MAY 2016 UPDATE

From Dr. Rebecca Smith-Coggins
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A NEW CENTER ADDRESSES PHYSICIAN NEEDS

Our new Center for Wellness and Professional Fulfillment is rapidly becoming a reality. This is important because as physicians, we will benefit from having a collective voice to promote our wellness. We will be heard in partnership with physicians from medical societies and other medical centers addressing these issues on a national level.

The Center will have a significant research component that will examine influences along the training continuum, and will strive to investigate the value of strategic interventions in physician health. The three main areas of focus will be:

- Operational improvement – attention to operational decisions that may negatively or positively impact physicians in areas such as patient flow, EMR, schedule, and non-value added work.
- Personal resilience – implementation of easily accessible programs and strategies to support physicians in their own health and well-being.
- Culture change – adoption of policies that endorse a culture of respect and support and promote wellness and improved work-life integration.

We have already seen the benefit of research-driven interventions, as our first Physician Wellness Survey led to greater departmental and institutional awareness of the types and extent of physician challenges, the creation of numerous programs, as well as the formation of the Center. An enhanced survey will be rolled out in the next few weeks, and we urge all of you to participate in order to generate an even stronger, undeniable voice for positive change.

Calendar:

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

5/3  Film: How Rock and Roll Helped End Cold War
5/3  Women and Investing
5/4  Planting Your Spring Garden
5/5  Bill Nye the Science Guy
5/5  Equine-imity: Stress Reduction & Horses
5/7  Powwow Fun Run
5/11  Webinar: Intro to Mindfulness
5/12  Bike to work day
5/13  Cardinal Walk
5/13  Happy Hour at the Bing
5/14  Music and the Brain Symposium
5/14  Frost Music and Arts Festival
5/14  Relay for Life
5/14  6th Annual Stanford Medical Staff Gala
5/15  Bay to Breakers
5/18  Sign-up for Compassion Cultivation Classes
5/18  Byron Katie Shares “The Work”
5/19  Is an Electric Vehicle Right for You?
5/21  Stanford Educational Farm Open House
5/24  Long-Term Care: Resources on Peninsula
5/25  Compass with Emma Seppala
5/26  LPCH Annual Medical Staff Dinner
5/28  The Color Run
5/31  Webinar: Completing an Advanced Health Care Directive (engage an elderly relative?)

News:

- Meet new SHC President/CEO David Entwistle
- New Confidential Support Team for students re: sexual assault, relationship abuse

Research:

Preventing MD Burnout: Why Should Trustees Care and What Can They Do About It? Cunningham C. Trustee. 2016 Feb;69(2):6-7, 1. PMID: 27055344

“Physician burnout is a serious concern for hospital leaders. Boards can champion programs to reverse and prevent this condition…any program of this magnitude must have a budget and dedicated time to participate…The results from an effective burnout prevention program can have tremendous effects on your recruiting efforts, patient care and bottom line.”


“The process of creating healthy organization-physician relationships is critical to organizational success. To flourish, physicians need some degree of choice (control over their lives), camaraderie (social connectedness), and an opportunity for excellence (being part of something meaningful). Organizations can provide these opportunities by establishing constructive organization-physician relationships and developing physician leaders.”