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: because Silence is Deadening
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

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.

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