

Online Modules and Toolkits

Physician Burnout: Improve Physician Satisfaction and Patient Outcomes

American Medical Association

Learning Objectives:

1. Describe why physician burnout is a pressing issue
2. Identify key contributors to physician burnout
3. Outline benefits of conducting an annual wellness survey to document intervention effectiveness
4. Recognize different interventions available to address physician burnout

View the full module here: <https://edhub.ama-assn.org/steps-forward/module/2702509>

Promoting Well-Being

Physician Well-Being: Protect Against Burnout and Encourage Self-Care

Learning Objectives:

1. Describe a framework for understanding the role of individual and system level factors related to burnout
2. Review simple, evidence-based solutions to enhance your individual resilience and to mitigate stress while practicing medicine
3. Identify action steps, tools, and resources to help you to further improve well-being

View the full module here: <https://edhub.ama-assn.org/steps-forward/module/2702556>



Assessing and Addressing Emotional and Psychological Distress/Depression/Suicide

Association of American Medical Colleges

By the end of this session, learners will be able to:

1. Explain the importance of an open dialogue among physicians about depression and suicide within the profession.
2. Describe the stigma surrounding depression and help-seeking behaviors among physicians.
3. Discuss the benefits of an environment that encourages caring vigilance among colleagues and appropriate help-seeking behaviors for depression and suicidal ideation.

View the full module and toolkit here:

https://www.mededportal.org/doi/10.15766/mep_2374-8265.10508

Improving the Learning and Working Environment

Based on their popular session from the 2016 ACGME Annual Educational Conference, Drs. Carol Bernstein and Lyuba Konopasek provide a hands-on approach for conducting a needs assessment for developing a physician well-being plan, including tools for designated institutional officials, program directors, and program coordinators to identify stressors and supports, as well as for developing curricular innovations, coaching strategies, and faculty development activities to use in the clinical learning environment.

Download the Webinar Slides here:

https://www.acgme.org/Portals/0/PDFs/Webinars/July_13_Powerpoint.pdf



After a suicide toolkit

Accreditation Council for Graduate Medical Education

In the event of a suicide within a physician residency or fellowship program, it is critical to have a plan of action already in place. This toolkit gives you a foundation for doing so. First and foremost, we encourage you to assemble a Crisis Response Team (pg. 5), and have provided a Suggested Communication Plan (pg. 6).

This toolkit also serves as a practical handbook to consult at the time a suicide death does occur. You will find guidance and step-by-step lists on how best to go about:

Gathering information (pg. 7)

Communicating with the deceased's emergency contact (pg. 8)

Notifying the community (pg. 10)

Helping residents, as well as faculty and staff, cope (pgs. 14-15)

Dealing with the practical consequences on schedules and workflow (pg. 16)

Coordinating and planning a memorial (pg. 17)

You will also find within the Appendix (pg. 20) immediately usable advice and checklists including Tips for Talking about Suicide (pg. 23); Sample Scripts to be Used in Face-to-Face Communication (pg. 25), and Sample Email Death Notifications (pg. 27); a Memorial Service Planning Checklist (pg. 30); a Sample Media Statement (pg. 32); and Key Messages for the Media Spokesperson (pgs. 33-34).



It is our hope that you will read through this toolkit before an event takes place. Whether or not you do so, this handbook can serve as a useful guide in the immediate aftermath of a suicide.

View the full toolkit here: <https://dl.acgme.org/learn/article/after-a-suicide-toolkit>

