HEALTH AND WELLNESS

Burnout and wellness at work, and among healthcare workers, is a growing topic of concern and interest. On July 15th, 2019, a simple title search in Pubmed for the keyword “burnout” returned 5335 citations, of which almost half (47%, or 2502) were published just in the last five years, and with only 816 prior to July 1999.

Frameworks conceptualizing the complex, interrelated factors of burnout have been put forward, like the one from the National Academy of Medicine in the US, while others, like IHI’s Framework for Improving Joy in the Workplace, outline opportunities to address the factors contributing to burnout. In Canada, "The National Standard of Canada for Psychological Health and Safety in the Workplace"
will embed 13 factors into workplace practices in support of mental health and wellness at work. This edition offers just a snapshot of resources on this complex topic.

**Quick Reads Related to IHI’s Framework for Joy at Work:**

- [Creating joy in work is the only way to save the NHS](https://www.bmj.com/content/354/bmj.g1851) (The BMJ Opinion). 2018.
  - Includes the role of leadership and 4 proven steps to create joy in work.

**Quick Reads From Harvard Business Review**

  - Asks the question: “Two nurses. Same job; different hospitals. One provides great care for patients, the other doesn’t. Why?”

**Podcasts or Videos**

- [Doctor Burnout on White Coat, Black Art](https://whiteskiesmagazine.org/doctor-burnout-white-coat-black-art/). November 2017. (Podcast)
- [Building a psychologically safe workplace](https://www.youtube.com/watch?v=UqZQ4tKzQGw) | Amy Edmondson 2014 TEDxHGSE (Video)

**Books/eBooks**

- [Stop physician burnout: what to do when working harder isn't working](https://www.amazon.com/Stop-Physician-Burnout-Working-Physicians/dp/1982121391) by Dike Drummond, MD. (2014 – Print)
  - EMR’s have been implicated as an organizational factor in physician burnout – Dr. Topol explores whether artificial intelligence is part of the answer to getting physicians back to the business of person-centred care.
- [This is where you belong: the art and science of loving the place you live](https://www.amazon.com/Where-Belong-Art-Science-Loving/dp/0767912977) by Melody Warnick (2016 - Print)
  - Research on rural and remote healthcare workers shows that those who grew up in a similar setting may be easier to recruit and retain for the long term. For anyone moving to a new location, regardless of
where they grew up, Warnick offers ideas on the issue of place contentment.

**Articles**

- **Psychological impact of traumatic events in rural nursing practice: An Integrative review.** Online Journal of Rural & Nursing Healthcare (2019)
- **Individual and environmental determinants of burnout among nurses.** Journal of Health Services & Research Policy. (July 2019)
  - Request a copy from the library.

**Leadership & Management – Other Topics for this Issue:**

- **No Place Like Home: A Systematic Review of Home Care for Older Adults in Canada.** Canadian Journal on Aging. 2018. 37:4. (Abstract only. Full-text article can be requested from library@northernhealth.ca)
- **Creating and Sustaining Care Teams in Primary Care: Perspectives From Innovative Patient-Centered Medical Homes.** Quality Management in Health Care. 2018. 27:3.
- **Innovation in Nursing Leadership: A Skill That Can Be Learned.** Nursing Administration Quarterly. 2019. 43:3.

Visit the library's website and check out a variety of topic specific subject guides.

Questions? Email library@northernhealth.ca