

Physician wellness reading list

Finding literature about physician wellness has always been surprisingly challenging. To assist, the Library has created the physician wellness reading list, available at www.cpsbc.ca/files/pdf/Library-Physician-Wellness-Resources.pdf. As with all reading lists, there is an emphasis on material with a practical focus.

Due to the abundance of review articles on this topic, they have been organized

into sections: overviews, articles for specialists, pandemic-related stressors, inclusivity and equity, occupational hazards, technology-related stressors, violence and conflict, and an “other” section containing less ubiquitously published topics, such as financial well-being and surviving lawsuits.

Most materials are available to read online, with one audiobook listed in the e-books section. There are also several physical books, which can be mailed out with free return postage. Likewise, any of the articles or e-book chapters can be printed and mailed out; unfortunately, this is not possible with entire e-books due to copyright law. All e-books can be read via an Internet

browser, and some can be downloaded for offline reading.

Additionally, there is a new rural and remote medicine reading list, and other reading lists have been updated for 2023, including planetary health, race and health equity, and virtual care. These may be accessed on the Reading Lists web page: www.cpsbc.ca/registrants/library/reading-lists. Reading lists are freely available to view, but the majority of links require logging into the College of Physicians and Surgeons of BC website for access to the content. ■

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Librarian

This article is the opinion of the Library of the College of Physicians and Surgeons of BC and has not been peer reviewed by the BCMJ Editorial Board.

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