

For More Information

Articles

Caring for Patients in a Malpractice Crisis: Physician Satisfaction and Quality of Care, Michelle M. Mello, David M. Studdert, Catherine M. DesRoches, Jordon Peugh, Kinga Zapert, Troyen A. Brennan and William M. Sage, *Health Affairs*, July/August 2004.

Creating a Vital, Burnout-Proof Practice, L. Gordon Moore, *Family Practice Management*, September 2003.

Influence of Controllable Lifestyle on Recent Trends in Specialty Choice by U.S. Medical Students, E. Ray Dorsey, David Jarjoura, Gregory W. Rutecki, *Journal of the American Medical Association*, Sept. 3, 2003

Physician Discontent: Challenges and Opportunities, David Mechanic, *Journal of the American Medical Association*, Aug. 20, 2003.

Confronting Depression and Suicide in Physicians: A Consensus Statement, *Journal of the American Medical Association*, June 18, 2003.

Changes in Career Satisfaction Among Primary Care and Specialist Physicians, 1997-2001, Bruce E. Landon, James Reschovsky, David Blumenthal, *Journal of the American Medical Association*, Jan. 22/29, 2003.

Physician Career Satisfaction Across Specialties, J. Paul Leigh, Richard L. Kravitz, Mike Schembri, Steven J. Samuels, Shanaz Mobley, *Archives of Internal Medicine*, July 22, 2002.

Ideas for Managing Stress and Extinguishing Burnout, William Zeckhausen, *Family Practice Management*, April 2002.

The Painful Truth: Physicians Are Not Invincible, Merry N. Miller, K. Ramsey McGowen, *Southern Medical Journal*, October 2000.

Books

A Life in Balance: Nourishing the Four Roots of True Happiness, Kathleen Hall, AMACOM, 2006.

Alter Your Life: Overbooked? Overworked? Overwhelmed? Kathleen Hall, Oak Haven, 2005.

The 3-Day Solution Plan, Laurel Mellin, Ballantine Books, 2005.

The Pathway: Follow the Road to Health and Happiness, Laurel Mellin, Regan Books, 2003.

This Side of Doctoring: Reflections from Women in Medicine, Eliza Chin, Sage Publications, 2001.

The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations, Mary O Sotile, Wayne M Sotile, American Medical Association, 2001.

Handbook of Physician Health: The Essential Guide to Understanding the Health Care Needs of Physicians, Larry S Goldman, Leah J Dickstein, Michael Myers, American Medical Association, 2000.

Take Back Your Time: How to Regain Control of Work, Information & Technology, Jan Jasper, St. Martin's Press, 1999.

Web Resources

MedlinePlus, a service of the National Institutes of Health (NIH) and the National Library of Medicine, has a page devoted to stress (www.nlm.nih.gov/medlineplus/stress.html), which includes links to articles from NIH, news organizations and healthcare institutions.

National Institute for Occupational Safety and Health has a Web page devoted to job stress (www.cdc.gov/niosh/topics/stress/) that includes useful information and links to publications and other resources.

The American Psychological Association hosts a Website (www.apahelpcenter.org/) that is a resource for brochures, tips and articles on the psychological issues that affect physical and emotional well-being. The site also includes a referral service.

The Stress and Health Website (www.stress-and-health.com), sponsored by NCERx, a healthcare information and marketing firm based in Carlsbad, Calif., provides current information on research into the health effects of stress.

The Texas Medical Association's Committee on Physician Health and Rehabilitation offers a CME course entitled Physician Stress and Burnout. For information, log on to www.texmed.org/Template.aspx?id=1828.

Working physician mothers can find resources, self-development tips, information about part-time jobs or job-sharing opportunities, a national database of mentors and discussion forums on the MomMD Website (www.mommd.com).

The Stress Institute (www.thestressinstitute.com) collects information on the impact of stress on our lives. The Website offers information on course, articles and tips on stress reduction and links to other stress-management resources.

Vijai P. Sharma, Ph.D., an advanced yoga instructor and clinical psychologist in Cleveland, Tenn., hosts a Website (www.mind-pub.com) that contains hundreds of articles on self-help topics ranging from stress management to parenting, along with a message board and links to other health-related Websites.