primary determinants of health. The authors explore thought-provoking topics including: The unlikely role of Google Glass in treating autism How gene editing can advance precision in treating disease What medicine can learn from aviation liHow digital tools can contribute to health and innovation *Discovering Precision Health* showcases entirely new ways of thinking about health and health care and can help empower us to lead healthier lives.

### **Ultraprevention**

Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors— inaccurate or delayed diagnoses—persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care* a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001) finds that diagnosis—and, in particular, the occurrence of diagnostic errors—has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

### **Let Me Heal**

Scholars in folklore and anthropology are more directly involved in various aspects of medicine—such as medical education, clinical pastoral care, and negotiation of transcultural issues—than ever before. Old models of investigation that artificially isolated "folk medicine," "complementary and alternative medicine," and "biomedicine" as mutually exclusive have proven too limited in exploring the real-life complexities of health belief systems as they observably exist and are applied by contemporary Americans. Recent research strongly suggests that individuals construct their health belief systems from diverse sources of authority, including community and ethnic tradition, education, spiritual beliefs, personal experience, the influence of popular media, and perception of the goals and means of formal medicine. *Healing Logics* explores the diversity of these belief systems and how they interact—in competing, conflicting, and sometimes remarkably congruent ways. This book contains essays by leading scholars in the field and a comprehensive bibliography of folklore and medicine.

### **Hardwiring Excellence**

Medical students and physicians-in-training embark on a long journey that, although steeped in scientific learning and technical skill building, includes little guidance on the emotional and interpersonal dimensions of becoming a healer. Written for anyone in the health care community who hopes to grow emotionally

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and cognitively in the way they interact with patients, *On Becoming a Healer* explains how to foster doctor-patient relationships that are mutually nourishing. Dr. Saul J. Weiner, a physician-educator, argues that joy in medicine requires more than idealistic aspirations—it demands a capacity to see past the "otherness" that separates the well from the sick, the professional in a white coat from the disheveled patient in a hospital gown. Weiner scrutinizes the medical school indoctrination process and explains how it molds the physician's mindset into that of a task completer rather than a thoughtful professional. Taking a personal approach, Weiner describes his own journey to becoming an internist and pediatrician while offering concrete advice on how to take stock of your current development as a physician, how to openly and fully engage with patients, and how to establish clear boundaries that help defuse emotionally charged situations. Readers will learn how to counter judgmentalism, how to make medical decisions that take into account the whole patient, and how to incorporate the organizing principle of healing into their practice. Each chapter ends with questions for reflection and discussion to help personalize the lessons for individual learners.

### **Remedy for Burnout**

A pioneering physician reveals how childhood stress leads to lifelong health problems, and what we can do to break the cycle.

### **The Ultimate Guide To Choosing a Medical Specialty**

*Physician Wellness: The Rock Star Doctor's Guide* teaches doctors how to use psychology to improve their medical practice and their lives.

### **Straight A Leadership**

Teachers today are more stressed than ever. It is crucial that teachers develop the tools necessary to keep from falling prey to the potentially destructive effects of stress and burnout. *Cultivating Teacher Renewal: Guarding Against Stress and Burnout* offers the antidote by providing the knowledge, skills and practices that will keep teachers from surrendering to burnout.

### **Gynecologic Care**

This book introduces the field of artificial intelligence in medicine, a new research area that combines sophisticated representational and computing techniques with the insights of expert physicians to produce tools for improving health care. An introductory chapter describes the historical and technical foundations of the work and provides an overview of the current state of the art and research directions. The authors then describe four prototype computer programs that tackle difficult clinical problems in a manner similar to that of an expert physician. The programs presented are internist, a diagnostic aid that combines a large database of disease/manifestation associations with techniques for problem formulation; expert and the Glaucoma Program which use physiological models for the diagnosis and treatment of eye disease; mycin, a rule-based program for diagnosis and therapy selection for infectious diseases; and the Digitalis Therapy Advisor, which aids the

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physician in prescribing the right dose of the drug digitalis and also explains its actions.

### **Healing Logics**

A six-week health-bolstering program identifies such contributors to poor health as malnutrition and an impaired metabolism and offers advice on how to remove toxins from the body and implement healthy nutrition and supplement regimes.

### **Healing Our Autistic Children**

### **The Busy Leader's Handbook**

Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDS--three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. *To Err Is Human* breaks the silence that has surrounded medical errors and their consequence--but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agenda--with state and local implications--for reducing medical errors and improving patient safety through the design of a safer health system. This volume reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errors--which begs the question, "How can we learn from our mistakes?" Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. *To Err Is Human* asserts that the problem is not bad people in health care--it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocates--as well as patients themselves. First in a series of publications from the Quality of Health Care in America, a project initiated by the Institute of Medicine

## **Electronic Health Records and Medical Big Data**

The same qualities that make nursing so deeply rewarding can also make it a challenge, over time, to sustain your energy and passion. Learn to maintain and recapture those elusive qualities.

## **Artificial Intelligence In Medicine**

Praise for Results That Last "Quint Studer is a superb communicator with a deep belief in the power of relationships. His informal tone, sense of humor, and real-world stories bring his business principles to life. Results That Last has a vital, optimistic quality that will keep readers re-reading long after other leadership books have been relegated to a dark corner of the shelf." --Nido Qubein, author of How to Get Anything You Want; President, High Point University; Chairman, Great Harvest Bread Company; and founder, National Speakers Association Foundation "Results That Last is long overdue and fills a big gap in effective business management. There are legions of books that show us the way to achieve successful results in business, but very few that teach us how to institutionalize success. In reality, achieving success is the easy part. The real challenge is to achieve results that last. Quint Studer not only proves it is possible to hardwire a culture for lasting results, but lays out a simple, logical, and effective way to do so. Anyone who wants to make success a habit needs to read this book." --Bob MacDonald, former CEO, Allianz Life of North America and author of Beat the System: 11 Secrets to Building an Entrepreneurial Culture in a Bureaucratic World "I have always been fascinated by how the various parts of an organization work together to achieve strategic objectives. In Results That Last, Quint Studer explores the complex subject of performance improvement in a fresh, readable, and easy-to-grasp way. By standardizing certain business practices and leader behaviors, any company in any field can create an environment that allows it to achieve and sustain long-term results." --David F. Giannetto, coauthor of The Performance Power Grid: The Proven Method to Create and Sustain Superior Organizational Performance

## **Anticancer**

Dr. Starla Fitch went into medicine for all the right reasons. But not long after she began her practice, the demands of the profession coupled with the bureaucracy of the system began to take their toll. On the verge of burnout, she knew she had to find a way to reconnect with the reasons she became a physician. She did – and now she helps other doctors do the same. Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine, shares Starla's story and those of fellow physicians who tapped into their own passions and talents and discovered the meaning in medicine unique to each of them. Her seven prescriptions provide actionable advice that doctors can take to assess their current situations and reconnect with the reasons why they put on their white coats every day.

## **Textbook of Family Medicine**

Wherever people are working, there is some type of stress—and where there is

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stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days, lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. Burnout for Experts brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels. Included in the coverage:

- History of burnout: a phenomenon.
- Personal and external factors contributing to burnout.
- Depression and burnout
- Assessment tools and methods.
- The role of communication in burnout prevention.
- Active coping and other intervention strategies.

Skillfully balancing scholarship and accessibility, Burnout for Experts is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists.

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