

2025 SCCM Educational Leadership Luncheon Workshop

Incorporating Wellness, Resilience, and Self Care into Critical Care Training

SCCM Postgraduate and Fellowship Education Committee

Resources and References

Brief Residency Wellness Profile in Keim SM, et al. Measuring wellness among resident physicians. *Medical Teacher* 2006;28:370-4.
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Maslach Burnout Inventory

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Copenhagen Burnout Inventory in Kristensen TS, et al. The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. *Work & Stress* 2005;19:192-207.

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SCCM Well-Being Resources

<https://www.sccm.org/clinical-resources/well-being-resources>

American Society of Hospital-System Pharmacists Well-Being Resources
<https://wellbeing.ashp.org/resources>

National Association of Medicine Well-Being Resources:
<https://nam.edu/initiatives/clinician-resilience-and-well-being/>