From Bryan Bohman, MD
Chair, Physician Wellness Committee

INTERNATIONAL FOCUS ON PHYSICIAN HEALTH

An increasing global recognition of the importance of improving the health outcomes and satisfaction of physicians and physicians-in-training was evident at last month’s 2014 International Conference on Physician Health in London. The meeting was sponsored by the AMA, BMA and CMA, and attended by SCPSS member Dr. Mickey Trockel, Clinical Assistant Professor in Psychiatry, as our representative.

The theme of the conference was support during career transitions, which optimally requires a thoughtful and reliable orientation structure in place, and support. Keynote speakers reinforced the need to promote individual physician wellness and professional fulfillment through prevention training for students; screening for burnout and depression; provision of confidential easy access to peer support and professional help; and work environment culture change with management that is empathetic and open to identification of problems, promotes shared decision making, and can be trusted.

Some of the findings from the many research studies presented included: medical students and physicians who engage in healthy behaviors were more likely to counsel patients to use those behaviors; and physicians who are women are more likely to go to work when sick and more likely to state patient needs as the reason for doing so.

We are excited that while in London Dr. Trockel was able to recruit Dr. Erica Frank, an internationally renowned researcher on physician health, to come to Stanford for a multi-day visit in the near future.

Calendar:

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

11/1 - Giving Wisely
11/2 - Daylight Savings ends
11/3 - Contemplation: the Power of the Pause
11/3 - Mindfulness and Design Thinking
11/4 - Election Day
11/4 - Grief Discussion Group
11/4 - Happiness - I Thrive
11/5 - Integrating Our Work and Life Aspirations
11/6 - Contemplative Concert at Bing
11/6 - Inner Balance: Optimizing Resilience and Reducing Stress
11/6 - Forgive for Good
11/7 - Increasing Creativity, Purpose and Passion in your life and Work
11/7 - Carillon Concert - Unwind
11/7 - Stanford Wind Ensemble
11/8 - All Day Writer’s Workshop
11/8 - Stanford Philharmonia Orch.
11/12 - Stanford Jazz Orchestra
11/12 - Compassion & Healthcare
11/13 - Back Relief
11/13 - Robert Frank in America
11/15 - Stanford Symphony
11/18 - Sleep from A to Z: Webinar
11/19 - University Singers
11/21 - Holiday Concert

News Items:

11/3-7 Contemplation by Design Week at Stanford
11/10-16 Compassion Week in SF

Recent Research:

For 133 female assistant professors at an academic medical school, “Heavy work demands were associated with increased levels of work-to-family conflict...The culture of the department/division plays a crucial role...and can exacerbate or alleviate the impact of extremely high work demands.”

Monitoring 55,137 adults for a mean of 15 years, “Running, even 5 to 10 min/day and at slow speeds <6 miles/h, is associated with markedly reduced risks of death from all causes and cardiovascular disease.”

31 adults experiencing mirthful laughter while watching a 10 minute humorous video clip produced diffuse gamma wave brain activity similar to that found in meditators.