

## INFORMATION AND RESOURCES REGARDING HEALTH CARE PROVIDER PTSD

These resources were compiled by members of the ACEP Well-being Committee, May 2015

### WEBSITES

[www.black-bile.com](http://www.black-bile.com): because Silence is Deadenig

Excellent and up to date website on depression and suicide risks for physicians by EM physician Louise Andrew with special emphasis on particular triggers and subgroups within medicine such as litigation stress, issues particular to young physicians and women and many useful links to resources.

[The Pain of Caregiving and the Privilege of Suffering](#). OnBeing.org blog

An important report on resilience and burnout among care givers which emphasizes the need for the care giver to care for themselves in order to be resilient.

[KevinMD.com Social media's leading physician voice](#)

Keven Pho, MD practicing internist and powerful social media presence who provides a public face for the issues facing health care providers and policy makers. The physician tab in particular has discussions from many experts in physician burnout, suicide, resilience and empathy.

[Emergency Physicians Suffer from PTSD](#)

[When Medicine Gives you PTSD](#)

[Physician Suicide Letters](#)

### ARTICLES

[Is There an Epidemic of Burnout and Post-traumatic Stress in Critical Care Clinicians?](#) Curtis JR, Puntillo K. Am J Resp Crit Care Med. 2007;175(7):634.636.

This 2007 article involved critical care physicians. It discusses 3 accompanying studies, summarizing the field. Of interest, it notes that systematic solutions are necessary. It also recommends one of the most useless techniques: "The beatings will continue until morale improves." (eg, emphasis on improving communications, etc.) Finally, it notes the possibility of decreased quality of care while ignoring the literature that even tired physicians can perform well under pressure.

[The Prevalence of Common Mental Disorders Among Hospital Physicians and Their Association with Self-reported Work Ability: a Cross-sectional Study](#). Ruitenburg MM, Frings-Dresen MHW, Sluiter JK. BMC Health Serv Res. 2012;12: 292.

This study involved hospital based physicians. It found a range: burnout (6%) to work-related fatigue. Self-perception of insufficiency for the work presented seemed to be the strongest predictor. Solutions continue to be, to paraphrase, "work harder."

[Are You Under Stress in EMS?](#) Understanding the Slippery Slope of Burnout and PTSD

This is a teaching piece on PTSD and EMS. It is filled with good solid advice, like we expect, from our EMS friends. It is low on systematic solutions but high on how to protect yourself. Highly recommended.

[Emergency Department Staff Not Immune to Traumatic Stress](#)

Lowry F. Medscape Medical News, March 5, 2015. Physicians in the emergency department should be aware that they are at risk for post-traumatic stress disorder (PTSD), and should be prepared to take steps to deal with it if they find that they have symptoms.

### AREAS FOR FURTHER RESEARCH AND DEVELOPMENT

More understanding about PTSD in Medicine

EM specific risk factors, difficulties of PTSD recognition and reporting and prevention techniques

Testing those interventions in a clinical setting

How to garner support and funding for prevention programs