From Dr. Rebecca Smith-Coggins
Chair, Stanford Committee for Professional Satisfaction and Support (SCPSS)

STANFORD TO MAKE ITS MARK AT THE INTERNATIONAL CONFERENCE ON PHYSICIAN HEALTH

Every other year, an International Conference on Physician Health (ICPH) is sponsored jointly by the American, Canadian, and British Medical Associations. This well-attended meeting offers an opportunity for thought leaders, researchers and practitioners to come together to investigate the impact of physician well-being on healthcare and to promote promising interventions.

In addition to creating a forum to discuss definitions, measurement tools, barriers and funding sources, this conference offers practical skills and evidence-based strategies to promote healthier physicians. There is a range of topics, from those that focus on the individual to innovative systems that influence the culture of medicine.

This year’s autumn conference, located in Boston, is titled “Increasing JOY in Medicine”. With encouragement and at times research design assistance from the Center for Wellness and Professional Fulfillment, 31 Stanford faculty, trainees and staff submitted 18 abstracts to the conference. To date, 17 submissions have been accepted for presentation as lectures, workshops or posters. The topics of the abstracts represent a wide range of assessments and interventions for medical students, residents, faculty and department systems, and include work-life, sleep, nutrition, compassion, positive psychology, communication, and collegiality. At the prior conference two years ago, we sent one representative and no submissions. The abstracts this year represent the forward momentum that the creation of the Center has encouraged, with several of the projects already making inroads at our medical center.

We are especially excited to share our experience and learn from colleagues at this forum, as it is the definitive conference for physician wellness.

Calendar:

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

6/1 All Hospital Schwartz Rounds
6/2 Healthy Kitchen: the Mediterranean Way
6/2 Stanford Laptop Orchestra
6/2 The Times of Lewis Hine, photographer
6/6 Stanford Ronald McDonald House Golf Tournament
6/6 Free Fitness Week (through 6/10)
6/7 Big Basin Marathon
6/11 School of Medicine Commencement
6/12 Silicon Valley Tour de Cure (benefits American Diabetes Association)
6/16 Stanford Jazz Festival (through 8/6)
6/18 Superhero Fun Run for a Cure (benefits Leukemia/Lymphoma Society)
6/19 Packard Summer Scamper (benefits LPCH)
6/20 Maria Callas: How One Soprano Changed the Face of Opera
6/22 Picasso
6/23 Dr. Tait Shanafelt on Physician Wellness
6/23 Forgive for Good
6/25 Happiness: Gumption, Gratitude and Grace
6/26 Long-Term Care Planning: Avoiding Crisis, Preparing for Change
6/27 Film: Modern Times
6/28 William Blake

News:

- Jacqueline Genovese receives the Inspiring Change Leadership Award
- Sign up for Summer quarter classes: Continuing Studies – now Health Improvement Program - 6/7 Recreation Classes - early June

Research:

An exploration of key issues and potential solutions that impact physician wellbeing and professional fulfillment at an academic center. Schrijver I, Brady KJ, Trockel M. PeerJ. 2016 Mar 10;4:e1783. PMID: 26989621 Full Text

64 Stanford physicians, representing all departments and career levels, were queried through surveys and focus groups about work motivation and workplace barriers/facilitators to their wellness. They then recommended solutions.


Summary of current evidence on the potential effects of nutrition and hydration on physicians’ occupational well-being and performance.