

Resources on Physician Wellness Throughout the Various Stages of Their Career and Life Created by members of ACEPs Well-being Committee, June 2015

Categories

- Early career – residency to attending
- Mid career – transition from junior faculty to senior faculty/midlife
- Late career – attending to retired
- Parenting
- Voluntary Career Changes
- Involuntary Career Changes

Early career – residency to attending

1. [The White Coat Investor](#) Plethora of information about financial, investing, insurance, contracts, etc.
2. [EMRA Career Planning: EMRA.org](#) has valuable information easing the transition from resident to attending.
3. Emergency Medicine: Reviews and Perspectives ([EM:RAP](#)) One of the best and most popular Emergency Medicine educational sites
4. [You Can! A Guide for Women Emergency Physicians.](#) -topics include being single, married, married without children, pregnancy in medical school and residency, life after residency as a new attending, single mothers, adoption and childcare
5. [The Transition from Resident to Attending Physician.](#) KevinMD.com blog, December 2012

Mid career – transition from junior faculty to senior faculty/midlife

[Executive Development Seminar for Interim and Aspiring Leaders](#) AAMC. Targeted at emerging leaders in academic medical centers.

AAMC [Mid-Career Women Faculty Professional Development Seminar](#) Physicians and PhD scientists holding medical school appointments and leadership positions within their discipline, department or institutions.

[Executive Program in Managing Healthcare Delivery \(Harvard Business School\)](#) Individuals of health care delivery organizations with more than 10 years of experience in either clinical or nonclinical roles.

[The Institute for Medical Leadership:](#) Physician Leadership Development Workshops A workshop originally developed for the AMA to enhance the quality and value of the full spectrum of care that your hospital and Health System offers.

[Executive Leadership in Academic Medicine](#) (ELAM) A year-long part-time fellowship for women faculty in schools of medicine, dentistry and public health.

Late Career – attending to retired

[8 Ways to Ease into Retirement.](#) Everyday HEALTH, 2015.

1. Financial:

- [Countdown to Retirement:](#) One Year to Go. Bankrate. 2014.
- [Living Well in Retirement:](#) Practical ideas for living retirement on your terms. Charles Schwab & Co. 2012.

2. **Leaving Practice:** From our psychiatry colleagues but could easily substitute EM for Psych in the article.

- [Retirement: Making a Successful Transition](#). APA Practice Organization. 2005.
- [For a Healthy Retirement, Keep Working](#). NY Times. 2009.

3. **Exercise:**

- [The Scientific 7-Minute Workout](#). NY Times. 2013.
- [7-Minute Workout app for your phone, tablet or other device](#)
- [The Right Dose of Exercise for a Longer Life](#). NY Times. 2015.
- [How to Get Your Spouse to Exercise](#). NY Times. 2015.
- [Exercise to Age Well, Whatever Your Age](#). NY Times. 2014.

4. **Diet:**

- [Healthy, Meet Delicious](#). NY Times. 2013.
- [\(Only\) Two Rules for a Good Diet](#). NY Times. 2014.
 1. Stop eating junk and hyperprocessed food. This eliminates probably 80 percent of the stuff that is being sold as “food.”
 2. Eat more plants than you did yesterday, or last year.
- [The Empty-Diet-Claim Season](#). NY Times. 2014.
- [Dieting vs. Exercise for Weight Loss](#). NY Times. 2012.
- [What Causes Weight Gain](#). NY Times. 2014

In sum: Sugar is not the enemy, or not the only enemy. The enemy is hyperprocessed food, including sugar.

5. **Sleep:**

- [How to Sleep Well as You Age](#). HelpGuide.org. 2015.
- [50+: Live Better, Longer](#). WebMD. 2014.
- [10 Ways to Get a Good Night’s Sleep](#). US News & World Report. 2013.

Parenting - as a part of wellness – work life balance

Cujec B, Oancia, T, Bohm C, et al. [Career and parenting satisfaction among medical students, residents and physician teachers at a Canadian medical school](#). *CMAJ*. 2000;162(5):637-40.

Moody KK. [Parenting and practicing: how to make both work](#). *ACEP Now*. March 1, 2013.

Hobson CJ, Delunas L, Kesic D. [Compelling evidence of the need for corporate work/life balance initiatives: results from a national survey of stressful life-events](#). 2001. *J Employ Counsel*. 38:38-44.

Wallace JE, Lemaire JB, Ghali WA. [Physician wellness: a missing quality indicator](#). 2009. *Lancet*. 374(9702):1714-1721.

Kossek EE, Noe RA, DeMarr BJ. [Work-Family role synthesis: Individual and organizational determinants](#). *Intern J Conflict Manage*. 1999;10(2):102-129.

Parsons WL, Duke PS, Snow P, et al. [Physicians as parents: parenting experiences of physicians in Newfoundland and Labrador](#). Can Fam Physician. 2009;55(8):808-809.

Shanafelt, TD, Boone S, Tan L, et al. [Burnout and Satisfaction with work-life balance among US physicians relative to the General US Population](#). Arch Intern Med. 2012;172(18):1377-1385.

[MommyWurk](#) is an online space for moms to gather: to educate, empower and encourage one another.

[mommd](#) – Connecting women in medicine. Their goal is to encourage and support women physicians, residents, medical students, premeds and nurses not only in their careers but also in life and home.

Voluntary Career Changes

[Non-Clinical Careers for Physicians](#)

This is the SEAK website which is a clearing house and training site for all types of non-clinical careers for physicians. It originally was primarily focused on writing but has branched out to many different options. They also run training programs for non medical writing and networking for non clinical careers.

[“I’ve Had it With Medicine!”](#) 16 options for Second Careers

"I've had it with medicine" 16 options for second careers given in this article from Medscape. 17 page discussion with vignettes from individuals who have made career changes.

[Doctor’s Crossing](#). Where physicians create inspiring lives and careers.

A proprietary website which has several discussions and blog posts regarding individual stories about career changes in medicine.

[Should You Consider a Concierge Medicine Practice?](#) This article discusses concierge medicine as an alternative. For those who want to stay involved in medicine but do it in an entirely different way- significantly different for an ED doctor!

Involuntary Career Changes

[“I’ve Had it With Medicine!”](#) 16 options for Second Careers

"I've had it with medicine" 16 options for second careers given in this article from Medscape. 17 page discussion with vignettes from individuals who have made career changes.

[Top 10 Mistakes That you Will Make When you Switch Jobs and How to Avoid Them](#)

James G. Adams, MD, FACEP educational webinar

[EM Career Central](#) - EMRA/ACEP job bank

[Is Your Job at Risk? Learn to Read the Signs](#). EP Monthly, November 2011

[New Employment Contract Pitfalls to Avoid](#). ACEP Now, November 2013.

[You’ve Been Fired: Now What?](#) Harvard Business Review, September 2013

[The Right Way to Be Fired](#). Harvard Business Review.