ATTENTION TO PHYSICIAN HEALTH GOES INTERNATIONAL

In September, the AMA hosted the 2016 International Conference on Physician Health in Boston. This joint rotating conference of the American, British and Canadian Medical Associations is held every other year. Stanford was well represented, with members of the Physician Wellness Committee and the WellMD Center contributing 11 posters and 6 workshops (abstracts, AMA Wire).

Over 450 attendees from 14 countries heard keynote speeches relating to the theme of Joy in Medicine. Stanford participants attended the numerous breakout sessions to learn about evidence based interventions, tools and resources for physician resilience; gather specific ideas for projects; and engage and network with colleagues. A keynote panel discussed promising educational innovations from the American, British and Canadian medical school curricula. Inspirational keynote and workshop speakers informed the audience about practical workplace solutions to ease EMR and paperwork burden, the use of mindfulness and compassion in practice, and the urgent need for healthcare systems to acknowledge and invest in physician wellness as a quality indicator for patient care.

The WellMD Center will be combining these best ideas and practices with the results of our recent Physician Wellness Survey to prioritize interventions for 2017. Interventions will address the three areas of our physician wellness model – Personal & Professional Resilience, Culture of Wellness, and Efficiency of Practice.

Save the Date! Stanford, Mayo Clinic, and the AMA will be co-hosting a physician wellness conference focusing on best practices for individuals and organizations September 28-30, 2017 in San Francisco.

Research:


“The literature indicates that both individual-focused and structural or organisational strategies can result in clinically meaningful reductions in burnout among physicians. Further research is needed to establish which interventions are most effective in specific populations, as well as how individual and organisational solutions might be combined to deliver even greater improvements in physician wellbeing than those achieved with individual solutions.”