

# Alberta Doctors' Digest

## Special issue on physician burnout

Welcome to the September-October 2018 issue of *Alberta Doctors' Digest*. We hope you had a great summer, including the opportunity to get away and decompress.

Of course, decompressing on a summer vacation can be an important tactic for recharging one's batteries. But physician burnout is a complex issue, so many of our *Alberta Doctors' Digest* contributors have taken up the challenge of sharing their thoughts on this important topic.

Dr. Jane Lemaire from the University of Calgary leads the way with her cover story, plus we've included a recording of my interview with her. So be sure to listen to that.

I also interviewed Dr. Terrie Brandon from the Physician and Family Support Program and you can listen to that interview, too. Whether you listen to the interview or read the story (or both), you'll learn about how the PFSP can help support physicians with burnout and other issues.

Dr. Alexander Paterson, one of our most insightful storytellers, shares a heart wrenching personal story in his regular column: *In a Different Vein*. Another regular contributor, Dr. Wesley Jackson (AKA: *Dr. Gadget*), makes the case that technology can actually contribute to physician burnout. And what about your social connections, specifically the social media ones? Dr. Dennis Jirsch chimes in on that in his regular column: *From the Editor*.

Of course, this issue of *Alberta Doctors' Digest* is rounded out with other stories about the business, politics and economics of practicing medicine in Alberta. So as usual, read, listen, watch and [share your feedback](#) with us. If you'd like to [pitch a story idea](#), we'd love to hear from you.

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