NOVEMBER 2017 UPDATE

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.


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.

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.