

## Physician Burnout Articles

Please see the links below:

1. [Stanford Medicine Wellness Program](#)
2. [AMA - Preventing Physician Burnout](#)  
A CME module developed by the American Medical Association focusing on preventing physician burnout and improving patient satisfaction, quality outcomes and provider recruitment and retention.
3. [Stanford's "time banking" Program Helps ER Physicians Avoid Burnout](#)  
Stanford's Department of Emergency Medicine adopted a "time banking" program that allows doctors to log the time they spend doing often under-valued activities, such as mentoring and covering colleagues' shifts, to earn credits for the work and home-related services that would normally gobble up their free time.
4. [If Every Fifth Physician is Affected by Burnout, What About the Other Four? Resilience Strategies of Experienced Physicians](#)  
A study to identify health-promoting strategies employed by experienced physicians in order to define prototypical resilience processes and key aspects of resilience-fostering preventive actions.
5. [Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014](#)  
An evaluation of the prevalence of burnout and satisfaction with work-life balance in physicians and US workers in 2014 relative to 2011.
6. [Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians](#)  
An Intervention study to determine whether an intensive educational program in mindfulness, communication, and self-awareness is associated with improvement in primary care physicians' well-being, psychological distress, burnout, and capacity for relating to patients.
7. [The Impact of a Program in Mindful Communication on Primary Care Physicians](#)  
The purpose of this research was to understand what aspects of a successful continuing education program in mindful communication contributed to physicians' well-being and the care they provide.