



**From Dr. Megan Ruth Mahoney**  
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**WHAT MAKES PHYSICIANS HAPPY IN CLINIC?**

Efficiency of Practice is a major driver of overall Joy of Practice for physicians at Stanford and in the U.S. In 2015, Stanford Primary Care initiated a broad-based practice redesign effort called **Primary Care 2.0** to create benefits across all domains of the quadruple aim: patient experience, cost savings, quality of care, and physician and staff wellbeing.

Three potent facilitators of Primary Care 2.0 are:

1. **Scribing** allows physicians to connect directly with patients without EHR interference. One physician described it as “a dream come true... I can just sit with a patient and I can just talk.” Medical assistants also appear to gain professional fulfillment from this increased involvement in patient care. Several effective models of team documentation have been implemented throughout Stanford Primary Care involving **medical assistants, post-baccalaureate students**, and **autoscribing technology**.

2. **Team-based Care** with onsite advance practice clinicians, behavioral health, clinical pharmacy, nutrition, physical therapy, triage and population health nurses, increases value and access across the system. The shift of protocolized care from physicians to other team members is supported through care pathways, multi-disciplinary huddles and case conferences. When every team member practices at the top of their license, physicians no longer have to try to do it all for their patients.

3. **Digital Health**, through telehealth, secure messaging, and remote patient monitoring, introduces variety and flexibility into a physician’s clinic schedule while freeing up capacity for in-person visits. Digital health serves as a foundation for new directions in e-consultations, Precision Health and AI.

We acknowledge Stanford Health Care for funding the evaluation of these initiatives, which has helped build and strengthen a feedback loop between research and practice – a learning health care system that is **uniquely Stanford**.

**Calendar:**

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

- 3/1 [Partner Shiatsu Neck and Shoulder](#)
- 3/1 [Documentaries about Happiness](#)
- 3/2 [BeWell Blood Drive](#)
- 3/4 [Stanford Treeathlon](#)
- 3/5 [Women in Data Science Conference](#)
- 3/5 [Film: The New Barbarianism](#)
- 3/6 [The Effects of Technology on Human Interactions](#)
- 3/7 [When Breath Becomes Air: Reflecting on Life and Death](#)
- 3/8 [The Link Between Disorder & Genius](#)
- 3/8 [Editor-in-Chief, The Lancet](#)
- 3/13 [Photography for Social Change](#)
- 3/14 [Film: Moonlight](#)
- 3/14 [The Art of Dante’s Divine Comedy](#)
- 3/16 [Gender Inequality](#)
- 3/18 [Racing Hearts](#)
- 3/21 [Concert for the Community](#)
- 3/21 [Dean’s Lecture: Arianna Huffington](#)
- 3/22 [14th Annual Wellness Fair](#)
- 3/22 [16th Annual Summer Activities Fair](#)
- 3/23 [Life/Art/Science/Tech \(LAST\) Fest](#)
- 3/30 [National Doctor’s Day](#)

**News and Articles of Interest:**

- [Student Financial Literacy Tools](#)
- [SOM finances](#)
- [Stanford Global Health seed awards](#)
- [Free Science of Happiness Podcasts](#)
- [Manage Stress Like an Olympian](#)
- [One minute mindfulness video for patients reduces distress and pain](#)

**Research:**

**Impact of Scribes on Physician Satisfaction, Patient Satisfaction, and Charting Efficiency: A Randomized Controlled Trial.** Gidwani R, Nguyen C, Kofoed A, Carragee C, Rydel T, Nelligan I, Sattler A, Mahoney M, Lin S. Ann Fam Med. 2017 Sep;15(5):427-433. PMID: [28893812](#)

In this Stanford RCT, “scribes produced significant improvements in overall physician satisfaction, satisfaction with chart quality and accuracy, and charting efficiency without detracting from patient satisfaction.”

**Trauma Surgeons Save Lives-Scribes Save Trauma Surgeons!** Golob JF Jr., Como JJ, Claridge JA. Am Surg. 2018 Jan 1;84(1):144-148. PMID: [29428043](#)

Adding scribes to trauma rounds led to more progress notes being written during the day than at night, and fewer notes written after patient discharge. Scribe costs of \$32,787 generated an additional \$191,394 in charges.