From Bryan Bohman, MD
Chair, Physician Wellness Committee

NEW ANTI-STRESS RESOURCE

The evolving culture of physician wellness at SUMC is evident in the recently launched WellConnect program, a comprehensive information hub for mental health referrals, educational information and prevention programs.

This service was designed specifically for house staff, who can access the service 24/7 by calling 650-724-1395 to ask questions and receive assistance in finding a qualified mental health provider. In addition, faculty can call this number if they need guidance with specific concerns about a trainee.

WellConnect is directed by Wellness Committee member and Associate Clinical Professor of Psychiatry Dr. Lisa Post, who recently explained, "We're here to help busy residents and fellows address burnout and other mental health concerns in a proactive and timely manner. The well-being and safety of our house staff is our mandate, and toward that goal all communication with WellConnect personnel are kept 100% completely confidential. We are here to help house staff stay healthy and resilient, even as they face the many challenges that come with modern medical training."

Prevention and outreach are also integral components of the WellConnect program. Lectures and workshops are offered to Program Directors to help departments become aware of the often-subtle signs of emotional distress that can be easily overlooked in the busy routine of our professional work life.

Need to Know Events:

4/3 - Mindfulness Class begins
4/7 - Big Bunny Fun Run
4/7 - Stanford Outdoor Gear Swap
4/10 - Medical Staff Quarterly
4/11 - Medicine and the Muse
4/18 - Wellness Fair
4/19 - Exploring Compassion
4/19 - Dine out for Packard Day
4/22 - Stanford Historic House & Garden Tour
4/25 - Raising Well-Balanced Children in a Fast-Paced World
4/25 - GSB Healthcare Innovation Summit
4/26 - Risk and Resilience for PTSD
4/30 - Partner Shiatsu for Neck/Shoulder Release
4/30 - Abraham Verghese, MD reading

Find out details of these and many other interesting events/classes on the WellMD Calendar. We have added a new section on physician wellness CME courses from around the country.

Spring 2012 registration has begun! Do something fun just for you - HIP classes Rec Classes Stanford Continuing Studies

Recent Research:

Acute Exercise Remodels Promoter Methylation in Human Skeletal Muscle

Even a single, brief, mild exercise session significantly improved muscle cellular function.

The Suicide Prevention and Depression Awareness Program at the University of California, San Diego School of Medicine.

This comprehensive program for medical students, residents and faculty aimed to increase awareness of depression/suicidality and to destigmatize help-seeking.

Comparison Between Physicians and Demographically Similar Peers in Accessing Personal Health Care.

Residents at a tertiary care US academic medical center scored lower on their own care compared to a demographically similar group – primary care provider 44% vs. 83%, routine health care visits 39% vs. 63%, and routine dental care visits 53% vs. 79%.