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

2017 – A BANNER YEAR FOR PHYSICIAN WELLNESS

This past year has seen a dramatic increase in the awareness of, attention to, and interventions for, physician wellness. From the AMA, the National Academy of Medicine, the ACGME, multiple institutions and specialty societies, insurance companies, vendors including EPIC, and even the New York Times, to our own local medical center, medical and non-medical people alike are realizing that burnout is a systems problem; that individual resilience can be learned; and that physician well-being and professional fulfillment are inexorably linked to decreased turnover, increased productivity, improved patient care, and a joyful and satisfying workplace.

During 2017 our WellMD Center has been laying an improved foundation for interventions in 2018. Here are some of the Center’s past year accomplishments:

- Presentation of the longitudinal Physician Wellness Survey findings to our organization and department chairs
- Engagement of both hospital boards to support the business case for Stanford physician wellness
- Appointment of Stanford Medicine Chief Wellness Officer and WellMD Center Director Dr. Tait Shanafelt
- Creation of the Physician Wellness Academic Consortium to benchmark national physician wellness data
- Securing of two grants to the center, overseen by Dr. Mickey Trockel, one on Self-Compassion and the other on Sleep Improvement
- Co-sponsoring and hosting of the inaugural American Conference on Physician Health, with 50 Stanford participants.

In addition, various departments and individuals have augmented research and interventions for their faculty and trainees. The GME office has created a number of initiatives, including mindfulness training; and the Office of Medical Student Wellness has implemented several wellness programs, including a class on Cognitive Reframing. Also continuing are 24/7 resources via the WellMD website, communication via the monthly newsletter, and peer support via our independent and confidential program.

Next month Dr. Shanafelt will outline plans for 2018.

Calendar:

For details of these and more events & classes, or CME wellness courses, see WellMD Calendar

12/2 Christmas Market (benefits LPCH)
12/4 Unconscious Bias in Academic Medicine (Ob/Gyn GR)
12/6 Film: Westworld
12/11 Physician Burnout (Ob/Gyn GR)
12/11 Free Fitness Week
12/13 Medical Response to Conflict
12/15 Annual Messiah Sing/Play Along
12/17 Holiday Organ Recital

News and Articles of Interest:

Giving
- Online Tool to discover your public service predispositions
- Buy a Bear (benefits LPCH)
- Most needed foods for charity

Practical
- New Parking Lot changes as of 12/1
- 12/9 opening of new Packard Hospital
- Free and discounted IT Perks

Physician Wellness
- Highlights from Compassion in Medicine Panel
- Medical Response in Mosul (3:26 min)
- It’s time for zero tolerance for sexual harassment in academic medicine
- Female students exam disadvantage
- Stanford-Google Digital Scribe Pilot

Sign up ASAP (18 slots) for popular Literature & Medicine Dinner Program
6 Monthly meetings 5:30-7:15pm
Starting Wednesday, January 17th contact Jacqueline Genovese

Research:


“Nearly 1 in 5 US physicians intend to reduce clinical work hours in the next year, and roughly 1 in 50 intend to leave medicine altogether in the next 2 years to pursue a different career. If physicians follow through on these intentions, it could profoundly worsen the projected shortage of US physicians. [See also Counting the Costs of Burnout Reuters/NY Times]