

The resilient physician: a pocket guide to stress management

<https://iha.andornot.com/permalink/library22894>

Author: [Kelly, John D](#)
Place: Cham CH
Publisher: Springer International
Pub Date: 2018
Physical Description: xiii, 107 p. : col. ill.
Format: Book
Subject: [Stress, Physiological](#)
[Burnout, Professional](#)
[Self Care](#)
Notes: Includes bibliographical references and index.
ISBN: 9783319612188
Call No.: WM 172 K29 2018
Location: RIH Library
Loan Policy: 21 days



Nurse burnout: overcoming stress in nursing

<https://iha.andornot.com/permalink/library22608>

Author: [Waddill-Goad, Suzanne](#)
Corporate Author: [Sigma Theta Tau International](#)
Publisher: Sigma Theta Tau International
Pub Date: 2016
Physical Description: Online book
Format: E-book
Subject: [Burnout, Professional](#)
[Occupational Stress](#)
[Nursing](#)
Notes: EBSCO eBook Nursing Collection
Link: <http://search.ebscohost.com/login.aspx?direct=true&authtype=ip,uid&custid=s8941554&profile=ehost&db=nlebk&scope=site&AN=1151365>
ISBN: 9781938835902
Location: Online



The resilient practitioner: burnout and compassion fatigue prevention and self-care strategies for the helping professions

<https://iha.andornot.com/permalink/library19654>

Author: Skovholt, Thomas M
Trotter-Mathison, Michelle

Edition: 3rd ed.

Place: London UK

Publisher: Routledge

Pub Date: 2016

Physical Description: xxii, 304 p. : ill

Format: Book

Subject: [Burnout, Professional](#)
[Compassion Fatigue](#)
[Health Personnel](#)
[Self Care](#)
[Psychology](#)

Notes: Includes bibliographical references and index.

ISBN: 9781138830073

Call No.: WM 172 S628 2016

Location: RIH Library

Loan Policy: 21 days



B is for balance: 12 steps toward a more balanced life at home and at work

<https://iha.andornot.com/permalink/library18769>

Author: [Weinstein, Sharon M](#)
Edition: 2nd ed.
Place: Indianapolis IN
Publisher: Sigma Theta Tau International
Pub Date: 2015
Physical Description: xxi, 311 p. : ill.
Format: Book
Subject: [Nurses](#)
[Burnout, Professional](#)
[Nurse's Role](#)
[Quality of Life](#)
[Workload](#)
[Wellness](#)
Notes: Includes index.
ISBN: 9781938835841
Call No.: WY 87 W423 2015
Location: KGH Library Wellness
Loan Policy: 21 days



B is for balance: 12 steps toward a more balanced life at home and at work

<https://iha.andornot.com/permalink/library22268>

Author: [Weinstein, Sharon](#)
Edition: 2nd ed.
Publisher: Sigma Theta Tau International
Pub Date: 2015
Physical Description: Online book
Format: E-book
Subject: [Nurses](#)
[Burnout, Professional](#)
[Nurse's Role](#)
[Workload](#)
Notes: EBSCO eBook Nursing Collection
Link: <http://search.ebscohost.com/login.aspx?direct=true&authtype=ip,uid&custid=s8941554&profile=ehost&db=nlebk&scope=site&AN=878452>
ISBN: 9781938835865
Location: Online



Flourishing for healthcare professionals

<https://iha.andornot.com/permalink/library19849>

Author: [Broda, Louise](#)
Place: North Yorkshire UK
Publisher: 2QT
Pub Date: 2015
Physical Description: 108 p. : ill.
Format: Book
Subject: [Burnout, Professional](#)
[Compassion Fatigue](#)
[Health Personnel](#)
[Self Care](#)
[Psychology](#)

Notes: "Building compassionate resilience for your well-being" - Cover.
ISBN: 9781910077382
Call No.: WM 172 B864 2015
Location: RIH Library
Loan Policy: 21 days



Nursing by heart: transformational self-care for nurses

<https://iha.andornot.com/permalink/library19932>

Author: [Skinner, Julie](#)
Place: Winchester UK
Publisher: Ayni Books
Pub Date: 2015
Physical Description: 113 p.
Format: Book
Subject: [Burnout, Professional](#)
[Compassion Fatigue](#)
[Self Care](#)
[Nursing](#)

ISBN: 9781782797111
Call No.: WM 172 S628 2015
Location: VJH Library
Loan Policy: 21 days



Nursing case studies on improving health-related quality of life in older adults

<https://iha.andornot.com/permalink/library22634>

Author: Kazer, Meredith Wallace, ed
Murphy, Kathy, ed

Publisher: Springer

Pub Date: 2015

Physical Description: Online book

Format: E-book

Subject: Geriatric Nursing
Quality of Life
Case Reports

Notes: EBSCO eBook Nursing Collection

Link: <http://search.ebscohost.com/login.aspx?direct=true&authtype=ip,uid&custid=s8941554&profile=ehost&db=nlebk&scope=site&AN=981900>

ISBN: 9780826127044

Location: Online



Nursing case studies on improving health-related quality of life in older adults

<https://iha.andornot.com/permalink/library18332>

Author: Kazer, Meredith Wallace, ed
Murphy, Kathy, ed

Place: New York NY

Publisher: Springer

Pub Date: 2015

Physical Description: xviii, 444 p. ; pbk.

Format: Book

Subject: Geriatric Nursing
Quality of Life
Case Reports

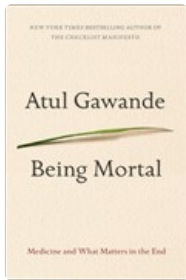
Notes: Includes bibliographical references and index.

ISBN: 9780826127037

Call No.: WY 152 N974 2015

Location: KGH Library

Loan Policy: 21 days



Being mortal: medicine and what matters in the end

<https://iha.andornot.com/permalink/library18188>

Author: [Gawande, Atul](#)
Place: New York NY
Publisher: Doubleday Canada
Pub Date: 2014
Physical Description: 282 p.
Format: Book
Subject: [Terminal Care](#)
[Palliative Care](#)
[Quality of Life](#)
[Ethics, Medical](#)
[Interesting Reads](#)

Abstract: Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Notes: Includes bibliographical references.

ISBN: 9780385677004

Call No.: WB 130 G284 2014

Location: RIH Library
VJH Library

Loan Policy: 21 days



Being mortal: medicine and what matters in the end

<https://iha.andornot.com/permalink/library20787>

Author: [Gawande, Atul](#)

Place: Toronto ON

Publisher: Anchor Canada

Pub Date: 2014

Physical Description: 282 p.

Format: Book

Subject: [Terminal Care](#)
[Palliative Care](#)
[Quality of Life](#)
[Ethics, Medical](#)
[Interesting Reads](#)

Abstract: Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

Notes: Includes bibliographical references.

ISBN: 9780385677028

Call No.: WB 130 G284 2014

Location: RIH Library

Loan Policy: 21 days



Everything you've always wanted to know about burnout but were afraid to ask

<https://iha.andornot.com/permalink/library17878>

Author: [Clarke, Andrew](#)
Corporate Author: [Interior Health](#)
Place: Kamloops BC
Publisher: Interior Health
Pub Date: 2014
Physical Description: 1 DVD (40 min.)
Format: DVD
Subject: [Burnout, Professional Physicians](#)
Series: RIH grand rounds
Notes: Presentation by Dr. Andrew Clarke at RIH Physicians' Grand Rounds on June 3, 2014.
Call No.: WM 172 C597 2014
Location: RIH Library
Loan Policy: 21 days



Overcoming compassion fatigue: a practical resilience workbook

<https://iha.andornot.com/permalink/library19651>

Author: [Teater, Martha](#)
[Ludgate, John](#)
Place: Eau Claire WI
Publisher: PESI
Pub Date: 2014
Physical Description: xiv, 139 p.
Format: Book
Subject: [Burnout, Professional Compassion Fatigue Health Personnel Self Care Psychology](#)
Notes: "New intervention tools; unique exercises, activities, worksheets; CBT to reduce stress & burnout; prevention strategies" - Cover.
Includes bibliographical references.
ISBN: 9781937661441
Call No.: WM 172 T253 2014
Location: RIH Library
Loan Policy: 21 days



Compassion fatigue and burnout in nursing: enhancing professional quality of life

<https://iha.andornot.com/permalink/library22327>

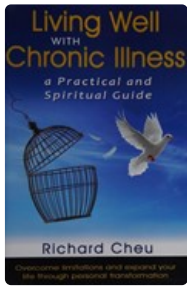
Author: [Todaro-Franceschi, Vidette](#)
Publisher: Springer
Pub Date: 2013
Physical Description: Online book
Format: E-book
Subject: [Philosophy, Nursing](#)
[Empathy](#)
[Burnout, Professional](#)
[Quality of Life](#)
Notes: EBSCO eBook Nursing Collection
Link: <http://search.ebscohost.com/login.aspx?direct=true&authtype=ip,uid&custid=s8941554&profile=ehost&db=nlebk&scope=site&AN=485649>
ISBN: 9780826109781
Location: Online



Life happens: living a healthy life despite a chronic illness

<https://iha.andornot.com/permalink/library18675>

Author: [Brisebois, Nathalie](#)
Place: Bloomington IN
Publisher: iUniverse
Pub Date: 2013
Physical Description: xii, 98 p.
Format: Book
Subject: [Chronic Disease](#)
[Quality of Life](#)
[Wellness](#)
Notes: Includes bibliographical references.
ISBN: 9781475972474
Call No.: WT 500 B757 2013
Location: KGH Library Wellness
Loan Policy: 21 days



Living well with chronic illness: a practical and spiritual guide

<https://iha.andornot.com/permalink/library18673>

Author: [Cheu, Richard](#)
Place: Indianapolis IN
Publisher: Dog Ear
Pub Date: 2013
Physical Description: xvii, 218 p.
Format: Book
Subject: [Chronic Disease](#)
[Quality of Life](#)
[Wellness](#)
Notes: Includes bibliographical references.
ISBN: 9781457513435
Call No.: WT 500 C54 2013
Location: KGH Library Wellness
Loan Policy: 21 days



The palliative approach: a resource for healthcare workers

<https://iha.andornot.com/permalink/library22804>

Author: [Cameron-Taylor, Erica](#)
Publisher: M&K
Pub Date: 2012
Physical Description: Online book
Format: E-book
Subject: [Palliative Care](#)
[Terminal Care](#)
[Attitude to Death](#)
[Quality of Life](#)
Notes: EBSCO eBook Nursing Collection
Link: <http://search.ebscohost.com/login.aspx?direct=true&authtype=ip,uid&custid=s8941554&profile=ehost&db=nlebk&scope=site&AN=507383>
ISBN: 9781907830679
Location: Online



Don't let chronic illness stand in your way: the coach approach to reaching your full potential

<https://iha.andornot.com/permalink/library18674>

Author: [Lippmann, Sylvia](#)
Place: San Diego CA
Publisher: Aventine
Pub Date: 2007
Physical Description: xiv, 145 p.
Format: Book
Subject: [Chronic Disease](#)
[Quality of Life](#)
[Wellness](#)
Notes: Includes bibliographical references and index.
ISBN: 159330515x
Call No.: WT 500 L577 2007
Location: KGH Library Wellness
Loan Policy: 21 days



Core curriculum for specializing in intellectual and developmental disability: a resource for nurses and other health professionals

<https://iha.andornot.com/permalink/library17666>

Author: [Nehring, Wendy M., ed](#)
Place: Sudbury MA
Publisher: Jones and Bartlett
Pub Date: 2005
Physical Description: xxii, 442 p.
Format: Book
Subject: [Intellectual Disability](#)
[Developmental Disabilities](#)
[Mentally Disabled Persons](#)
[Nursing](#)
[Nurse's Role](#)
[Quality of Life](#)
Notes: Includes bibliographical references and index.
ISBN: 0763747653
Call No.: WM 300 C797 2005
Location: RIH Library
Loan Policy: 21 days



Our health, our future : creating quality workplaces for Canadian nurses: final report

<https://iha.andornot.com/permalink/library6925>

Author: [Canadian Nursing Advisory Committee](#)

Corporate Author: [Canada. Advisory Committee on Health Human Resources
Decter, Michael](#)

Place: Ottawa

Publisher: Health Canada

Pub Date: 2002

Physical Description: 83 p.
Online book

Format: Book
E-book

Subject: [Nursing](#)
[Nurses](#)
[Workload](#)
[Work](#)
[Hospitals](#)
[Health Personnel](#)
[Personnel Management](#)

Notes: Report released by Health Canada August 19, 2002

Link: https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/hcs-sss/alt_formats/hpb-dgps/pdf/pubs/2002-cnac-cccsi-final/2002-cnac-cccsi-final-eng.pdf

Link Notes: Full-text available online

Call No.: WY 77 C212o 2002

Location: RIH Library
Online

Loan Policy: 21 days