

Renewal
February 2005
Charles J. Hatem, M.D.

**Director of Medical Education
Mount Auburn Hospital
Cambridge, Mass. 02238
617-499-5140
chatem@caregroup.harvard.edu**

**Director of Faculty Programs
in Medical Education
Carl J. Shapiro Institute for
Education & Research
Beth Israel Deaconess Medical
Center, Boston, Mass.**

Bibliography

**American College of Physicians. Physician Renewal Project.
www.acponline.org/careers/catalog_resources.html**

Bauby JD. *The Diving Bell and the Butterfly*. Alfred A. Knopf. 1997.

Beauchamp GR. *The Five "S" Levels of Enterprise Health*. The Physician Executive. 1999 (May-June); 25:25-29.

Belkin BM, Neelon FA. *The Art of Observation: William Osler and the Method of Zadig*. Ann Intern Med. 1992(May 15);116:863-866.

Bennett J, O'Donovan D. *Substance misuse by doctors, nurses and other healthcare workers*. Current Opinion Psychiatry. 2001;14:195-199.

Bernardin, Joseph Cardinal. *The Gift of Peace*. Loyola Press, Chicago. 1997.

Bowman M, Allen D. *Stress and Women Physicians Second Edition*. Springer-Verlag, 1990.

Broyard A. *Intoxicated by My Illness*. Fawcett Columbine, 1992.

Cassel, C. *The Patient-Physician Covenant: An Affirmation of Asklepios*. Ann Intern Med. 1996 (March 15);124:604-606.

Cassell E.

The Nature of Suffering and The Goals of Medicine. NEJM. 1982
(March 18);306:639-45.

Diagnosing Suffering: A Perspective. Ann Intern Med;131:531-534

Clever LH.

Some Things Have Not Changed. Ann Intern Med. 2000;132:85-89

See website of organization she heads RENEW:

www.renewnow.org

Who Is Sicker: Patients—or Residents? Residents' Distress and the Care of Patients. Ann Intern Med. 2002;136:391-393. (also see accompanying editorial by Jordan Cohen on p. 394.)

Collier V, McCue J, Markus A, Smith L. *Stress in Medical Residency: Status Quo after a Decade of Reform.* Ann Intern Med. 2002;136:384-390.

Covey SR. *The 7 Habits of Highly Effective People.* Simon & Schuster Inc. 1989

Csikszentmihalyi M.

Flow, the Psychology of Optimal Experience. 1991. Harper Perennial.

Good Business. Leadership, Flow and the Making of Meaning.
Viking Penguin, 2003

Crawshaw R. et. al. *Patient-physician covenant*. JAMA. 1995;273:1553.

Patient-Physician Covenant

Medicine is, at its center a moral enterprise grounded in a covenant of trust. This covenant obliges physicians to be competent and to use their competence in the patient's best interests. Physicians, therefore, are both intellectually and morally obliged to act as advocates for the sick wherever their welfare is threatened and for their health at all times.

Today, this covenant of trust is significantly threatened. From within, there is growing legitimation of the physician's materialistic self-interest; from without, for-profit forces press the physician into the role of commercial agent to enhance the profitability of health care organizations. such distortions of the physician's responsibility degrade the physician-patient relationship that is the central element and structure of clinical care. To capitulate to these alterations of the trust relationship is to significantly alter the physician's role as healer, carer, helper, and advocate for the sick and for the health of all.

By its traditions and very nature, medicine is a special kind of human activity--one that cannot be pursued effectively without the virtues of humility, honesty, intellectual integrity, compassion, and effacement of excessive self-interest. These traits mark physicians as members of a moral community dedicated to something other than its own self-interest.

Our first obligation must be to serve the good of those persons who seek our help and trust us to provide it. Physicians, as physicians, are not, and must never be, commercial entrepreneurs, gateclosers, or agents of fiscal policy that runs counter to our trust. Any defection from primacy of the patient's well being places the patient at risk by treatment that may compromise quality of or access to medical care.

We believe the medical profession must reaffirm the primacy of its obligation to the patient through national, state, and local professional societies; our academic, research, and hospital organizations; and especially through personal behavior. As advocates for the promotion of health and support of the sick, we are called upon to discuss, defend, and promulgate medial care by every ethical means available. Only by caring and advocating for the patient can the integrity of our profession be affirmed. thus we honor our covenant of trust with patients. Crawshaw et. al, 1995

Dalai Lama & Cutler H. *The Art of Happiness*. Riverhead Books, 1998.

Davies R.

The Merry Heart. Can a Doctor Be a Humanist?, Chapter 5.
Viking Penguin, 1997.

The Cunning Man. Viking Penguin, 1995.

Drucker PF.

Managing Oneself. Harvard Business Review. 1999 (March-April);64-74.

Edelman MW. *Lanterns: A Memoir of Mentors.* Beacon Press, 1999.

Epstein R.

Just being. www.ewjm.com January 2001;174:63-65.

Mindful Practice. JAMA. 1999;282:833-839.

Forni P.M. *Choosing Civility.* St. Martin's Press, 2002.

Frankl VE. *Man's Search for Meaning.* Beacon Press, Fourth Edition, 1992.

Gabbard G., Menninger R. *The Psychology of Postponement in the Medical Marriage.* JAMA. 1989 (April 28);261:2378-2381.

Gardner JW. *Self-Renewal, The Individual and the Innovative Society.* W.W. Norton & Company, Revised edition 1995.

Gawande A. *Complications [A Surgeon's Notes on an Imperfect Science].* Henry Holt & Co., 2002.

Gleick J. *Faster.* Pantheon Books, 1999.

Grayling AC. *Meditations for the Humanist.* Oxford University Press, 2002.

Greiff BS. *Legacy. The Giving of Life's Greatest Treasures.* Regan Books, 1999.

Gross L, Mead L, Ford D, Klag M. *Physician, Health Thyself? Regular Source of Care and Use of Preventive Health Services Among Physicians*. *Archives Intern Med*. 27 November 2000;160:3209-3214.

Gundersen L. *Physician Burnout*. *Ann Intern Med*. 17 July 2001;135:145-148.

Handy C.

The Age of Paradox. Harvard Business School Press, 1994.

The Hungry Spirit. Broadway Books, 1998.

Hergott LJ. *The Time of the Three Dynasties: Reflections on Imbalance in the Practice of Medicine*. *Ann Intern Med*. 1998 (January 15);128:149-151.

Hesselbein F, Johnston R. (eds). *On Creativity, Innovation and Renewal*. Jossey-Bass, 2002.

Housden R. *Ten Poems to Change Your Life*. Harmony Books, 2001.

Hudson FM. *The Adult Years, Mastering the Art of Self-Renewal*. Jossey-Bass Publishers. 1999.

Kohler T. *Hope Brought Him Home*. *JAMA*. 1984 (July 6);252:61

Krizek T. *Ethics and Philosophy: Surgery Is It an Impairing Profession?* *J Am Coll Surg*. March 2002;194:352-366.

LaCombe MA.

On Being a Doctor. American College of Physicians. 1995.

Playing God. *Ann Intern Med*. 1992 (January 15);116:161-162.
Also see the accompanying piece by Christine Cassel,
Reflections on "Playing God," *ibid*, p. 163-164.

Lamberg L. *“If I work hard(er), I will be loved.” Roots of Physician Stress Explored.* JAMA. 7 July 1999;282:13-14.

Levey R. *Sources of Stress for Residents and Recommendations for Programs to Assist Them.* Acad. Med. 2001;76:142-150.

McCue J. *The Effects of Stress on Physicians and Their Medical Practice.* NEJM. 1982 (February 25); 306:458-463.

Meier D, Back A, Morrison RS. *The Inner Life of Physicians and Care of the Seriously Ill.* JAMA. 2001;286:3007-3014.

Moser RH. *On Retirement.* Ann Intern Med. 1997 (July 15);127:159-161.

Muller W. *Sabbath.* Bantam Books, 1999.

Norris K. *Amazing Grace.* Riverhead Books, 1998.

Novack DH, Suchman AL, Clark W, Epstein R et. al. *Calibrating the physician. Personal awareness and effective patient care. Working Group on Promoting Physician Personal Awareness, American Academy on Patient and Physician.* JAMA. August 13, 1997;278:502-509.

O'Neil J.

Leadership Aikido. Harmony Books, 1997.

The Paradox of Success, A Book of Renewal for Leaders. Jeremy P. Tarcher/Putnam, 1993.

Osler W. *Aequanimitas, Chapter XXII, L'Envoi.* McGraw-Hill Book Company.

Pfifferling JH.

Things I Wish They Taught in Medical School. Resident & Staff Physician. April 1990;36:85-92.

Managing the Unmanageable: The Disruptive Physician. Family Practice Management. 1997 (Nov.-Dec.)

***The Disruptive Physician: A Quality of Professional Life Factor.* The Physician Executive. 1999 (March-April);25:56-61.**

Pfifferling J-H, Gilley K.

***Putting 'Life' Back Into Your Professional Life.* Family Practice Management. June, 1999. {can access article at <http://www.aafp.org>; also contains addresses for a number of centers devoted to physician career consultation and renewal.}**

***Overcoming Compassion Fatigue.* Family Practice Management. April, 2000.**

Quill TE, Williamson PR. *Healthy Approaches to Physician Stress.* Arch Intern Med. 1990;150:1857-1861.

***Recapturing the Spirit of Medicine.* West J Med. 2001;174 (Whole issue devoted to topic.)**

Remen RN.

***The Healer's Art--*"an elective course in relationship-centered for first and second year medical students" at UCSF. You can access the syllabus outline by searching for The Institute for the Study of Health and Illness at Commonweal and from there go to the FHC curriculum.**

***Kitchen Table Wisdom, Stories that Heal.* Riverhead Books, 1996.**

***My Grandfather's Blessings, Stories of Strength, Refuge and Belonging.* Riverhead Books, 2000.**

***Recapturing the soul of medicine.* www.ewjm.com; January, 2001;174:4-5**

Reynolds R., Stone J. *On Doctoring.* Simon & Schuster, 1995.

Rosenblatt R. *"I Am Writing Blindly" What the note from a doomed submariner tells us about a basic human need.* TIME Magazine, November 6, 2000.

Sanders B. *Fabled Service.* Jossey-Bass Publishers, 1995.

Schroeder S. *The Troubled Profession: Is Medicine's Glass Half Full or Half Empty?* Ann Intern Med. 1992 (April);116:583-592.

Selzer R. *Letters to a Young Doctor: Imelda* George Borchardt Inc., 1982.

Shanafelt T, Bradley K, Wipf J, Back A. *Burnout and Self-Reported Patient Care in an Internal Medicine Residency Program.* Ann Intern Med. 2002;136:358-367.

Shanafelt T, Sloan J, Habermann T. *The Well-Being of Physicians.* American J Med. April 15, 2003; 114:513-519.

Shapiro S, Shapiro D, Schwartz G. *Stress Management in Medical Education: A Review of the Literature.* Acad. Med. 2000;75:748-759.

Sherman DW. *Nurses' Stress & Burnout.* AJN. May 2004;104:48-56.

Souba W. *Academic Medicine and the Search for Meaning and Purpose.* Acad. Med. 2002;77:130-144.

Spickard A, Gabbe S, Christensen J. *Mid-Career Burnout in Generalist and Specialist Physicians.* JAMA. September 25, 2002;288:1447-1450.

Stone J. *In the Country of Hearts, Journeys in the Art of Medicine.* Louisiana State University Press, 1990.

Sulmasy D.

Is medicine a spiritual practice? Acad Med.1999; 74:1002-1005.

The Healer's Calling. Paulist Press, 1997.

At Wit's End: Forgiveness, Dignity, and the Care of the Dying. JGIM. 2001;16:335-338.

Swenson R. *Margin*. Navpress, 1992.

***Time and Medicine, Special Millennium Issue*. Ann Intern Med. 132:4
January 2000.**

**Vaillant G., Sobowale N., McArthurs C. *Some Psychologic
Vulnerabilities of Physicians*. NEJM.1972 (August 24);287:372-375.**

Weinberg RB.

***Communion*. Ann Intern Med. 1995;123:804-805.**

***The Laying On of Hands*. Ann Intern Med. 1992;117:83-84.**

**Weiner EL, Swain GR, Wolf B, Gottlieb M. *A qualitative study of
physicians' own wellness-promotion practices*. West J Med 2001;174:19-
23.**

Welsch U. *The World I Love to See*. Globe Newspaper Co. 1981.

**Whitcomb M. *Communication and professionalism*. Patient Education
and Counseling. 2000;41:137-144.**

Whyte D. *Crossing the Unknown Sea*. Riverhead Books, 2001.