

Physician Well-Being During Sustained Crisis

Defusing Burnout, Building Resilience, Restoring Hope

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AN ANTHOLOGY OF ESSENTIAL ESSAYS

Problem: Physician burnout is prevalent and is exacerbated by the COVID-19 pandemic. Healthcare organizations are stretched to meet increased demand for high-level clinical care while facing professional staffing shortages and maintaining staff morale.

Solution: *Physician Well-Being During Sustained Crisis* provides recommendations and practical solutions to support clinicians who are dealing daily with long hours, stressful situations, challenging decisions, moral dilemmas, and lack of opportunity for self-care.

Experts: *Physician Well-Being During Sustained Crisis* features over twenty authors—including active physician executives, counselors, and healthcare chaplains—who write from frontline experience battling crises and caring for patients and clinicians.

Content: The book analyzes three core concepts related to the well-being of physicians:

1. Defusing Burnout – Explores the impact of severe and unremitting crisis-related stress on physicians and provides practical strategies and resources to ameliorate stress.
2. Building Resilience – Examines the influence of organizational culture in sustaining professional wellness with initiatives designed to promote community and collegiality.
3. Restoring Hope – Delves into the unique role of spiritual support in defusing burnout and contributing to resilience.

Audience: Who can benefit from *Physician Well-Being During Sustained Crisis*?

- Physician leaders, especially Chief Medical Officers and Chief Wellness Officers
- Clinical executives at every level from CEO to VP to Director to Manager
- Healthcare chaplains and spiritual caregivers

Discovery Points: In these pages, you will learn from sage, experienced authors how to:

- Form interdisciplinary patient care teams including physicians, nurses and chaplains.
- Create a comprehensive program to address grief, bereavement, and recovery.
- Implement a virtual care/coaching/counseling program for stressed caregivers.
- Build physician collegiality through the resource of a revitalized physician lounge.
- Organize a virtual small group peer support experience.
- Support multi-role physicians (physician/spouse/parent) in achieving healthy life balance.
- Develop a wholeness initiative incorporating physical, mental, and spiritual wellness.
- Initiate and organize a unified physician wellness program combining competing healthcare systems in a large metropolitan setting.