



From Dr. Rebecca Smith-Coggins
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 Stanford Committee for Professional
 Satisfaction and Support

**DEAN TO FUND CENTER FOR
 PHYSICIAN WELLNESS AND
 PROFESSIONAL FULFILLMENT**

A Taskforce on Physician Wellness, commissioned by the Dean, has been meeting for eight months to thoroughly review the national literature, local physician wellness data obtained from many of you in 2013 and current Stanford wellness programs. The group recently submitted their analysis and recommendations to the Dean. It is my great pleasure to report that the Dean has agreed with the Taskforce recommendation to develop a **Wellness and Professional Fulfillment Center** devoted to improving the lives of physicians, and planning is already underway for the Center's work.

To our knowledge, this Center would be the first of its kind in the nation. The aim of the Center is to serve as a central organizing structure for physician wellness and fulfillment activities throughout Stanford Medicine and as the foundation for future programs and research. The Center's initial focus will include strategies to improve physicians' personal health and resilience. In addition, the Center will collaborate with the School of Medicine and SHC/SCH leadership to develop and implement policies, infrastructure and operations that address ease of practice and other physician wellness issues, starting with those identified in the 2013 Physician Wellness Survey. As the Center develops over time it will contribute research and scholarship to this field.

SCPSS has both initiated and partnered with wellness programs over the past few years that have shown effectiveness in addressing physician stress and burnout. However these efforts are limited without senior leadership support and sustained resources.

We greatly appreciate this far-sighted and innovative decision by the Dean, and will keep you updated as the Center's infrastructure is established.

Calendar:

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

- 11/1 Daylight Savings Ends
- 11/1 [15th Annual Race Against PH](#)
- 11/3 [Weeding Your Way to Wellness](#)
- 11/4 [Contemplation by Design](#) schedule of events
- 12
- 11/4 [Book discussion "A Path with Heart"](#) at medical center
- 11/4 [Malaria: Prospects for Elimination](#)
- 11/4 [Asian American Health](#)
- 11/5 [Breaking Free of Over-parenting](#)
- 11/7 [Sexual Diversity and Health](#)
- 11/7 [Nature Hikes in Jasper Ridge](#)
- 11/7 [Fall Saturday Writers' Workshop](#)
- 11/7 [63rd Annual Jewel Ball](#) (benefits LPCH)
- 11/7 [Big Sur Half Marathon & 5K](#) (benefits Ronald McDonald House)
- 11/10 [Inner Strength and Kindness Practices with Jack Kornfield](#)
- 11/11 [Fresh Perspectives on Diversity](#)
- 11/11 [Morning Meditation](#) at med center
- 11/11 [Physicians and Malpractice Claims](#)
- 11/12 [My Years in Vietnam as a Surgeon - Henry Ward Trueblood, MD](#)
- 11/17 [Fearless: LGBT Student Athletes](#)
- 11/17 [Forum: Right to Life Legislation](#)
- 11/18 [University Singers](#)
- 11/21 [118th Big Game vs. Cal](#)

News:

New campus 6 acre [Educational Farm](#) with a [Halloween Harvest Festival](#)

Report on 1st [Campus Climate Survey of Sexual Misconduct and Assault](#)

[Annual Campus Safety, Security Report](#)

Recent Research:

Impact of organizational leadership on physician burnout and satisfaction. Shanafelt TD, Gorringer G, Menaker R, et. al. Mayo Clin Proc. 2015 Apr;90(4):432-40. PMID: [25796117](#)

In a survey of 3896 Mayo Clinic physicians with a 72% response rate, 12-dimension leadership scores given to immediate physician supervisors and division/department chairs significantly correlated with the well-being and satisfaction of individual physicians. Each 1-point increase in composite leadership score was associated with a 3.3% decrease in the likelihood of burnout (p<.001) and a 9.0% increase in satisfaction (p<.001) of the physicians supervised.

Behaviorally assessed sleep and susceptibility to the common cold. Prather AA, Janicki-Deverts D, Hall MH, Cohen S. Sleep. 2015 Sep 1;38(9):1353-9. PMID: [26118561](#)

Using data from 164 healthy adult volunteers, those experiencing 5-6 hours of sleep at night were 4.25 times and at <5 hours 4.50 times more likely to develop cold symptoms from an administered rhinovirus, independent of pre-challenge antibody levels, demographics, season of the year, body mass index, psychological variables, and health practices.