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 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.**

- **Hans House, MD, FACEP, Iowa**
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:


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


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](http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html)

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

Buettner, D. (2009, September). [How to Live to be 100+](http://www.ted.com/talks/daniel_buettner_how_to_live_to_be_100.html)
ACEP Wellness Resources
July 2015

**YouTube Videos**

Achor, S. (2014, February 10). *Before Happiness*

Dyer, W. (2013, October 8). *Your reality is created by your thoughts*


**Books**


American College of Emergency Physicians. *Physician Impairment* [policy statement]


Area of Interest: Spiritual, self-help.


Area of Interest: Leadership, spiritual.


Area of Interest: Spiritual.


Area of Interest: Professional development.


Area of Interest: Professional development.


Area of Interest: Spiritual and professional development.


Area of Interest: Meditation.


Area of Interest: Inspirational and professional development.


Area of Interest: Personal and professional development.

Grateful Members. (1994). *The twelve steps for everyone...who really wants them.* Center City, MN: Hazelden.


Area of Interest: Professional development.


Area of Interest: Business.
Area of Interest: Self-help

Area of Interest: Spiritual.


Area of Interest: Personal development.

Area of Interest: Self-development.

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.

Area of Interest: Spiritual.

Area of Interest: Spiritual, professional development.

Area of Interest: Spiritual.

Area of Interest: Business.


Area of Interest: Spiritual.


Area of interest: Professional development.

Area of Interest: Spiritual, personal development.

Area of Interest: Spiritual.
Articles


Burnout, Stress and Wellness


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

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

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**

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

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


**Occupational Hazards**

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

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)*:


**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.*
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