From Bryan Bohman, MD  
Chair, Physician Wellness Committee

MOVING FORWARD

The first step toward improving the workplace factors that affect physician wellness, recruitment and retention, burnout, and quality of care is to define and measure those factors. This was the message delivered at a Town Hall meeting earlier this month by Mark Linzer, a nationally recognized expert in physician work life integration.

Along those lines, at the same Town Hall meeting Christy Sandborg and Caroline Simard presented new data from the Career Flexibility Task Force, under the direction of Hannah Valantine. Their presentation included surveys comparing our medical staff with other academic medical centers along with learnings from focus groups with junior faculty and one-on-one in-depth "ethnographic observations". 73% of faculty reported working over 60 hours/week, and work-life was the second most cited concern of junior faculty after career advancement.

In response, a pilot program "Academic Biomedical Career Customization" (ABCC) has begun in 5 departments, and the task force is excited to announce that the School of Medicine has been selected as a recipient of a $250,000 Grant for Excellence in Faculty Career Flexibility from the Alfred P. Sloan Foundation and the American Council on Education. ABCC will include customized career tracks, career coaching, and concrete support to improve team flexibility.

For more details see WellMD News webpage.

Calendar Events/Talks:

10/2 – Jonathan King Lecture  
10/2 – Contemplative Neuroscience  
10/3 – Physician-Patient Relationship Through the End of Life  
10/3 – Nonverbal communication  
10/3 – Harmony for Humanity: Daniel Pearl Music Concert  
10/7 – Run for the Children  
10/7 – Celebrating Emily Dickinson  
10/8 – Mick LaSalle, film critic  
10/11 – Neurobiological Basis of Compassion  
10/12 – Unwind at Your Desk  
10/16 – Travel Writing  
10/17 – Why Did I Eat That – Again?  
10/18 – Safe Autumn/Winter Cycling  
10/18-28 – International Documentary Film Festival  
10/20 – Negative Self-Talk  
10/20 – iPhone Photography  
10/21 – Hoops for Hope  
10/24 – St. Lawrence String Quartet  
10/26-28 – Faculty/Staff weekend at Fallen Leaf Lake  
10/27 – Take Charge of Your Day  
10/27 – Writing for Your Life  
10/27 – Marsh Madness run/walk

For details of these and more events, plus CME wellness courses, see WellMD Calendar.


Recent Research:

**Changing eating habits for the medical profession.** Lesser LI, Cohen DA, Brook RH. JAMA. 2012 Sep 12;308(10):983-4. PMID: 22968886

From PAMF Research Institute, encouragement and suggestions for physicians/residents to role model healthy eating at department and educational meetings.


For community-recruited adults aged 50 and older during a single cold/flu season, ARI work days missed: control group - 67, 8 week exercise - 32, 8 week mindfulness meditation - 16.

**The Relationship Between Physician Empathy and Disease Complications: An Empirical Study of Primary Care Physicians and Their Diabetic Patients in Parma, Italy.** Canale SD, Louis DZ, Maio V, et al. Acad Med. 2012 Sep;87(9):1243-1249. PMID: 22836852

In a retrospective study of 20,961 patients with type 1 or 2 DM, higher physician empathy scores significantly correlated with better patient clinical outcomes.