



Toolkit

Burnout: The Contagion & What We Can Do About It:

IHANY Town Hall Meeting, October 25, 2021

Speaker:

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American Medical Association

AMA Steps Forward: Transform your Practice | AMA STEPS Forward | AMA Ed Hub (ama-assn.org)

A collection of engaging and interactive educational toolkits that are practical, actionable 'how to guides' to transform and improve your practice

Medical Society of the State of New York

[Physician Burnout Library \(mssny.org\)](http://mssny.org)

Access to a wide variety of articles and other materials to help one understand and cope with the issue of physician burnout. Resources are organized into four sections:

- Resources for Employers
- Resources for Those Responsible for Creating or Leading Wellness Programs
- Resources for Treating Physicians
- Resources for Individuals Feeling the Effects of Stress or Burnout

Also includes links to physician burnout and wellness resources available through other organizations including:

- American College of Physicians
- American Hospital Association
- American Medical Association
- Collaborative for Healing & Renewal in Medicine
- National Academy of Medicine

[Medical Society Launches Peer-to-Peer \(P2P\) Program for Physicians](http://mssnyenews.org) - (mssnyenews.org)

MSSNY has established a confidential helpline phone number (1-844-P2P-PEER) and an email address (p2p@mssny.org) so that physicians may be connected with a peer 24 hours a day/7 days a week. In addition to offering a trained, empathetic ear, peer supporters may provide information on specific resources that can offer further support, provide positive coping skills, or connect physicians to professionals for more focused assistance.



National Academy of Medicine

[Clinician Well-Being Knowledge Hub](#) (nam.edu)

Articles, research studies, and other resources including webinars to help battle clinician burnout

[Valid and Reliable Survey Instruments to Measure Burnout, Well-Being, and Other Work-Related Dimensions - National Academy of Medicine](#) (nam.edu)

Overviews/links to a number of different tools to measure burnout and well-being including Maslach Burnout Inventory, Stanford Professional Fulfillment Index, and Well-Being Inde)

Other

[Getting Rid of Stupid Stuff | NEJM](#)