



## **From Physician Burnout To Happy Doctors. Here's How.**

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Pamela Wible, M.D., a family physician in Oregon, is now offering a solution for physician burnout. Recently released statistics about the state of physician mental health are dire and show a very high rate of burnout. Studies reveal nine out of ten doctors would not recommend the profession to others, as noted on <http://america.aljazeera.com/watch/shows/america-tonight/articles/2014/7/9/here-s-why-9-outof10doctorswouldntrecommendmedicineasaprofession.html>

Dr. Wible feels that the solution to physician burnout is for doctors to become self employed and to start what she refers to as "ideal clinics." Dr. Wible has been featured in numerous medical journals and is a true expert on physician burnout, depression and even suicide. This is because she found herself in that very situation. In 2004, she felt that she could no longer enjoy the profession. Rather than giving up and changing careers, however, she decided to get the community involved.

During a number of town hall meetings, she spoke with community members about what they would like to see in a clinic. She collected over 100 pages of testimony and implemented 90% of feedback into the first ideal clinic designed by patients, which opened in 2005. Her community clinic has sparked a national

movement. Now clinics across the nation are following her example.

The model that Dr. Wible operates is now being taught in medical schools. Furthermore, it is featured in the Harvard School of Public Health's textbook *Renegotiating Health Care: Resolving Conflict to Build Collaboration*. The textbook examines major trends that have the potential to change the face of health care in this country.

Pamela Wible, M.D., authored a number of award-winning books and she has recently been named 2015 Women Leader in Medicine. "I met Pamela at a conference she offered?at no cost to physicians?where she encouraged us to answer one question: 'What is ideal health care?,' says Sheila Kilbane, M.D., who runs an ideal clinic in Charlotte, NC. "This question changed my life. I just resigned from my job to open my ideal clinic! I'm eternally grateful for Dr. Wible. She helped me figure out how to bring joy back to my daily medical practice. I, in turn, vow to do whatever I can to help other physicians practice medicine with the love and joy she so selflessly shared with me."

Since 2005, Dr. Wible has taught hundreds of doctors to open their ideal clinics by teaching doctors cutting-edge business strategies at her physician retreats, for which physicians can sign up through <http://www.idealmedicalcare.org/teleclass.php> The next course begins August, 9, 2015.

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### **Pamela Wible, M.D.**

*Dr. Wible leads the ideal medical care movement and is an expert in medical student and physician suicide prevention. She has been named 2015 Women Leader in Medicine.*

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