From Bryan Bohman, MD  
Chair, Physician Wellness Committee

PROMOTING MEDICAL STUDENT WELLNESS

The Office of Medical Student Wellness was launched in Fall 2013 motivated by an internal strategic analysis, which revealed the need for a central office to manage student wellness initiatives within the School of Medicine. Its mission is to enable Stanford medical students to thrive academically and personally throughout their medical school experience.

The OMSW team is comprised of: Rebecca Smith-Coggins, MD (Associate Dean for Medical Student Life Advising); Kerri Wakefield, PhD (Associate Director); and Roxana Farias, MPH (Student Wellness Associate). You can reach them at somwellness@stanford.edu.

OMSW has three primary functions: student life advising, wellness programming, and learning environment/mistreatment initiatives. Medical students seek confidential advice and advocacy related to issues including personal and family crises, relationships, health, and financial and legal matters. In addition, OMSW leads and supports an array of wellness programs including personal development workshops, major events (e.g. SMS Cup, Transition to Clerkship Retreat), and student-driven programs such as Ears for Peers and SWEAT. To promote positive learning environments, OMSW tracks and responds to reports of student mistreatment and conducts outreach to educators and students.

The first year has been exciting one for OMSW marked by a new office in the recently renovated MSOB first floor east wing and a new Student Wellness Leadership Team composed of a President and several Committee Chairs, each focused on a different dimension of wellness (intellectual, emotional/spiritual, physical, social, professional).

Calendar:

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

- 5/3 – Coffee – From Tree to Brew
- 5/4 – Stanford Historic House and Garden Tour
- 5/6 – Healthy Taste of Stanford
- 5/6 – Challenge of Reconstructive Surgery in Zimbabwe
- 5/8 – Bike to Work Day
- 5/8 – Stanford Physician Wellness Survey Results
- 5/9 – Cardinal Walk
- 5/9 – Neurosurgical Volunteerism
- 5/10 – Medical Staff Gala
- 5/10 – Stanford Powwow Fun Run
- 5/13 – Happiness at Work
- 5/14 – Stanford Jazz Orchestra
- 5/15 – Compassionate Leaders
- 5/15 – Avoiding Burnout in a Helping Role
- 5/15 – Stories of Women Surgeons Raising Families
- 5/16 – Mindfulness in Fast Times with Jack Kornfield
- 5/17 – Stanford Relay for Life
- 5/21 – Center for the Advancement of Women’s Leadership
- 5/22 – Student Grief and Loss
- 5/22 – Long Term Care
- 5/23 – Contemplation and Carillon Concert
- 5/24 – University Singers
- 5/31 – Stanford Laptop Orchestra

News Item:

BeWell issues campus health report card.

Recent Research:


A 2011 national survey of 3rd year medical students from 24 medical schools revealed results at right. Recurrent mistreatment was associated with high levels of burnout.


Using a model digestive tract, researchers found that when dark chocolate is consumed by “good” bacteria such as bifidobacterium, anti-inflammatory compounds are produced.