

COMBATTING BURNOUT

RESOURCES FOR COLORADO HEALTHCARE WORKERS

(S) Purchase Required **(F)** Free Access **(C)** Clinician-Specific

THERAPY & MENTAL HEALTH

LOCAL

Colorado Physician Health Program **(F C)**

<https://cphp.org/>

The Colorado Physician Health Program (CPHP) is a nonprofit organization, independent of other medical organizations and the government. CPHP provides the peer assistance services for licensed physicians and physician assistants of Colorado.

CPHP COVID-19 Care Line **(F C)**

<https://cphp.org/physicians-covid-19-care-line/>

A free hotline for any Colorado physician or physician assistant. Links you with a physician peer who will listen and discuss stresses of the COVID-19 crisis. These free calls are not treatment, but rather an opportunity for peer support. Information you provide will be kept confidential to the extent allowed by law.

720-810-9131 | M-F 8:30a-4:30p

CPHP Wellness Resources **(F C)**

<https://cphp.org/wellness/wellnessburnout/>

APPS

Most apps have free trial period if paid subscription required.
(on iOS & Android Stores)

MEDITATION:

Calm (S)

Headspace (S)

Insight Timer (F)

Ten Percent Happier (S)

+ accompanying book & podcast

Buddhify (S)

Unplug (S)

Simple Habit (S)

YOGA+WORKOUTS:

Down Dog (F/S)

<https://www.downdogapp.com/healthcare>

(Free subscription for HCWs until 01/2022)

Includes Down Dog, HIIT, Meditation, Barre, & Prenatal Yoga

GENERAL WELLNESS:

Provider Resilience (F)

Originally designed by psychologists at the Defense Health Agency Connected Health for healthcare providers treating military personnel. Includes psychoeducation, self-assessments, meditation podcasts, and physical exercises alongside longitudinal tracking of resilience ratings.

Therapy Aid Coalition **(F/S)**

<https://therapyaid.org/>

Connects essential workers with free and low-cost online therapy during the COVID-19 pandemic and other crises.

Talkspace (S)

<https://www.talkspace.com/>

Therapy with 24/7 access — reach out whenever you need. Eliminate commute time and scheduling hassles.

Battle Within (F)

<https://www.thebattlewithin.org/frontline-therapy-network>

Up to 6 free therapy/teletherapy for healthcare workers. Matched with a provider vetted to serve frontline workers.

Emotional PPE Project (F)

<https://www.emotionalppe.org/>

A directory that provides contact information of volunteer mental health practitioners to healthcare workers whose mental health has been impacted by the COVID-19 crisis.

PeerRxMed (F)

<https://www.peerrxmed.com/>

PeerRxMed™ is a free, peer-supported program designed to help physicians and others on the care team move toward thriving both personally and professionally.

Mental Health America Screening Tests (F)

<https://screening.mhanational.org/screening-tools/>

Database of screening tests for various mental health conditions. Following screening, you will be provided with information, resources, and tools to help you understand and improve your mental health.

PODCASTS

Dr. Paddy Barrett Podcast

(formerly The Doctor Paradox) (F):

<https://drpaddybarrett.com/new-gallery-1>

Noteworthy Episode - Brene Brown On Physician Courage & Vulnerability

Relentless Healthcare Value with The HappyMD (F):

<https://www.thehappyd.com/blog/physician-burnout-podcast-the-invisible-destroyer-of-value-and-quality>

Beyond Clinical Medicine (F):

<https://www.beyondclinicalmedicine.org/>

Noteworthy Episode – Episode 11: Consequences of Physician Burnout with Dr. Kip Wenger

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CME CREDITS

AMA Steps Forward (F ©)

<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

A collection of engaging and interactive educational toolkits that are practical, actionable “how-to” guides to transform and improve your practice. Includes CMEs for Burnout & Well-Being, EHR & Technology, Organizational Culture, Patient-Physician Experience, Team-Based Care & Workflow.

- **Professional Well-Being CMEs:** <https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>
- **COVID-19 CMEs:** <https://edhub.ama-assn.org/steps-forward/pages/workforce-during-crisis>

NETCE – Burnout in Physicians (S ©)

<https://www.netce.com/coursecontent.php?courseid=1875>

Advocate Aurora Health: Burnout - It's Not Your Fault & Yoga Won't Fix It (F ©)

<https://cme.advocateaurorahealth.org/content/burnout-its-not-your-fault-and-yoga-wont-fix-it>

TED TALKS

Atul Gawande - How We Heal Medicine:

https://www.ted.com/speakers/atul_gawande_1

Brian Goldman - Doctors Make Mistakes:

https://www.ted.com/speakers/brian_goldman

Abraham Verghese - A Doctor's Touch:

https://www.ted.com/talks/abraham_verghese_a_doctor_s_touch

Eric Dishman - Healthcare Should Be A Team Sport:

https://www.ted.com/talks/eric_dishman_health_care_should_be_a_team_sport

Vivek Murthy - The Problem of Loneliness at Work:

<https://hbr.org/video/5775734185001/whiteboard-session-the-problem-of-loneliness-at-work>

TED Talks for When You're Feeling Totally Burned-Out Database

https://www.ted.com/playlists/245/talks_for_when_you_feel_totally_burned_out

ONLINE

National Academy of Medicine (F):

<https://nam.edu/clinicianwellbeing/>

Searchable database of articles, research studies and other resources to help combat clinician burnout on an organizational and individual level.

NAM Taking Action Against Clinician Burnout (F ©)

<https://www.nap.edu/catalog/25521/taking-action-against-clinician-burnout-a-systems-approach-to-professional-well-being>

A report that explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

American College of Physicians Practice Resources (F ©):

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment>

Collection of resources & tools for improving the practice & organizational environment, fostering local communities of well-being, and promoting individual well-being.

The American Balint Society (F ©):

<https://americanbalintsociety.org/>

A group of clinicians, often physicians, who meet regularly to present clinical cases to improve and to better understand the clinician-patient relationship.

ACP Individual Tools (F):

Includes database of TED Talks, Podcasts, Webinars, Toolkits, Apps, Blogs, etc.

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment/individual-physician-wellness-and-burnout-tools>

“Burnout happens when you avoid being human for too long.”