



Stress And Women Physicians

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Stress And Women Physicians:

Stress and Women Physicians Marjorie A. Bowman, Deborah I. Allen, 2012-12-06 This second edition of *Stress and Women Physicians* has been completely updated to include new research material. It reflects the growing interest in what problems women face in the medical profession and how women cope with these problems. The authors have added interview material with commentaries and personal statements from practising women physicians and expanded the discussion in every chapter. They examine alternatives to full time medical practice and cover more thoroughly than before the social support that women professionals need and receive. This book gives practical advice to women physicians and is excellent for women contemplating a career in the medical profession. Vast quantities of information regarding female physicians are collected in this single compact volume. Because the material is so well referenced the reader should find this book an excellent resource for beginning research into specific questions about women in medicine. *Mayo Clinic Proceedings* 2 This book will be useful to all female physicians and to those who advise them. *JAMA* 3

Stress and Women Physicians M.A. Bowman, D.I. Allen, 2012-12-06 This book is about the well being of today's female physicians. The woman who chooses medicine as a career has a challenge that is in many ways unique yet somehow similar to other women who are breaking the barriers in many professions. The increasing number of career women is an outgrowth of the women's and anti discrimination movements which have not yet freed the majority of women from their previous socialization in which women were wives and homemakers. Many men and of women are as yet unprepared for the major changes in the roles women which have occurred in the last two decades. Men whose wives and mothers have held the traditional roles of this century in our industrial society are the mainstream of medicine. Women physicians clearly the minority have been considered unusual anomalies and are thought to lack impact on the whole of medicine. The women who choose medicine do not necessarily see themselves as feminists or even as beneficiaries of the women's movement. Their numbers are increasing rapidly faster than societal norms and ideas can keep up with them. Discrimination has existed and will continue to exist at least on an individual basis but hopefully the institutional barriers and myths are being struck down with the increased numbers of women physicians. Women physicians and the stressors they face will change as their numbers increase

Stress and Women Physicians M.A. Bowman, D.I. Allen, 1988-09-26 *Burnout in Women Physicians* Cynthia M. Stonnington, Julia A Files, 2020-06-15 This book is the first to dissect the factors contributing to burnout that impact women physicians and seeks to appropriately address these issues. The book begins by establishing the differences in epidemiology between female physicians and their male counterparts including rates of burnout, depression and suicide. Chosen fields, caregiving responsibilities at home, career tradeoffs in dual physician marriages, patient satisfaction and outcomes, academic rank, leadership positions, salary and turnover. The second part of the book explores the drivers of physician burnout that disproportionately affect women. Each chapter beginning with a case vignette. This section covers many issues that often go

unrecognized including unconscious bias sexual harassment gender role conflicts domestic responsibilities depression addiction financial stress and the impact related to reproductive health such as pregnancy and breastfeeding The book concludes by focusing on strategies to prevent and or mitigate burnout among individual women physicians across the career lifespan This section also includes recommendations to change the culture of medicine and the systems that contribute to burnout Burnout in Women Physicians is an excellent resource for physicians across all specialties who are concerned with physician wellness and burnout including students residents fellows and attending physicians *Women and Stress* James Harry Humphrey,2004 Stress has increasingly become associated with greater susceptibility to various illnesses The condition is also costly from an economic and financial perspective but such costs hardly reflect the human costs of emotional trauma and physical suffering that result from the illness Women today are in a situation where both the monetary and human effects of stress take their toll as women face unprecedented pressures in accommodating the demands of home and career and personal family stresses that often result In addition to this while women are prone to the same stressors as men they are confronted with potentially unique physical and psychological stressors of their own They may also become stress carriers as in the abusive husband and unfair boss relationship Ironically despite these differences women live longer than men although collectively they are reported to have more symptoms illnesses intake of drugs and doctor hospital visits This outstanding new book by a pioneer in stress research presents an essential analysis of this increasingly relevant subject

Women and Stress Research James Harry Humphrey,2005 Stress has increasingly become associated with greater susceptibility to various illnesses The condition is also costly from an economic and financial perspective but such costs hardly reflect the human costs of emotional trauma and physical suffering that result from the illness Women today are in a situation where both the monetary and human effects of stress take their toll as women face unprecedented pressures in accommodating the demands of home and career and personal family stresses that often result In addition to this while women are prone to the same stressors as men they are confronted with potentially unique physical and psychological stressors of their own They may also become stress carriers as in the abusive husband and unfair boss relationship Ironically despite these differences women live longer than men although collectively they are reported to have more symptoms illnesses intake of drugs and doctor hospital visits This outstanding new book by a pioneer in stress research presents an essential analysis of this increasingly relevant subject

A Physician's Guide to Coping with Death and Dying Jan Swanson,Alan Cooper,2005 Education about death and dying has been almost ignored in medical schools Recently however it has become increasingly obvious that the preferences of dying patients are being ignored leaving many patients to die lonely scared and in pain There is a growing realization that physicians can help dying patients achieve a more peaceful death and increased recognition that good end of life care is not just the province of specialized hospice physicians or nurses In *A Physician's Guide to Coping with Death and Dying* Jan Swanson and Alan Cooper a physician and a clinical psychologist with

many years of experience offer insights to help medical students residents physicians nurses and others become more aware of the different stages in the dying process and learn how to communicate more effectively with patients and their families They also discuss the ways physicians and other caregivers can learn to reduce their own stress levels and avoid the risk of burnout allowing them to achieve balance in their lives and be more effective professionally The authors use case examples and thought provoking exercises to provide a personal learning experience A Physician s Guide to Coping with Death and Dying includes an extensive bibliography and a unique web resource section with contacts to many organizations working with patients suffering from life threatening illnesses

Women in Medicine Marjorie A. Bowman, Erica Frank, Deborah I. Allen, 2011-06-27 In this newly revised expanded and updated edition the authors have provided a definitive resource about and for women physicians From statistical data regarding practicing women physicians in the US and abroad minorities and gay lesbian physicians to practical advice on coping with stress STRESS AND WOMEN PHYSICIAN is an exceedingly useful and insightful volume for understanding and managing the issues faced by women physicians in both their professional and personal lives

Women and Depression Peter Horvath, 2013-10-18 The purpose of this book is to present a spectrum of women s experiences with depression The book is unique in presenting both qualitative and quantitative studies on various stages of women s experiences with depression including its psychological and social antecedents its adverse consequences and the impact of psychological and community interventions Our aim has been to present some of the recurrent themes and vital links in this chain of experiences One such common theme has to do with the importance of acquiring and maintaining control over the evaluation of self worth by the individual Stressful circumstances and negative social encounters may produce the greatest harm and consequent depression by depriving individuals control over the processes involved in the evaluation of self worth This book will be of interest to clinical psychologists counsellors psychiatrists mental health practitioners and community service providers This book was published as a special issue of the Journal of Prevention and Intervention in the Community

Women in Medicine Marjorie A. Bowman, Erica Frank, Deborah I. Allen, 2002-05-17 In this newly revised expanded and updated edition the authors have provided a definitive resource about and for women physicians From statistical data regarding practicing women physicians in the U S and abroad minorities and gay lesbian physicians to practical advice on coping with stress WOMEN IN MEDICINE CAREER AND LIFE MANAGEMENT 3rd Edition is an exceedingly useful and insightful volume for understanding and managing the issues faced by women physicians in both their professional and personal lives

Understanding Stress in Doctors' Families Usha R. Rout, 2018-02-05 This title was first published in 2000 The first book to examine stress in doctors families in the United Kingdom this book outlines the results of both qualitative and quantitative research data and a thorough literature review of stress in the medical profession It has been organised in five chapters beginning with medical students junior doctors and consultants stress Chapter two focuses on specific problems experienced by general practitioners The content of the third chapter outlines the experiences

of women doctors and their family lives In chapter four overseas doctors their spouses and their children talk about their experiences which are characterised by cultural diversities Chapter five focuses on the experiences of non doctor spouses and children s point of view The final chapter reviews issues raised by the doctors their spouses and their children Approaches to the problems of different groups are suggested and some individual and organisational stress management strategies are outlined This book is aimed at medical students hospital doctors and their spouses general practitioners and their spouses other health care professionals and students in medicine social sciences and allied health professions It will also be of value to counsellors helping doctors and their families suffering from emotional problems *Stress and Burnout Among Providers Caring for the Terminally Ill and Their Families* Lenora F Paradis,2014-02-04 Written primarily by individuals with hands on hospice experience this crucial volume identifies sources of stress among hospice workers and provides workers and managers with strategies to cope with those stressors It is an enlightening examination of diverse theoretical perspectives and a much needed investigation on stress and burnout for hospice providers and caregivers Readers will find concrete suggestions for the alleviation of stress and burnout in their work with the terminally ill as well as theoretical and research discussions The authors explore a wide range of subjects and problems faced by nurses physicians social workers caregivers hospice directors and volunteers They also discuss the many factors in hospice care that may foster unfavorable stress reactions and eventual burnout among hospice professionals Current literature on job stress and burnout among those who care for the terminally ill is examined and a model of stress and burnout specific to hospice caregivers is presented The authoritative chapters also identify theories of stress and burnout and the distinction between the two Anyone who deals with chronic and terminal illness should read *Stress and Burnout Among Providers Caring for the Terminally Ill and Their Families* Hospice caregivers and volunteers social works clergy and health care professionals who work with cancer renal dialysis and heart and stroke patients will appreciate the attention given to a subject that has received little study *Encyclopedia of Women's Health* Sana Loue,Martha Sajatovic,2004-07-15 Designated a Reference Reviews Top Ten Print Reference Source 2005 The Encyclopedia of Women s Health meets this challenge by bringing together an impressive array of experts on topics from reproductive issues to gastrointestinal illnesses This skilfully edited volume informed by current health issues and health care realities offers readers practical information historical aspects and future directions all meticulously researched and conveniently presented Key features include Accessible A to Z coverage including AIDS birth control hormone replacement therapy teen pregnancy sexual harassment violence body image access to health care and more Entries spanning the medical psychological sociocultural spiritual and legal arenas Medical topics explored from both conventional and complementary perspectives Cross cultural data illustrate issues as they apply to minority women rural women the elderly and other underserved populations Special chapters on disparities in women s health and health care Historical overview of women in health as patients and as professionals Suggested readings and resource lists *Journal of*

the American Medical Women's Association American Medical Women's Association,2003 **Female Doctors in Canada** Earle Waugh, Shirley Schipper, Shelley Ross, 2019-02-07 Female Doctors in Canada is an accessible collection of articles by experienced physicians and researchers exploring how systems practices and individuals must change as medicine becomes an increasingly female dominated profession As the ratio of practicing physicians shifts from predominately male to predominately female issues such as work hours caregiving and doctor patient relationships will all be affected Canada s medical education is based on a system that has always been designed by and for men this is also true of our healthcare systems influencing how women practice what type of medicine they choose to practice and how they wish to balance their personal lives with their work With the intent to open a larger conversation Female Doctors in Canada reconsiders medical education health systems and expectations in light of the changing face of medicine Highlighting the particular experience of women working in the medical profession the editors trace the history of female practitioners while also providing a perspective on the contemporary struggles women face as they navigate a system that was tailored to the male experience and is yet to be modified **Appointment of Female Physicians and Surgeons in the Medical Corps of the Army and Navy, Hearings, Before a Subcommittee on H.R. 824 and H.R. 1857 ..., March 10, 11, 18, 1943** United States. Congress. House. Committee on Military Affairs,1943 *Appointment of Female Physicians and Surgeons in the Medical Corps of the Army and Navy* United States. Congress. House. Committee on Military Affairs,1943 **Stress Management for Primary Health Care Professionals** Usha R. Rout, Jaya K. Rout, 2007-05-08 This book is the first one to examine stress in primary health care professionals in the UK the professionals who are in the frontline of medical care in a rapidly changing society It is a detailed literate review of stress in general and includes the results of studies on primary health care professionals It contains extensive material from face to face interviews with each profession and practical advice on how they can manage stress **Wearable Utopias** Kat Jungnickel, Ellen Fowles, Katja May, Nikki Pugh, 2024-09-24 A collection of thought provoking interviews with cutting edge designers who transform ordinary wearables into extraordinary sites of personal expression public engagement and radical political action Wearable Utopias explores the promise of wearables for reimagining social and political problems of today for diverse and inclusive worlds for tomorrow Kat Jungnickel Ellen Fowles Katja May and Nikki Pugh entangle science and technology studies gender studies and cultural studies with contemporary issues to highlight the role wearables can play in forging alternative paths through conventional landscapes Featuring twenty three interviews with new and established international designers this collection covers everything from coats designed to protect digital privacy to high performing jeans that combat air pollution and to hi vis cyclewear as a response to urban harassment The interviews in Wearable Utopias are organized into six key themes addressing a selection of pressing civic issues expanding wearables that push physical social and political boundaries moving wearables that enable participation in a wider range of sport and activities concealing wearables that defend privacy or keep secrets connecting wearables that link

individuals to large scale issues leaking wearables that challenge the idea that urinating and menstruating are problematic or taboo and working wearables that address inequalities in the workplace Wearable Utopias offers insight and inspiration for students researchers designers and anyone making things to wear who is frustrated with daily inequities and normative limitations and wants to do things differently This book is part of the European Research Council funded project Politics of Patents POP Reimagining Citizenship via Clothing Inventions hosted at Goldsmiths University of London led by Kat Jungnickel with Ellen Fowles Research Assistant Katja May Postdoctoral Fellow and Nikki Pugh Research Assistant Wearable Utopias offers insight and inspiration for students researchers designers and anyone making things to wear who is frustrated with daily inequities and normative limitations and wants to do things differently **Cumulated Index Medicus** ,1985

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Table of Contents Stress And Women Physicians

1. Understanding the eBook Stress And Women Physicians
 - The Rise of Digital Reading Stress And Women Physicians
 - Advantages of eBooks Over Traditional Books
2. Identifying Stress And Women Physicians
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Stress And Women Physicians
 - User-Friendly Interface
4. Exploring eBook Recommendations from Stress And Women Physicians
 - Personalized Recommendations
 - Stress And Women Physicians User Reviews and Ratings

- Stress And Women Physicians and Bestseller Lists
- 5. Accessing Stress And Women Physicians Free and Paid eBooks
 - Stress And Women Physicians Public Domain eBooks
 - Stress And Women Physicians eBook Subscription Services
 - Stress And Women Physicians Budget-Friendly Options
- 6. Navigating Stress And Women Physicians eBook Formats
 - ePub, PDF, MOBI, and More
 - Stress And Women Physicians Compatibility with Devices
 - Stress And Women Physicians Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Stress And Women Physicians
 - Highlighting and Note-Taking Stress And Women Physicians
 - Interactive Elements Stress And Women Physicians
- 8. Staying Engaged with Stress And Women Physicians
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Stress And Women Physicians
- 9. Balancing eBooks and Physical Books Stress And Women Physicians
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Stress And Women Physicians
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Stress And Women Physicians
 - Setting Reading Goals Stress And Women Physicians
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Stress And Women Physicians
 - Fact-Checking eBook Content of Stress And Women Physicians
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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