**DECEMBER 2013 UPDATE**

**From Bryan Bohman, MD**  
Chair, Physician Wellness Committee

**AT YEAR’S END, SIGNS OF PROGRESS**

Respect for People – Supporting our Clinicians: that was the theme of the 7th annual Summit for Clinical Excellence on November 13. This event and the response to it are strong indicators of an increasing awareness of the importance of the impact of the state of the provider - burnout, resilience, professional satisfaction, work-life integration, etc. - on our ultimate goals of high value and safe clinical care.

The keynote address by Dr. Bryan Sexton from the Duke Patient Safety Center highlighted that connection between caregiver and patient wellbeing and outlined ways in which caregivers can improve their own resilience. Something as simple as reminding yourself each evening of three good things that happened to you that day has been shown to have pronounced and sustained positive effects. Many participants were moved by the comments of Norm Rizk, who briefly but very memorably sketched some of the challenges and rewards that come with dedicating one’s life to clinical care.

Other speakers outlined ways in which process improvement work can improve clinician satisfaction even while increasing the efficiency of care, supporting the notion that process improvement should be viewed in part as a professional satisfaction initiative, not just a method to improve efficiency.

This shift in culture is one of the goals to which our committee has been working, and along those lines we are changing our name to the Stanford Committee for Professional Satisfaction and Support. Look for our new initiatives in the coming year!

I send best wishes to everyone for Happy Holidays and a healthy and resilient New Year ahead.

**Calendar:**

For details of these and more events/classes, plus CME wellness courses, see [WellMD Calendar](http://wellmd.stanford.edu).

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<th>Date</th>
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<tr>
<td>12/2</td>
<td>Fire and Ice: Robert Frost</td>
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<td>12/4</td>
<td>Cultures, Minds and Medicine</td>
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<td>12/4</td>
<td>Early Music Singers</td>
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<td>12/6</td>
<td>Compassion and Tech Conf</td>
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<td>Walking Tour of Med Center Architecture</td>
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<td>12/11</td>
<td>The HPI: Reassessing Physician Practice</td>
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<td>12/13</td>
<td>Annual Messiah Sing Along/Play Along</td>
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<td>12/15</td>
<td>Jingle Run/Walk Los Altos</td>
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<td>12/15</td>
<td>Tour Papua New Guinea Sculpture Garden</td>
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<td>12/15</td>
<td>Holiday Organ Recital</td>
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<td>12/17</td>
<td>All Hospital Schwartz Rounds</td>
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Winter quarter registration:  
[Stanford Cont. Studies](#) – Dec 2  
[Rec Classes](#) – early Jan  
[HIP Classes](#) – early Jan

[Video of 2013 Roundtable on the Science of Happiness](#)

[Avoiding Holiday Weight Gain](#)  
[Surviving the Family Holiday](#)

**News Item:**

[New Faculty housing](#) is being planned for the area of California Ave. – 68 single family homes and 112 condominiums, open to [Academic Council faculty](#).

**Recent Research:**


**Institutional Metrics**

1. Make clinician satisfaction and wellbeing quality indicators.
2. Incorporate mindfulness and teamwork into practice.
3. Decrease stress from electronic health records.

**Work Conditions**

4. Allocate needed resources to primary care clinics to reduce healthcare disparities.
5. Hire physician floats to cover predictable life events.
6. Promote physician control of the work environment.
7. Maintain manageable primary care practice sizes and enhanced staffing ratios.

**Career Development**

8. Preserve physician “career fit” with protected time for meaningful activities.

**Self-Care**

10. Make self-care a part of medical professionalism.