From Bryan Bohman, MD  
Chair, Physician Wellness Committee

FACULTY PEER SUPPORT

One of the most significant stressors we face is personal involvement in an unexpected bad patient outcome or other negative critical incident. The professional and emotional impact to the physician can be extremely damaging and can impede the individual's ability to continue to provide safe, high quality patient care. This impact often includes the physician’s team and family as well.

Since the effect of these incidents can be profound, and research has shown that involved physicians much prefer talking with colleagues rather than counselors or other professionals, the Physician Wellness Committee is creating a physician peer support program (conversations within this program are protected from discovery in any legal proceedings).

To help guide us in getting started, on Friday October 11th we have invited Dr. Jo Shapiro to provide an all day workshop. Dr. Shapiro is a nationally recognized physician wellness expert and ENT surgeon who initiated and leads the Brigham and Women's Hospital Center for Professionalism and Peer Support.

She will be meeting with SHC, LPCH and SOM leaders including the Dean; a working group who will be customizing a Stanford-specific program; our wellness committee; and a first group of potential peer supporters.

On a parallel track, a program for house officer critical incident support is also being created. These initiatives are encouraged and supported by the Dean’s Office, the Graduate Medical Education Office and Risk Management.

Calendar:

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

10/1 – Writing Workshop
10/5 – iPhone Photography
10/8 – Eating with Intent
10/8 – Jonathan King Lecture
10/9 – Harmony for Humanity
10/12 – Walk to End Alzheimer’s
10/14 – Preparing for Retirement
10/14 – Partner Shiatsu
10/15 – Schwartz Rounds
10/15 – Bicycle Maint. & Safety
10/17 – International Documentary Film Fest.
10/17 – Positivity with Barbara Frederickson
10/18 – Roundtable: The New Science of Happiness
10/20 – Theta Breakers Run for the Children
10/21 – Losing Weight Together
10/22 – Back Relief
10/23 – Joy in Practice
10/24 – Compassion with Thich Nhat Hanh
10/26 – Brain Tumor Walk
10/30 – The Rolling Stones in Cinema

Fall quarter registration open: Health Improvement Program Recreation Classes Stanford Continuing Studies

Recent Research:

Associations between Confidentiality Requirements, Support Seeking and Burnout among University Hospital Physicians in Norway, Sweden, Iceland and Italy (the HOUPE study). Løvseth LT, Fridner A, Jónsdóttir LS, Marini M, Linaker OM. Stress Health. 2013 Jan 8. [Epub ahead of print] PMID: 23297188

Using four-country physician data, concerns about patient confidentiality limited MD ability to obtain/utilize social support, which in turn was significantly associated with burnout.


From a database of over 40,000 physicians, average percentage of their careers that physicians spent with open malpractice claims was 11%, ranging from 3% for psychiatrists to 27% for neurosurgeons. Authors feel the extensive time it takes to resolve a malpractice claim takes a considerable toll on physicians, patients and the healthcare system, and that new strategies are needed to speed resolution.


Medical students who spent the majority of their study and socializing time with culturally diverse students felt better prepared to care for patients from different backgrounds.