

ACEP Wellness Resources  
July 2015

The ACEP Well-being Committee (WBC) was asked to compile a list of wellness resources. Members of the WBC gathered resources and grouped them into the following categories:

- Speakers
- Websites
- TED talks
- YouTube Videos
- Books
- Articles
- Audio CDs
- People to Follow on Twitter

## Speakers

The following is a list of individuals who have volunteered to be on this reference list. ACEP has not reviewed their presentations for value to EM. ACEP is not responsible for their scheduling. If you do not have contact information for the speaker, please send a message to [wellbeing.section@acep.org](mailto:wellbeing.section@acep.org) in order to have your name referred to them.

Shay Bintliff, MD, FACEP, Hawaii  
Topic: Adult APGAR and Planning for Retirement

Diane Birnbaumer, MD, FACEP, Harbor University of California Los Angeles  
Topic: Women in Emergency Medicine; Mentoring

Aaron Bright, MD. From: Keck School of Medicine, University of South Carolina  
Topic: Hippo Emergency Medicine. Burnout

Kathleen Cowling, DO, FACEP, Central Michigan University  
Topic: Advocacy (patient and resident) and lifelong learning

Fred Dennis, MD, MBA, FACEP, Emcare, West division  
Topic: Emergency medicine and economics

Marianne Gausche-Hill, MD, FACEP, David Geffen School of Medicine, UCLA; and Harbor-UCLA Medical Center  
Topic: Lifelong Learning, perspective and careers in emergency medicine

Nicole Gauthier-Schatz. Certified Yoga Therapist. Well WVU  
Topic: Destress Yoga; Stress specialist – Dean Ornish Program

Greg Henry, MD, FACEP, Former ACEP President; Michigan; Retired.  
Topic: Litigation Stress and Issues in Emergency Medicine. Perspective: Careers in Emergency Medicine. How to Get a polka band to do a Jim Morrison Songbook

Hans House, MD, FACEP, Iowa  
Topic: Resident education on wellness. Achieving clinical mastery. Response to burnout. Recognizing biases and sources of error

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Jay Kaplan, MD, FACEP, ACEP President-elect (2015)

Topic: Staying well – promoting resiliency and avoiding compassion fatigue. What brought us into this dance isn't getting us in the next one – the future is ahead of schedule. Service and quality, people and process – how to make your department (hospital) a great one. Practicing excellence – how to give great care and feel better at the end of your day. Nurses are from Saturn, physicians are from Jupiter, and health care administrators are from Mars – how can we all speak the same language. Alternative practice options.

Edwin Leap, MD, FACEP, South Carolina

Topic: Career adaptation in Emergency Medicine. Physician lifestyle issues

Bill Reger-Nash, EdD, West Virginia School of Medicine

Topic: Foundations of Wellness and WV Walks program. Stepping into physical activity – recommendations, benefits, and challenges of establishing a regular physical activity program

Comilla Sasson, MD, MS, University of Denver School of Medicine, Denver, Colorado

Topics: Health care disparities. General wellness.

Jan Schoenberger, MD, Keck School of Medicine University of South Carolina

Topic: Palliative care and Emergency Medicine. Dealing with night shifts. Scheduling strategies for groups to promote wellness. Recognizing burnout and strategies to address. Compassion fatigue. Depression and suicide in physicians. 5 things that we do on a shift that causes physical pain and how to avoid them.

Rob Strauss, MD, FACEP, Team Health

Topic: Emergency Department management and customer service. Enhancing job satisfaction.

Paul Veach, MD, Harris Hospital, Newport, AR

Topic: Medical marriages

May Jo Wagner, MD, FACEP, Michigan State University

Topic: Education – students and residents; Professionalism

## Websites

American College of Emergency Physicians [Wellness resources](#)

[Chopra, Deepak MD](#)

Dike Drummund, MD. [The Happy MD](#). Topic: Burnout prevention video (free online), blog and burnout prevention matrix:

W.W. Dyer, Ed.D. Topic: [Heal Your Life](#)

Mark Hyman, MD. Topic: Nutrition and wellness: <http://www.ultrametabolism.com> and <http://www.drhyman.com>

[International Association of Yoga Therapists](#) (IAYT)

Jon Kabat-Zinn, PhD. [Mindfulness-Based Stress Reduction](#) (MBSR) Program based in Massachusetts

[Mind & Life Institute](#) (mindfulness)

[National Center for Complementary and Integrative Health](#)

Rachel Naomi Remen, MD. Topic: Finding Meaning in Medicine groups, The Healer's Art Course, The Power of Nursing Course. <http://www.ishiprograms.org/programs/all-healthcare-professionals/>

Andrew Weil, MD Topic: [Spontaneous Happiness](#)

Andrew Weil, MD Topic: [Healthy Aging](#)

### **TED Talks**

[Shawn Achor](#), Psychologist, CEO of Good Think Inc, where he researches and teaches about positive psychology.

Achor, S. (2011) [The happy secret to better work](#)

The following TED Talks are reviewed and deemed to have meaning to the general population, but are not categorized by life stages or pertinence to EM

Brown, B. (2010, June). [The Power of Vulnerability](#)

Buettner, D. (2009, September). [How to Live to be 100+](#)

Cuddy, A. (2012, June). [Your Body Language Shapes Who You Are](#)

Cutts, M. (2011, March). [Try Something New for 30 Days](#)

Gilbert, D. (2004, February). [The Surprising Science of Happiness](#)

Hill, G. (2010, February). [Why I'm a Weekday Vegetarian](#)

Jacobs, A.J. (2011, October). [How Healthy Living Nearly Killed Me](#)

Killingsworth, M. (2011, November). [Want to be Happier? Stay in the Moment](#)

Kraft, D. (2011, April). [Medicine's Future? There's an App for That](#)

Marsh, N (2010, May). [How to Make Work-Life Balance Work](#)

Oliver, J. (2004, February). [Teach Every Child About Food](#)

Ornish, D. (2004, February). [Healing Through Diet](#)

Sagmeister, S. (2009, July). [The Power of Time Off](#)

Saunders, B. (2012, November). [Why Bother Leaving the House?](#)

Sivers, D. (2010, July). [Keep Your Goals to Yourself](#)

Wooden, J. (2001, February). [The Difference Between Winning and Succeeding](#)

Zak, P. (2011, July). [Trust, Morality -- and Oxytocin?](#)

## YouTube Videos

- Achor, S. (2014, February 10). [Before Happiness](#)
- Dyer, W. (2013, October 8). [Your reality is created by your thoughts](#)
- Dyer, W. (2014, February 16). [Finding your purpose in life.](#)
- Jackson-Best, F. (2013, December 16). [Wellness and wealth – Why mental health matters](#)

## Books

- Albom, M. (1997). *Tuesdays with Morrie*. New York, NY: Doubleday.
- American College of Emergency Physicians. (2004). [Wellness Book for Emergency Physicians](#).
- American College of Emergency Physicians. [Physician Impairment](#) [policy statement]
- Bach, R. (1977). *Illusions: Adventures of a reluctant messiah*. New York, NY: Delacorte.  
Area of Interest: Spiritual, self-help.
- Bolman, L. & Deal, T. (1995). *Leading with soul: An uncommon journey of spirit*. San Francisco, CA: Jossey-Bass Publishers.  
Area of Interest: Leadership, spiritual.
- Cloud, H. (1993). *Changes That Heal – the Four Shifts That Make Everything Better ...and That Anyone Can Do*. Nashville, TN: Zondervan.  
Area of Interest: Spiritual.
- Collins, J. (2001). *Good to great: Why some companies make the leap...and others don't*. New York, NY: Harper Collins Publishers, Inc.  
Area of Interest: Professional development.
- Covey, S. (1989). *The seven habits of highly effective people*. New York, NY: Simon & Schuster.  
Area of Interest: Professional development.
- Dyer, W. (2010). *Excuses begone*. New York, NY: Hay House, Inc.  
Area of Interest: Spiritual and professional development.
- Dyer, W. (2014). *Getting in the Gap*. New York, NY: Hay House Inc.  
Area of Interest: Meditation.
- Dyer, W. (2014). *I can see clearly now*. New York, NY: Hay House, Inc.  
Area of Interest: Inspirational and professional development.
- Gladwell, M. (2011). *Outliers*. Brentwood, TN: Back Bay Books.  
Area of Interest: Personal and professional development.
- Grateful Members. (1994). *The twelve steps for everyone...who really wants them*. Center City, MN: Hazelden.
- Johnson S. (1989). *Who moved my cheese?* New York, NY: Putnam and Sons.  
Area of Interest: Professional development.
- Kriegel, R. & Brandt, D. (1996). *Sacred cows make the best burgers: Developing change-ready people and organizations*. New York, NY: Warner Books.  
Area of Interest: Business.

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Kushner, H. (2001). *Living a life that matters: Resolving the conflict between conscience and success*. New York, NY: Alfred A. Knopf.

Area of Interest: Self-help

Kurtz, E. & Ketcham, K. (1992). *The spirituality of imperfection: Storytelling and the search for meaning*. New York, NY: Bantam Books.

Area of Interest: Spiritual.

Edwin. L. K. (2004). *Working knights*.

Edwin. L. K. (2010). *The practice test*.

Edwin. L. K. (2014). *Life in emergistan*.

Area of Interest: Personal development.

Levitt, S. & Dubner, S. (2009). *Freakonomics*. New York, NY: Harper Perennial.

Area of Interest: self-development.

Levitt, S. & Dubner, S. (2014). *Think like a freak*. Harper Collins Publishers, New York, NY:

Harper Collins Publishers.

Area of Interest: Self-development, business.

Lipsenthal, L (2011). *Enjoy every sandwich – Living each day as if it were your last*. New York, NY: Crown Archetype.

Area of Interest: Self-help and inspirational.

Moore, T. (1994). *Care of the soul: Honoring the mysteries of love and relationships*. New York, NY: Harper Collins.

Area of Interest: Spiritual.

Moore, T. (1992). *Soulmates: A guide for cultivating depth and sacredness in everyday life*. New York, NY: Harper Collins.

Area of Interest: Spiritual, professional development.

Muller, W. (1999). *Sabbath: Restoring the sacred rhythm of rest*. New York, NY: Bantam Books.

Area of Interest: Spiritual.

Needleman, J. (1994). *Money and the meaning of life*. New York, NY: Doubleday and Company, Inc.

Area of Interest: Business.

O'Donohue, J. (1998). *Eternal echoes: Exploring our hunger to belong*. London: Barton Press. Area of Interest: Spiritual.

Oliver, M. (1992). *New and selected poems*. Boston, MA: Beacon Press.

Area of Interest: Spiritual.

Remen, R. N. (2000). *My Grandfather's Blessings*. New York, NY: Riverhead Books.

The Arbinger Institute. (2000). *Leadership and self-deception*. San Francisco, CA: Berrett-Koehler Publishers, Inc.

Area of interest: Professional development.

Whyte, D. (1994). *The heart aroused: Poetry and preservation of the soul in corporate America*. New York, NY: Currency Doubleday.

Area of Interest: Spiritual, personal development.

Whyte, D. (Various Years). *The House of belongings: Songs for coming home. fire in the earth: Where many rivers meet (books of poetry)*. Langley, WA: Many Rivers Press.

Area of Interest: Spiritual.

## Articles

Boisaubin EV, Levine RE. (2001). Identifying and assisting the impaired physician. *Am J Med Sci.* 322, 3136.

Hölzel BK, Carmody J, Vangel M, et al. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatr Res.* 191(1), 36-43.

Houry D, Shockley LW, Markovchick V. (2000). Wellness issues and the emergency medicine resident. *Ann Emerg Med.* 35(4), 394-396.

Lefebvre DC. (2012). Perspective: Resident physician wellness: a new hope. *Acad Med.* 87(5), 598-602.

Lum G, Goldberg RM, Mallon WK, et al. (1995). Annotated bibliography: A survey of wellness issues in emergency medicine (part 2). *Ann Emerg Med.* 25, 242-248.

Lum G, Goldberg RM, Mallon WK, et al. (1995). Annotated bibliography: A survey of wellness issues in emergency medicine (part 3). *Ann Emerg Med.* 25, 407-411.

Moreno-Walton L, Buller G, Nakamoto A, et al. (2012). 360 The current state of emergency medicine resident wellness: A survey. *Ann Emerg Med.* 60(4), S128.

Oglesbee S, Riss D, Ernst AA, et al. (2013). A strategy to improve wellness among out-of-hospital providers. *Ann Emerg Med.* 62(4), S156.

Schmitz GR, Clark M, Heron S, et al. (2012). Strategies for coping with stress in emergency medicine: Early education is vital. *J Emerg Trauma Shock.* 5(1), 64-69.

Walthall JDH, Chisholm CD, Rodgers KG, et al. (2012). Abstract 21: Preemptive wellness: An emergency medicine residency support network retreat. *Ann Emerg Med.* 60(5), S170.

Weichenthal LA, McCullough S, Manternach S, et al. (2014). Abstract 123: Creating a wellness curriculum for an emergency medicine residency. *Ann Emerg Med.* 64(4), S44-S45.

## **Burnout, Stress and Wellness**

Chisholm C, Heyborne R, Short T, et al. Reflections about "burn-out." *Acad Emerg Med.* 16(6), 567-571.  
Description: A highly regarded program director gives her opinion on factors contributing to ED burnout.

Hobgood C, Hevia A, Tamayo-Sarver JH, et al. (2005). The influence of the causes and contexts of medical errors on emergency medicine residents' responses to their errors: An exploration. *Acad Med.* 80(8), 758-764. <http://www.ncbi.nlm.nih.gov/pubmed/16043533>

Description: Over 93% of residents have made medical errors. 71% of them discussed the error with their attending, 28% with the patient or family. Most residents felt remorse, guilt, inadequacy, and frustration over the error. Negative emotions were associated with personal characteristics, job overload, and lack of institutional support.

Houry D, Shockley LW, Markovchick V. (2000). Wellness issues and the emergency medicine resident. *Ann Emerg Med.* 35(4),394-397.

Description: This article discusses wellness issues including sleep, drug use, pregnancy, relationships, and safety among EM residents – key issues to consider to thrive in the ED

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Katz ED, Sharp L, Ferguson E. (2006). Depression among emergency medicine residents over an academic year. *Acad Emerg Med.* 13(3), 284-287.

Description: Found that 12% of EM residents have depression and it is not predicted by gender, number of hours worked, or residency year.

Schmitz G. (2012). Strategies for coping with stress in emergency medicine: Early education is vital. *J Emerg Trauma Shock.* 5(1), 64-69.

Description: Describes solutions to burnout and stress. Also looks at correlation between resident stress and patient satisfaction with their care.

Shah M, Cydulka RK. (2007). Chronicles of an emergency medicine intern. *Acad Emerg Med.* 14(5), 475-478.

Description. Offers a first-hand account of the stresses of intern year of residency and the need for interpersonal support systems.

***Rotating shift work and the sleep cycle***

Kuhn G. (2001). Circadian rhythm, shift work, and emergency medicine. *Ann Emerg Med.* 37(1), 88-98.

Description: Reviews the physiological negative effects of desynchronization, or interruption of the circadian rhythm, on physician wellbeing.

Nelson D. (2007). Prevention and treatment of sleep deprivation among emergency physicians. *Pediatr Emerg Care.* 23(7), 498-503.

Description: Addresses the negative effects of sleep deprivation and reviews methods to counteract it, including caffeine, alertness-enhancing agents, and better sleep hygiene.

Papp KK, Stoller EP, Sage P, et al. (2004). The effects of sleep loss and fatigue on resident-physicians: A multi-institutional, mixed-method study. *Acad Med.* 79(5), 394-406. Description: Found that only 16% of residents could score in the normal range on the Epworth Sleepiness Scale. Residents perceived that sleep loss and fatigue had major impact both on personal lives and on work responsibilities.

***Occupational Hazards***

Dorevitch S, Forst L. (2000). The occupational hazards of emergency physicians. *Am J Emerg Med.* 18(3), 300-311.

Description: Focuses on common occupational hazards including bloodborne illnesses, latex allergies, workplace violence, shift work, and emotional stress.

Gates DM, Ross CS, McQueen L. (2006). Violence against emergency department workers. *J Emerg Med.* 31(3), 331-337.

Description: Study of violence in 5 EDs over six months found that there were 319 assaults by patients and 10 assaults by visitors, of which 65% went un-reported.

***(Following from ACEP Leadership Facebook webpage):***

Coombs RH. (1991). Marital status and personal well-being: A literature review. *Family Relations*, 40, 97-102.

Coombs RH, Hovanessian HC. (1988) Stress in the role of constellation of female resident physicians. *JAMWA*, 43, 21-27.

Coran, LM. & Litt, IF. (1988). House staff well-being. *West J Med.* 148, 97-101.

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Dorevitch S, Forst L. (2000). The occupational hazards of emergency physicians. *Am J Emerg Med.* 18, 300-311.

Fletcher GF, Balady G, Blair SN, et al. (1996). Statement on exercise: Benefits and recommendations for physical activity programs for all Americans. A statement for health professionals by the committee on exercise and cardiac rehabilitation of the Council on Clinical Cardiology, American Heart Association. *Circulation.* 94, 857-862.

Groves JE. (1978). Taking care of the hateful patient. *N Engl J Med.* 298 (16), 883-887.

Hunter ML. (1990). The Five Stages of Dying in a Malpractice Suit. *Tex Med.*, 86, 50-53.

Jagger J, Powers RD, Day JS, et al. (1994). Epidemiology and prevention of blood and body fluid exposures among emergency department staff. *J Emerg Med.* 12, 753-765.

Lauber RP, Sheard NF. (2001). The American Heart Association dietary guidelines for 2000: A summary report. *Nutrition Rev.* 59, 298-306.

Lum G, Goldberg RM, Mallon WK, et al. (1995). A survey of wellness issues in emergency medicine (part 1). *Ann Emerg Med.* 25, 81-85.

Lum G, Goldberg RM, Mallon WK, et al. (1995). A survey of wellness issues in emergency medicine (part 2). *Ann Emerg Med.* 25, 242-248.

Lum G, Goldberg RM, Mallon WK, et al (1995). A survey of wellness issues in emergency medicine (part 3). *Ann Emerg Med.* 25, 407-411.

Oster NS, Doyle CJ. (2000). Critical incident stress and challenges for the emergency workplace. *Emerg Med Clin North Am.* 18, 339-353.

Wenokur B, Campbell L. (1991). Malpractice suit emotional trauma. *JAMA.* 266, 2834.

Whitehead DC, Thomas H, Slapper DR. (1992). A rational approach to shiftwork in emergency medicine. *Ann Emerg Med.* 21, 1250-1258.

Wilbert JR, Charles SC, Warnecke RB, et al. (1987). Coping with the stress of malpractice litigation. *Illinois Med J.* 171, 23-26.

## **Audio CDs**

Available through the [Nightingale Conant Corporation](#).  
Phone: 800-560-6081, Fax: 800-647-9198

Blanchard, K. *Personal excellence.*

Covey, S., Merrill, A. R. & Merrill, R. R. *First things first.*

Gerber, M. *Taking charge of your business and your life.*

Gerber, M. *The E Myth manager seminar.*



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Hyman, M. *The 5 forces of wellness.*

Metcalf, C. W. *Lighten up the amazing power of grace under pressure.*

Peters, T. *The innovation revolution.*

Rohn, J. *The art of exceptional living.*

Rohn, J. *Take charge of your life - The winner's seminar.*

Rohn, J. *The power of ambition - Unleashing the conquering drive within you.*

Available through the Mary Rivers Company.

Phone: 360-221-1324

Weil, A. *Mind body Tool Kit.*

Weil, A. *The Healthy Brain Kit.*

Weil, A. & Kabat-Zinn, J. *Breathing – Mastering the key to self-healing and meditation for optimum health.*

Weil, A. & Rossman, M. *Self-healing with guided imagery.*

Whyte, D. *Footsteps: A writer's life.*

### **People to Follow on Twitter**

[ACEP Wellness Section](#)

[Jay Kaplan, MD, FACEP, ACEP President 2015-2016](#)

[Dr. Wayne Dyer](#)

[Richard Winters, MD](#)