

Physician wellness: A challenging search

the province that includes access to the UpToDate Anywhere app). To register for access to UpToDate or to learn more about becoming a member of your local division and accessing this resource, visit www.divisionsbc.ca.

UpToDate toolkit

The provincial office of the Divisions of Family Practice has created a helpful toolkit that individual divisions can use to inform members about UpToDate and familiarize physicians with the clinical tools provided by the resource. The toolkit contains a comprehensive overview of UpToDate, a series of prewritten newsletter and website articles, and a link to a video in which BC physicians speak about how UpToDate has helped them improve patient interactions and practise more efficiently. Visit www.divisionsbc.ca/provincial/up-todate-toolkit to view the UpToDate toolkit and learn more.

—Shelley Ross, MD
GPSC Co-chair

References

1. College of Family Physicians of Canada, Canadian Medical Association, Royal College of Physicians and Surgeons of Canada. National Physician Survey. 2010. Accessed 18 February 2014. www.nationalphysiciansurvey.ca/wp-content/uploads/2012/09/2010-ProvBC-Q29.pdf.
2. Isaac T, Zheng J, Jha A. Use of UpToDate and outcomes in US hospitals. *J Hosp Med* 2012;7:85-90.

At a recent Finding Medical Evidence session presented by College librarians, a doctor mentioned that it is difficult to search for articles on physician wellness. Using the Medline database through the College's website (www.cpsbc.ca/library/search-materials/databases), a search for the phrase *physician wellness* returns only 17 results. This phrase doesn't map to a MeSH term—that is, Medline has not designated an official term for this concept.

There is an official term for *physicians*, which can be modified with the subheading *psychology*, producing many articles of interest. However, wellness is not just about psychological distress.

To broaden the search, try combining the *physicians* topic with terms such as *occupational exposure*, *occupational diseases*, or *radiation injuries*. There is also a term for *infectious disease transmission*, *patient-to-professional*. One can look on the bright side with terms such as *resili-*

ence, *psychological*, *health promotion*, or *personal satisfaction*.

If you are searching for articles on stress, you can go beyond the term *stress*, *psychological*. Additional terms include *burnout*, *professional*, *work schedule tolerance*; and *fatigue*.

If you encounter any other challenging searches, College registrants are welcome to ask the library for assistance. We can make recommendations and help you develop an effective search strategy.

Here are a few recent articles available online or by request from the library:

- Dyrbye LN, Varkey P, Boone SL, et al. Physician satisfaction and burnout at different career stages. *Mayo Clin Proc* 2013;88:1358-1367.
- Goetz K, Musselmann B, Szecsenyi J, et al. The influence of workload and health behavior on job satisfaction of general practitioners. *Fam Med* 2013;45:95-101.
- Zwack J, Schweitzer J. If every fifth physician is affected by burnout, what about the other four? Resilience strategies of experienced physicians. *Acad Med* 2013;88:382-389.

—Niki Baumann
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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