



**From Dr. Rebecca Smith-Coggins**  
Chair, Stanford Physician Wellness Committee

### 2016 WELLNESS SURVEY STRONG ON PHYSICIAN INPUT

Our 2016 Stanford Physician Wellness Survey is underway! Look for the survey link in an email you will receive in early October from Dean Minor, SCH CEO Christopher Dawes, and SHC CEO David Entwistle. Your responses to this 15 minute survey are extremely important as we work to identify practical, real life solutions to the “pain points” of practice as well as ways to improve resilience and fulfillment for our medical staff and trainees.

This survey is a follow-up to one from 2013 and includes some of the same measures, plus new ones. The prior survey served as a snapshot of medical staff wellness, and **results** were vitally important to the creation of our new **WellMD Center** and **associated programs**.

In fact, our Center is poised to make use of an additional new section in the 2016 survey that will generate a blueprint for needed interventions. We will ask your opinion on a variety of possible projects relating to efficiency of practice, culture of wellness, and personal resilience, with an opportunity to add your own ideas as well. Proposed interventions include improved efficiency of EMR, increased physician involvement in workflow and staffing decisions, more flexibility in scheduling of clinical work, and improved access to training and resources to advance your personal wellness and resilience.

**INCENTIVE:** Every department that achieves 75% survey participation will receive \$25/person to be used for wellness-related projects or events.

We need your input – make a commitment to complete this survey before 10/24, and urge your colleagues to do likewise!

Strict confidentiality will be maintained for survey responses and only aggregated data will be released.

### Calendar:

For details of these and more events & classes, or CME wellness courses, see [WellMD Calendar](#)

- 10/1 [Walk to Cure Diabetes](#)
- 10/4 [Tending Your Fall Garden](#)
- 10/5 [Community Gardens Harvest Festival](#)
- 10/5 [Better Digestive Health with Ayurveda](#)
- 10/5 Schwartz Center Rounds
- 10/6 [Stress Reduction with Horses](#)
- 10/8 [Walk to End Alzheimer’s](#)
- 10/9 [Bing Arts Open House](#)
- 10/13 [Medicine-Art Engagement Event](#)
- 10/15 [Beer and Brats Fundraiser](#) (benefits LPCH)
- 10/17 [Golf Tournament](#) (benefits ACS)
- 10/17 [The Odyssey](#)
- 10/18 [Introduction to Meditation](#)
- 10/19 [Chaucer: Poetry and Performance](#)
- 10/20 [Emotional Intelligence and Effective Interpersonal Communication](#)
- 10/20+ [19<sup>th</sup> Annual United Nations Film Festival](#)
- 10/22 [Silicon Valley Heart & Stroke Walk](#)
- 10/22 [Silicon Valley Light the Night Walk](#)
- 10/23 [Theta Breakers Run for the Children](#)
- 10/23 [Walk to End Lupus Now](#)
- 10/26 [Is an Electric Vehicle Right for You?](#)
- 10/27 [Daniel Pearl Harmony for Humanity](#)
- 10/28 [Motivation and Engagement in Med Ed](#)
- 10/29 [Making Strides against Breast Cancer](#)

### News:

- First annual [Kalanithi Fiction Award](#), submit stories or poems by Nov 1
- [Contemplation by Design](#) - sign up [now](#) for various events Nov 3-11
- Dr. Abraham Verghese receives [National Humanities Medal](#) from President Obama
- Anesthesia Department displays [hidden talents](#) (could your dept.?)

### Research:

**The Missing Link: Connection Is the Key to Resilience in Medical Education.** McKenna KM, Hashimoto DA, Maguire MS, Bynum WE 4th. Acad Med. 2016 Sep;91(9):1197-9. PMID: [27438155](#)

“Connection to colleagues, patients, and profession” is fundamental to resilience, and impacted by shift work, EMR, and work-life balance focus. “We should focus less on the competition between work and life and more on making our work a functional and enjoyable part of our lives.”