INTERNATIONAL PHYSICIAN WELLNESS

Physician wellness has become a hot focus of international research, as evidenced by the server crashing when registration was opened for the recent international conference “Physician Wellness: From Awareness to Action”, jointly sponsored by the American, Canadian and British Medical Associations.

The number one problem identified by attendees was “the demise of the doctor's lounge” and a decreased sense of collegiality/community among physicians.

New initiatives aimed at all stages of a medical career, from student years to retirement, were presented. These included Canada’s comprehensive Physician Health Institute as well as a collaboration among seven European countries on cross-cultural physician studies. Attention was also given to families of MDs, disabled MDs, and medical trainees who were pregnant or parenting during training.

Many of the interventions presented were based on pre-intervention surveys of the targeted medical community. Our Stanford Wellness Committee will be carefully analyzing our upcoming survey results with our eye on a similar strategy of tailoring our interventions to the expressed perceptions and needs of our own colleagues.

Our committee was represented at the conference by Dr. Emily Ratner, Professor of Anesthesiology and Co-Chair of the Anesthesia Resident Wellness Program, who gave a presentation on resident wellness, and Dr. Harise Stein, our website editor.

Recent Research:

**Etiologic relationships between anxiety and dimensions of maladaptive perfectionism in young adult female twins.** Moser JS, Slane JD, Alexandra Burt S, Klump KL. Depress Anxiety. 2012 Jan;29(1):47-53. PMID: 22307922

This twin study of 292 young adults concluded that maladaptive perfectionism is moderately heritable.


From NCI using pooled data from 654,827 individuals aged 21-90, for adults 40+, leisure time physical activity directly correlated with longer life expectancy: 75 min/wk of brisk walking gained 1.8 yrs up to 4.5 yrs for 450 min/wk; nl BMI plus 150 min/wk gained 7.2 yrs.

**Salience resting state network integrity in the orbitofrontal cortex predicts task activation to viewing high-calorie foods when fasted.** Goldstone AP, Prechtl CG, Starke JA, et. al. Society for Neuroscience Annual Meeting Nov 2012. Abstract 798.02. Link

For 21 healthy young adults, skipping breakfast led to lunchtime increased activation of a brain “reward” area for food, and subsequently to increased high calorie food choices and higher total calorie food consumption at lunch.