



From Dr. Daniel Murphy

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**NEW DIRECTORS COUNCIL TO PROMOTE
PHYSICIAN WELL-BEING**

In order to expand awareness about the importance of physician engagement and professional fulfillment, disseminate program information designed to achieve these goals, and encourage and support individual departments in developing interventions to meet their own unique needs, the WellMD Center has created a Department Well-Being Directors Council.

Tait Shanafelt, Stanford’s Chief Wellness Officer, asked each School of Medicine Clinical Department Chair as well as leaders from UHA and PCHA to appoint a physician from their department/group who was respected by their colleagues, and whom they entrusted to work in partnership with their leadership and the WellMD Center to foster change. To date twenty directors have been appointed.

The Well-Being Directors have already begun to participate in monthly one-hour work sessions facilitated by **Dr. Daniel Murphy** and **Mary Lou Murphy**, two of the WellMD Center leaders. In each of these sessions the directors will discuss key concepts, engage with peers on how these concepts might be operationalized, and develop and implement tactics specific to the needs of their own department.

The curriculum and the Council meetings are designed to allow each director to also generate projects within their department that contribute to physician well-being, including those focused on developing an efficient practice environment, and a positive and supportive department culture. Directors will have assistance from the WellMD Center including regular coaching, advising, and expertise specific to the projects that they develop.

The activities of the Council, in addition, will help directors create a network of colleagues who are leading efforts to foster well-being across the organization. Please welcome and encourage your **department director** in their efforts for you.

Calendar:

See [WellMD Calendar](#) for more events & classes, or [CME wellness courses](#)

- 2/7 [Live a Low-Carbon Life](#)
- 2/8 [Nobel Peace Prize Laureate for Children’s Rights, Kailash Satyarthi](#)
- 2/9 [Vegetarian Conscious Cooking Class](#)
- 2/9 [This is Us: An Evening with Sterling Brown and Ryan Bathe](#)
- 2/9 [Stanford Global Health Research Convening](#)
- 2/9 [The Hollywood Blacklist](#)
- 2/10 [Mindfulness Walking in Nature](#)
- 2/13 [Mindful Yoga](#)
- 2/13 [Film: Stem Cell Revolutions](#)
- 2/20 [Stanford Travel-Study at 50](#)
- 2/20 [An Introduction to Poetry](#) (online)
- 2/21 [Parenting Teens Discussion Group](#)
- 2/21 [Tales from the War on Hunger](#)
- 2/21 [Film: Tomboy](#)
- 2/23 [Dean’s Lecture: Dr. Jonathan Perlin](#)
- 2/23 [Free Bing Family Weekend Concert](#)
- 2/25 [The Dish Race](#)
- 2/27 [Caregiver Seminar: Consent, Guardianship, Durable Powers](#)
- 2/27 [Philosophy Talk National Radio: Responsibilities of Scientists](#)
- 2/28 [Dance of Bali](#)

News and Articles of Interest:

- [NEJM interview with Dr. Shanafelt](#)
- [Physician and Medical Student Suicide](#)
- [Leading Your Team through Change](#)
- [Gratitude as Medicine Survival Kit](#)
- [The Things We Say](#)
- New [SearchWorks](#) for full text articles

Research:

An Organizational Framework to Reduce Professional Burnout and Bring Back Joy in Practice. Swensen SJ, Shanafelt T. Jt Comm J Qual Patient Saf. 2017 Jun;43(6):308-313. PMID: [28528625](#)

Authors recommend six evidence-based actions for organizations to improve physician well-being: design organizational systems to address human needs, develop leaders with participative management competency, build social community, remove sources of frustration and inefficiency, reduce preventable patient harm and support second victims, and bolster individual wellness.