Doctors’ Health

“Medice, cura te ipsum” Luke 4:23

This document has been curated by Fellows of the RACP to help you find high quality CPD resources about the health of doctors.

Resources are categorised by type:

1. Key organisations & websites
2. Webcasts
3. Courses
4. Tools
5. Key journals
6. Recommended reading

Doctors’ health – the elephant in the room?

Doctors’ health means more than just the absence of ill-health and infirmity. It refers to the overall mental, physical and social wellbeing which enables you to practice effectively.

To achieve this it is important not only to have your own GP and get regular check-ups, but also to be aware of your mental health and very real issues like stress, burnout and depression. The following collection includes resources to help and support yourself, your colleagues and your teams.

SEND US YOUR FEEDBACK:

RACP curated collections are managed by the Learning Support Unit, based on the contributions and peer review of Fellows of the College and other experts.

We thank Dr Libby Smales, Dr Libby Sexton and Dr Barry Taylor for their contributions to this page.

Tell us what you think about this page and make suggestions for improvement by emailing myresources@racp.edu.au.

Short on time? Try this:

- **Read** a short guide on managing stress and anxiety
- **Listen** to a podcast on doctor’s health
- **Watch** a video on how to use your stress positively
Key organisations & websites

Useful as a starting point and overview of current work in this area

CPD TIP: Keep notes on your activities on these sites to claim CPD points in Category 6 (1 credit/hr)

Support Services for Health Professionals
The RACP has compiled a list of support services for physicians and students in the areas of health, mental health, addiction, financial and workplace difficulties.

Australian Doctors’ Health Network
This website is designed for doctors and students, and for families and colleagues of doctors in Australia and New Zealand. The site provides you with contact phone numbers for immediate help and support.

Doctors’ Health Advisory Service
This service provides helpline advice to practitioners and students facing difficulties as well as offering health promotion and educational information. This service is available in all states, territories and NZ.

Medical Benevolent Association of NSW
The Medical Benevolent Association of NSW provides free and confidential financial assistance and counselling to registered medical practitioners, medical students and their families in NSW and ACT.

Beyondblue
Beyondblue provides information and support to help people achieve their best possible mental health. Their Doctors’ Mental Health Program focuses on depression and anxiety in medical students and doctors.

Black Dog Institute
Black Dog is a leader in mood disorders such as depression, anxiety and bipolar disorder. Their website provides resources for people with mood disorders and those wanting to help someone else.

MindhealthConnect
This website aggregates mental health resources and content from the leading health organisations in Australia, including online programs, fact sheets, audio and video, and online communities.

The George Washington Institute for Spirituality & Health (GWish)
GWish conducts research, education and policy work on the spiritual needs of healthcare professionals, patients and families.

Webcasts

Useful for brief overviews of topics and recent developments

CPD TIP: Keep notes on the activities you watch to claim CPD points in Category 6 (1 credit/hr)

A Complete Check-up: Doctors’ Mental Health and Wellbeing
This one hour program examines the experiences of rural doctors with depression and anxiety disorders and explores treatment options, services and programs.

Computer Assisted Learning for the mind (CALM)
The University of Auckland presents a variety of podcasts to assist with the management of stress, anxiety and depression.
University of California Television: Stress Management Series
This series from the Osher Center for Integrative Medicine explains how we experience stress, anxiety, depression and other disorders and suggests effective strategies to cope. Of particular interest are:

- Cognitive-Behavioural Stress Reduction
- Staying Sane Through Difficult Times
- How Your Brain Can Turn Anxiety into Calmness
- Outsmarting Stress and Enhancing Resilience
- Physician Burnout
- Sleep: The Forgotten Key to Health and Wellness

Courses
Useful for in depth, structured learning

CPD TIP: Keep certificates and notes from courses to claim CPD points in Category 4 (3 credits/hr)

EPhysicianHealth
This resource is designed to help physicians be resilient in their professional and personal lives. It includes short modules on substance use, nutrition, fitness, mood disorders, disruptive behaviours and more.

Mindfulness Based Stress Reduction – Openground
This is an eight week course to increase personal emotional and physical health, wellbeing and resilience. Openground has close links to the Centre for Mindfulness at the University of Massachusetts.

Stress Management - The Centre for Continuing Education – Sydney
This short workshop helps you understand and tackle problems that may be contributing to your stress.

Tools
Useful for implementing what you have learned in your daily practice

CPD TIP: Keep documentation from audits to claim CPD points in Category 5 (3 credits/hr)

AMA Fatigue Risk Assessment
The AMA has developed an online tool to help doctors determine whether they are at risk of fatigue.

Lifeline Australia Self Help Tools
Lifeline has a variety of self-help toolkits and self-assessments to help identify and assist with mental health issues.

MindTools Stress Management Techniques
Mind Tools offers practical tools and techniques to deal with stress, burnout and anger and sleep issues.

Key journals
Useful for keeping up to date with research and finding out more on specific topics

CPD TIP: Keep notes on what you read to claim CPD points in Category 6 (1 credit/hr)

Burnout Research
Burnout Research is a peer-reviewed international journal aimed at presenting basic, translational and clinical high-quality research related to the phenomenon of burnout.
Recommended reading

Useful for keeping up to date with research and finding out more on specific topics

CPD TIP: Keep notes on what you read to claim CPD points in Category 6 (1 credit/hr)

ANZCA’s Welfare Special Interest Group resources
The Welfare of Anaesthetists SIG has a large selection of fact sheets on a range of topics including personal health strategies, depression and anxiety, and bullying and harassment which are relevant to all doctors.

Avoiding Burn-Out in Remote Area – Surviving the Day to Day Hassles
This guide has been developed specifically to support health practitioners working in remote communities.

The Basics – Strategies for Coping with Stress and Building Resilience in Physicians
This is a series of articles written by Dr. Kaufmann (medical director of the Ontario Medical Association Physician Health Program) on coping with stress and building resilience.

Coping With Shift Work
The UCLA Sleep Disorders Center proposes strategies for overcoming sleep problems caused by a non-traditional work schedule.

Keeping the Doctor Alive – a Self-Care Guide Book for Medical practitioners
The purpose of this guidebook from the RACGP is to provide medical practitioners with information and resources on strategies for self-care as an essential element of their professional life.

Physician health matters – a mental health strategy for physicians in Canada
This publication from the Canadian Medical Association (2010) focuses on a mental health strategy for physicians.

The Ultimate Time Management Guide for GPs (and in fact anyone in general practice)
Hugh Kearns and Maria Gardiner look at various practical strategies to help doctors better manage their time.

This article explores the epidemiology of physician distress and the relationships between distress, well-being, and professionalism.

What doctors feel
Dr Danielle Ofri, Physician at Bellevue Hospital USA, writes about the emotional side of medicine.

Why Sleep Matters
Harvard Medical School presents notes, articles and podcasts on the benefits of sleep and the consequences of insufficient sleep.