From Bryan Bohman, MD
Chair, Physician Wellness Committee

STANFORD MEDICINE LEADERS SUPPORT SCPSS PROGRAMS

This month marked the roll-out of Physician Wellness Survey data results and the start of education around the Peer Support Program. Our Stanford Committee for Professional Satisfaction and Support (SCPSS) leaders, including Christy Sandborg, Mickey Trockel and Dana Welle, had the opportunity to discuss these topics at the Medical Executive Committees of both SHC and LPCH in addition to the Council of Clinical Chairs.

All three groups were very interested in the survey findings, particularly the focus on professional fulfillment in addition to burnout, and encouraged our team to further evaluate strategies to improve professional fulfillment throughout the medical staff. The data provoked robust discussions about improvement methods, the possibility of scholarly research, and invitations to bring this information to a broader audience. Several clinical chairs requested that we present the data at upcoming departmental meetings.

The Peer Support Program, to assist colleagues involved in critical events, was also well received, with great support from all three leadership groups. These leaders agreed that the program filled an important need within the medical staff and were encouraged that a similar program was being developed for the house staff with the ultimate goal to provide support for the entire healthcare team.

This feedback was extremely energizing for our team; it is clear that Medical Staff, School of Medicine, and Hospital leadership are all very interested in further exploring physician and caregiver wellness and professional satisfaction as key elements in building a healthcare system that can achieve clinical preeminence.

A report of the survey findings is currently being prepared for distribution to the entire medical staff; we look forward to your comments!

Calendar:

For details of these and more events/classes, plus CME wellness courses, see WellMD Calendar

4/1 – Grief Discussion Group
4/3 - Anna Karenina
4/5 - Managing Perfectionism and Procrastination
4/5 - Using Your iOS Device to Its Full Potential
4/8 - Traditional Oriental medicine, Self-Care
4/8 - Mindfulness class
4/15 - What Works for Women at Work
4/15 – All Hospital Schwartz Rounds
4/16 - Wellness Fair
4/16 - Medicine and the Muse with Dr. Khaled Hosseini
4/18 - The Practices of Happiness
4/19 - Wake Up, Clarinet! (family concert)
4/21 - Understanding Jazz
4/22 - Forgive for Good
4/23 - Mindfulness at Work
4/24 - Stanford Symphony Orchestra: Showcase Concert
4/28 - Gary Trudeau
4/28 - Stress Reduction in the Presence of Horses
4/29 - Grow and Brew Your Own Herbal Teas
4/29 - Neck and Shoulder Relief
4/30 - Cooking and Gardening Spring Herbs & Vegetables

Spring quarter registration:
Stanford Cont. Studies – 2/24
Rec Classes – 3/31
HIP Classes – 3/19

News Item:

Viewing platform to watch the new hospital construction.

Recent Research:


Of 139 faculty in a pilot study, 1/3 resigned within 3 years of hire. Attrition was predicted by factors such as: lack of professional development; lack of institutional support and recognition for excellence in teaching and in clinical care; and perceived failure of the department chair to provide a climate of inclusiveness, respect and open communication.


For 45 clinicians at 4 different clinic sites, higher clinician mindfulness ratings were associated with greater likelihood of a patient-centered pattern of communication and greater overall patient satisfaction. [Rate your mindfulness level]