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

IHANY Town Hall Meeting, October 25, 2021

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**American Medical Association**

[AMA Steps Forward: Transform your Practice | AMA STEPS Forward | AMA Ed Hub (ama-assn.org)](https://edhub.ama-assn.org/steps-forward)

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)](https://www.mssny.org/MSSNY/Practice_Resources/Physician_/Physician_Burnout_Library_.aspx)

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 PhysiciansMedical Society of NY Launches Peer-to-Peer (P2P) Program for PhysiciansMedical Society Launches Peer-to-Peer (P2P) Program for Physicians - (mssnyenews.org)](http://www.mssnyenews.org/enews/medical-society-launches-peer-to-peer-p2p-program-for-physicians/)

MSSNY has established a confidential helpline phone number (1-844-P2P-PEER) and an email address ([p2p@mssny.org](mailto: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)](https://nam.edu/clinicianwellbeing/)

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)](https://nam.edu/valid-reliable-survey-instruments-measure-burnout-well-work-related-dimensions/?gclid=EAIaIQobChMI45vM3ImC9AIVJG1vBB0bLAujEAAYASAAEgJRqfD_BwE)

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](https://www.nejm.org/doi/full/10.1056/NEJMp1809698)