



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

HAS THE TIPPING POINT ARRIVED FOR PHYSICIAN WELLNESS?

The first American Conference on Physician Wellness, held October 12-13, 2017 and sponsored by Stanford Medicine, the AMA and the Mayo Clinic, was an enormous success. With a sold out crowd of 425 (and 150 people on a waiting list), attendees filled the conference rooms with excitement and shared ideas. Many of the attendees lingered after the conference concluded, enjoying the camaraderie and planning future collaborations. ([More about conference](#))

Scheduled around the three central domains of the Stanford Model for Physician Professional Fulfillment, the outstanding [keynote speakers and breakout sessions](#) focused on creating and enhancing 1) a culture of wellness, 2) efficiency of practice and 3) personal resilience. Information presented by speakers and via posters (see [abstracts](#)) included: how to get organizational buy-in to make a business case for having a physician wellness program, the sharing of common frustrations and barriers, and both theoretical and practical aspects of various interventions.

There was a general consensus that the meeting re-affirmed the core values of physicians and other caregivers, and that it inspired the participants to return to their various organizations with a re-invigorated dedication to taking action to restore the joy in medicine.

At the end of the conference, our Stanford WellMD Center inaugurated two new [annual awards](#) – for Innovation and Leadership in Physician Well-Being, to Dr. Mark Linzer, and an award for the most influential Physician Well-Being Article, given to Dr. Christian Helfrich (see article below).

The Stanford WellMD team is assessing the most promising interventions, including those presented at the conference, and creating an action plan for our physicians and trainees.

Meanwhile, save the dates! The International Conference on Physician Health is October 11-13, 2018 in Toronto, and the 2nd American Conference on Physician Health is September 12-14, 2019 in Charlotte, North Carolina.

Calendar:

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

- 11/1 [A Story about Family, Medicine, and How we Die with Laurel Braitman](#)
- 11/1 [Compassion in Health Care](#)
- 11/1 [Film: Bride of Frankenstein & Olympia](#)
- 11/2 [Mindful Cultivation and Positive Neuroplasticity: Rick Hanson](#)
- 11/4 [Kindness Heals](#)
- 11/4 [Jasper Ridge Contemplative Hikes](#)
- 11/4 [Tibetan Medicine Self-Care Skills](#)
- 11/5 Daylight Savings
- 11/5 [A Campus Contemplative Walk](#)
- 11/5 [Race Against PH](#)
- 11/6 [Neurobiology of Breathing /Tranquility](#)
- 11/8 [Rodin gallery talk](#)
- 11/8 [Alice Walker: Taking the Arrow Out of the Heart](#)
- 11/9 [Early AM Meditation at Med Center](#)
- 11/13 [Mindfulness at Work](#)
- 11/14 [Life Transitions Workshop](#)
- 11/15 [Stanford Chamber Chorale](#)
- 11/16 [Compassion with Werner Erhard](#)
- 11/16 [Getting Ready for Fall/Winter Biking](#)
- 11/19 [Big Game at Stanford](#)
- 11/23 [Silicon Valley Turkey Trot](#)
- 11/28 [Senior Placement/Care Options](#)

News and Articles of Interest:

- [Faculty-Staff Help Center](#) has moved
- [Campus Safety & Security Report 2017](#)
- New med student [Diversity Center](#)
- Curious about new [Research Building?](#)
- [Ways to stand up to sexual harassment](#)
- [How to Make Stress your Friend](#) (Ted talk)
- [Grief & compassion after tragedy](#) webinar

Research:

The Association of Team-Specific Workload and Staffing with Odds of Burnout Among VA Primary Care Team Members.

Helfrich CD, Simonetti JA, Clinton WL, et. al. J Gen Intern Med. 2017 Jul;32(7):760-766. PMID: [28233221](#)

Incomplete team staffing, turnover among team members, and panel overcapacity had strong, cumulative associations with burnout. Burnout prevalence was 30.1% lower (28.5% vs. 58.6%) for respondents working on fully staffed teams with no turnover and caring for a panel within capacity.