Wellness, Stress, and the Impaired Physician
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I. PERSPECTIVE

II. CAUSATIVE FACTORS: MAJOR STRESSORS IN EMERGENCY MEDICINE

A. Difficult Patient and Professional Relationships
B. Diversity of Practice Elements
C. Diminished Resources
D. Difficult Decisions

III. CONSEQUENCES: THE BURNED-OUT OR IMPAIRED PHYSICIAN

A. Burnout
B. Physician Impairment

IV. COPING STRATEGIES: WELLNESS STRATEGIES FOR THE EMERGENCY PHYSICIAN

A. Promoting Wellness in the Workplace
B. Family and Social Relationships
C. Physical Fitness
D. Relaxation and Renewal

V. RESIDENCY TRAINING AND WELLNESS

A. Time Demands and Work Hours
B. Lack of Autonomy
C. Fear for Personal Safety and Well-Being
D. Consequences of Stress
E. Finding Balance and Well-Being
F. Culture Change

VI. SUMMARY

A variety of stressors contribute to the potentially unhealthful aspects of EM practice, both during residency training and in practice, including the following:

- Difficult patient and professional relationships
- Diversity of practice elements
- Diminished resources
- Difficult decisions full of uncertainty
- Strategies for maintaining wellness for emergency physicians include:
  - Mitigating the impact of shift work with circadian scheduling and sleep strategies
  - Strategies for managing difficult clinical encounters such as formal debriefs
  - Professional support groups
  - Cultivating close family and social relationships
  - Developing and maintaining physical fitness and other methods of relaxation and renewal

KEY CONCEPTS