



OCFP Family Docs: The Early Years Podcast Show Notes and Resources

Episode #2: Physician Wellbeing

[00:00:01] Introduction to Family Docs: The Early Years, a four-part podcast series for family physicians in their first 10 years of practice. Introduction to the topic: Physician Wellbeing, with Dr. Allison Kelford interviewed by early years in practice physician, Dr. Alexis Pizale.

[00:01:10] Why Dr. Kelford transitioned to a practice focused on mindful-based interventions, particularly mindfulness based cognitive therapy.

[00:04:22] Definition of mindfulness – the practice of intentionally paying attention to what is going on in the present moment without judgment – and how it applies to medicine. How to become aware of our emotions without being “yanked” around by them.

[00:07:13] The importance of being non-judgmental of our thoughts.

[00:08:45] Integrating mindfulness skills into our daily lives; growing evidence shows this is worth our time.

[00:11:41] Mindfulness in our daily practice helps us to be in the moment, and also increases our ability to be present with our patients.

[00:13:24] A discussion of the ways in which mindfulness can help us every day, including patient interactions, analytical thinking, decision making, being comfortable with uncertainty, and more.

[00:18:11] How doctors in the early years of family practice can struggle with uncertainty.

[00:19:01] Some of the misconceptions about mindfulness; it does not mean living in a state of perpetual bliss.

[00:19:59] A simple exercise of taking a couple of seconds to breathe before entering a room to see your next patient, disrupting the ruminative cycle.

[00:22:25] A mindfulness exercise you can try right now: the three-minute breathing space.

[00:25:11] Other wellbeing tips for family doctors, including taking care of our physical selves, exercise, nutrition, sleep, support from family and friends, and developing relationships with mentors. The importance of taking a break, whether that's a vacation or a locum.

[00:27:43] Closing comments and information about commenting on this podcast.

Resources

CMPA Physician Wellness: <https://www.cmpa-acpm.ca/en/advice-publications/physician-wellness>

CMA Physician Health and Wellness: <https://www.cma.ca/En/Pages/physician-health.aspx>

OMA Physician Health Program (PHP): <http://php.oma.org>

The Centre for Mindfulness Studies: <https://www.mindfulnessstudies.com>

ePhysicianhealth: <http://ephysicianhealth.com>

Epstein,R., *Attending: Medicine Mindfulness, and Humanity*, New York, Scribner, 2017