



Surgeon Wellness Resources

Wellness is important and can be challenging for residents and surgeons in practice. We have compiled a list of some valuable resources that programs and individuals can use.

[American College of Surgeons Well-Being Resources \(membership required\)](#)

This site has multiple resources for surgeons regarding burnout awareness and avoidance. It also features a well-being index that can allow users to track their well-being over time.

[ACGME Tools and Resources for Resident and Faculty Member Well-Being](#)

This area of the ACGME website contains many resources developed by the ACGME and other organizations, including materials from a webinar on combating burnout (see “Improving the Learning and Working Environment”) and a toolkit for training programs on responding to a death by suicide (see “Coping with Tragedy”).

[AMA Steps Forward. Preventing Physician Distress and Suicide](#)

This online module presents four STEPS for identifying at-risk physicians and facilitating access to appropriate care, provides answers to common questions about physician distress and suicidal behavior, and has downloadable tools to help you and your organization prevent physician distress and reduce the risk of suicide (CME available).

[AMA Steps Forward. Physician Wellness: Preventing Resident and Fellow Burnout](#)

This online module is similar to the above module but is directed more toward residents and fellows (CME available).

[AMA Steps Forward. Improving Physician Resiliency](#)

This is an online module that provides simple, evidence-based solutions to enhance your joy for practicing medicine and to mitigate stress, as well as a list of resources to help you further develop resiliency (CME available).

[AMA Steps Forward. Preventing Physician Burnout](#)

This online resource contains seven key steps to help you prevent physician burnout. It also contains a 10-item survey designed to assist you in assessing burnout, and examples of successful burnout prevention programs in a variety of practice/organization settings (CME available).

[Make the Difference: Preventing Medical Trainee Suicide](#)

This YouTube video from the Mayo Clinic and the American Foundation for Suicide Prevention explains how everyone can help prevent suicide by being alert for the signs of depression and taking action to help those in distress.

[Assess Physician Wellness & Improve Well-Being](#)

Invented by the Mayo Clinic, the Well-Being Index has been validated as an online self-assessment tool that assesses multiple dimensions of distress in just nine questions. The Well-Being Index can be implemented to monitor physician well-being as well as gauge the effectiveness of a physician wellness program.

Open Access Articles

[Yaghmour NA, Brigham TP, Richter T, et al. **Causes of death of residents in ACGME-accredited Programs 2000 Through 2014: Implications for the learning environment.** *Acad Med.* 2017; 92: 976- 983.](#)

This open access article presents data regarding common causes of death among residents of all specialties.

[Dyrbye LN, Shanafelt TD, Sinsky CA, et al. **Burnout among health care professionals: A call to explore and address this underrecognized threat to safe, high-quality care.** *NAM Perspectives. Discussion Paper, National Academy of Medicine, Washington, DC.*](#)

Sponsored by the National Academy of Medicine, this open access discussion paper investigates burnout among health care professionals.

Other Articles of Interest (Subscription Required)

[Shanafelt TD, Oreskovich MR, Dyrbye LN, et al. **Avoiding burnout: the personal health habits and wellness practices of US surgeons.** *Ann Surg.* 2012; 255: 625-33.](#)

[Balch CM, Shanafelt TD, Sloan JA, Satele DV, Freischlag JA. **Distress and career satisfaction among 14 surgical specialties, comparing academic and private practice settings.** *Ann Surg.* 2011; 254: 558-68.](#)

[Dimou FM, Eckelbarger D, Riall TS. **Surgeon Burnout: A Systematic Review.** *J Am Coll Surg.* 2016; 222: 1230-1239.](#)