FOOD FOR THOUGHT?

The quality of patient care can be jeopardized by unwell physicians, and physicians are frequently exposed to special occupational health risks. That was the message delivered by internationally recognized physician wellness researchers Jean Wallace and Jane Lemaire at last month’s Medical Staff Quarterly.

In one study, for example, a clear link was shown between nutrition and cognition. On days when the researchers provided physicians with convenient nutritious meals and snacks throughout their clinical workday, those physicians performed significantly better on cognitive testing compared to “control” days when they followed their usual eating and drinking habits. (more...)

This research reinforces recent developments at our medical center, where the Department of Surgery has started stocking a refrigerator with healthy snacks for resident consumption during their long workdays. In addition, as part of the STORM OR project, nutritious snacks and drinks are going to start to be supplied in the ASC for physicians because they are often unable to get to the cafeteria between cases.

Small but impactful steps in the right direction!

Recent Research:


Using in-depth interviews with 53 female academics, article discusses the why, how and when of entering academic medicine. This career choice was greatly influenced by training environment, personal relationships, and an interest in teaching.


From the Mayo Clinic, 15 clinic employees were given a 5 minute training on breathing meditation with a home practice DVD. At one month participants had significantly less perceived stress and anxiety, and improved QOL. Fifteen minutes of practice once or twice a day proved to be the most feasible.


UCLA study of effectiveness of a 4 hour course for graduating medical students covering financial planning, real estate choices, physician wellness during relocation/internship, and traits of efficient interns. Student prior experiences included: 38% had never signed a rental lease, 94% had never bought real estate, and 90% did not have or were aware of having disability insurance.