

Practising Well Community of Practice

Getting Off the Path to Burnout

November 10, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Shared Resources

Ontario College of Family Physicians

- Patient Resources: Mental Health and Addictions - <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/community-supports-special-populations/ocfp-mh-patient-resources.pdf>
- Physician Wellness Resources - <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/community-supports-special-populations/ocfp-mh-physician-resources.pdf>

Resources

- The 12 Stages of Burnout - <https://www.inc.com/jessica-stillman/the-12-stages-of-burnout-according-to-psychologist.html>
- Burnout Self Test - https://www.mindtools.com/pages/article/newTCS_08.htm
- The Measurement of Experience Burnout (Maslach Burnout Inventory) - <https://onlinelibrary.wiley.com/doi/pdf/10.1002/job.4030020205>
- Physician Burnout: Its Origin, Symptoms, and Five Main Causes (AAFP) - <https://www.aafp.org/fpm/2015/0900/p42.html>
- Welltory (track your heart rate – stress indicator) - <https://welltory.com/>
- AutoSleep (track sleep) - <https://apps.apple.com/us/app/autosleep-track-sleep-on-watch/id1164801111>
- HeartMath - <https://www.heartmath.com/>
- Burn-out an "occupational phenomenon": International Classification of Diseases (WHO) - <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>
- Physician Well-being 2.0: Where Are We and Where Are We Going? - [https://www.mayoclinicproceedings.org/article/S0025-6196\(21\)00480-8/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(21)00480-8/fulltext)
- Dr. Marcia Kostenuik's website - <https://www.drkostenuik.com/>

Burnout Questionnaires

- American Association of Family Physicians - <https://www.surveymonkey.com/r/WHPQWTJ>
- Copenhagen Burnout Inventory - <https://nfa.dk/-/media/NFA/Vaerktojer/Spoergeskemaer/CBI/CBI-scales.ashx?la=da>
- Maslach Burnout Inventory for Human Health Services (gated) - <https://www.mindgarden.com/314-mbi-human-services-survey>

Supports

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>