

Physician Wellness: Ask the Expert

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Dike Drummond, MD

Chief Executive Officer, TheHappyMD.com.

Dr. Drummond trained at Mayo Medical School in Rochester, Minnesota. He is a family physician, burnout survivor, author, executive coach, and consultant to individual physicians and health care organizations across the United States. He teaches simple methods to lower stress, build more life balance, and prevent burnout. Dr. Drummond has developed and tested his concepts and techniques in the real world over the course of more than 1,700 hours of one-on-one physician coaching experience. Since 2014, he has delivered more than 60 major training engagements to health care organizations nationwide. More than 9,300 physicians from 63 countries subscribe to Dr. Drummond's newsletter. He is also the author of Stop Physician Burnout: What to Do When Working Harder Isn't Working, the first step-by-step burnout prevention manual for physicians, and Burnout Proof, the first app created to prevent physician burnout.

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Jay Winner, MD, FAAFP

Family physician, Sansum Clinic, Santa Barbara, California.

Dr. Winner has been a family physician at Sansum Clinic since 1991. He is a former chairman of the Department of Family Medicine at Santa Barbara Cottage Hospital, California. Noticing the frequency of stress-related illness and recognizing that medication was only part of the solution, he founded Sansum Clinic's Stress Reduction Program. Dr. Winner regularly speaks to a wide variety of groups on the topic of stress reduction. He has written articles on stress for medical and mental health journals, and he has been quoted frequently for lay articles on the subject. His latest book, Relaxation on the Run, was published in 2015.

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Learning Objectives

1. Discuss solutions for overcoming barriers to implementing physician resilience and wellness strategies into practice.

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