

# Resources

## Articles

“Confronting depression and suicide in physicians: a consensus statement” C. Center, M. Davis, T. Detre, D.E. Ford, W. Hansbrough, H. Hendin, J. Laszlo, D.A. Litts, J. Mann, P.A. Mansky, R. Michels, S.H. Miles, R. Proujansky, C.F. Reynolds 3rd, M.M. Silverman. *Journal of the American Medical Society*, June 18, 2003.

“Effects of exercise and stress management training on markers of cardiovascular risk in patients with ischemic heart disease: a randomized controlled trial” J.A. Blumenthal, A. Sherwood, M.A. Babyak, L.L. Watkins, R. Waugh, A. Georgiades, S.L. Bacon, J. Hayano, R.E. Coleman, A. Hinderliter. *Journal of the American Medical Society*, April 6, 2005.

“Fish consumption and risk of sudden cardiac death” C.M. Albert, C.H. Hennekens, C.J. O’Donnell, U.A. Ajani, V.J. Carey, W.C. Willett, J.N. Ruskin, J.E. Manson. *Journal of the American Medical Society*, January 7, 1998.

“Identifying Impaired Physicians,” *Joint Commission Perspective on Patient Safety*, Volume 6, Number 7, July 2006.

“Mid-career burnout in generalist and specialist physicians” A. Spickard Jr, S.G. Gabbe, J.F. Christensen. *Journal of the American Medical Society*, September 25, 2002.

“Physician career satisfaction across specialties” J.P. Leigh, R.L. Kravitz, M. Schembri, S.J. Samuels, S. Mobley. *Archives of Internal Medicine*, July 22, 2002.

“Problem doctors: is there a system-level solution?” L.L. Leape and J.A. Fromson. *Annals of Internal Medicine*, January 17, 2006.

“Suicide rates among physicians: a quantitative and gender assessment (meta-analysis)” E.S. Schernhammer and G.A. Colditz. *American Journal of Psychiatry*, December 2004.

## Reports

“2005 Physician Retention Survey,” American Medical Group Association and Cejka Search, [www.cejkasearch.com/news/physician-retention-survey-2nd.html](http://www.cejkasearch.com/news/physician-retention-survey-2nd.html).

## Books

*A Practical Guide to Global Health Service*, Edward O’Neil, Jr., M.D. American Medical Association Publishing, 2006.

*Awakening Hippocrates: A Primer on Health, Poverty, and Global Service*, Edward O’Neil, Jr., M.D. American Medical Association Publishing, 2006.

*Career Renewal: Tools for Scientists and Technical Professionals*, by Stephen Rosen and Celia Paul, Academic Press, 1997.

*Cholesterol Protection for Life*, Joel Fuhrman, M.D., Gift of Health Press, 2004.

*Creating Optimism*, by Bob Murray, PhD and Alicia Fortinberry, McGraw-Hill, 2005. For more information go to [www.creatingoptimism.com](http://www.creatingoptimism.com).

*Exploring Meditation: Master the Ancient Art of Relaxation and Enlightenment*, by Susan Shumsky, New Page Books, 2001.

*How to Live Your Dream of Volunteering Overseas*, by Joseph Collins, Stefano DeZerega, and Zahara Heckscher, Penguin, 2001.

*The Miami Mediterranean Diet*, Michael Ozner, M.D. Cambridge House Publishing, 2005.

*The Physician’s Survival Guide for the Hospital*, Samuel H. Steinberg, Ph.D, iUniverse, 2006. For more information, go to [www.physiciansurvivalguide.com/](http://www.physiciansurvivalguide.com/).

*Physicians as Leaders: Who, How and Why Now?* Mindi K. McKenna and Perry A. Pugno, Radcliffe Publishing, 2006.

*Practicing Excellence*, Stephen Beeson, M.D., Fire Starter Publishing, 2006.

*Stress Management Made Simple*, Jay Winner, M.D., Blue Fountain Press, 2003. For more information, go to [www.stressremedy.com](http://www.stressremedy.com).

## Training

**American College of Physician Executives:** National organization offers a broad array of courses for physicians who want to develop their leadership skills. For more information, go to [www.acpe.org](http://www.acpe.org). (See also list of part-time M.B.A. programs in Chapter 1.)

## Web Resources

**American Medical Association** offers resources for physician volunteers at [www.ama-assn.org/ama/pub/category/1529.html](http://www.ama-assn.org/ama/pub/category/1529.html).

**Center for Integrative Medicine at the University of Maryland Medical Center** offers online resources about complementary and alternative medicine, including herbal and dietary supplements. [www.umm.edu/altmed/index.html](http://www.umm.edu/altmed/index.html).

**Child Family Health International (CFHI)** arranges volunteer experiences for medical students. [www.cfhi.org](http://www.cfhi.org).

**The Coach Connection** connects professionals with qualified career coaches. [www.findyourcoach.com](http://www.findyourcoach.com).

**International Volunteer Programs Association** is a consortium of 33 organizations that send volunteers overseas. [www.volunteerinternational.org](http://www.volunteerinternational.org).

**Online Career Management Service** from Celia Paul Associates offers online career counseling. [www.onlinecareerclinic.org](http://www.onlinecareerclinic.org).

“On the Trail of Heart Attacks in Seven Countries,” Henry Blackburn, M.D., [www.epi.umn.edu/about/7countries/index.shtm](http://www.epi.umn.edu/about/7countries/index.shtm).

**Volunteer Match** connects volunteers with appropriate opportunities in the U.S. and abroad. [www.volunteermatch.org](http://www.volunteermatch.org).

**Volunteer Solutions** has a website that lists volunteer opportunities. Search by zip code, social issue, or key word (such as “physician”). [www.volunteersolutions.org/](http://www.volunteersolutions.org/).

**Volunteers in Medicine Institute (VIMI)** has 50 free clinics across the country. The organization’s website lists the clinics and even includes information on how to start a clinic in your own community. [www.vimi.org](http://www.vimi.org).

**Wellsource, Inc.**, offers management tools for promoting wellness. [www.wellsource.com](http://www.wellsource.com).