From Bryan Bohman, MD  
Chair, Physician Wellness Committee  

SHAKING UP THE STATUS QUO  

Stanford physicians are in a powerful position this coming month of July to participate in the first of our annual system-wide surveys of work and life issues contributing to (or detracting from) physician satisfaction and wellness.

The Stanford Physician Wellness Survey was piloted last year and validated with a random sample last month. In early July all medical staff members will be offered the opportunity to share their perceptions of our clinical working environment via this survey. Look for an email from me with the subject line: “Wellness Survey – Your Response Needed”.

In order to facilitate change that can make a real difference in addressing issues such as burnout and work/life dissatisfaction, an argument has to be made regarding the extent of the problem and the value of specific remedies. We need credible data to make this argument for change, and that’s why the survey is so important.

Once we identify and assess the extent of our challenges, we can devise and roll out pilot programs to either redesign a system or fill a gap. An example of this type of intervention is the successful trial of Career Customization, instituted with six pilot groups of physicians and their division chiefs, after surveying academic promotion and work/life needs.

Shaking up the status quo can be done on a grassroots level with your help. Dean Lloyd Minor and medical staff leaders Ann Weinacker, Christy Sandborg and Peter Koltai all take physician wellness very seriously and solidly support these efforts for change. It only takes about 10 minutes to fill out this survey - time well spent to help direct the transformation of our medical center toward one of optimal wellness and professional satisfaction.

Calendar:

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

- 7/1 – Partner Shiatsu
- 7/1 – Writing Toward Mindfulness
- 7/2 – Mindfulness
- 7/6 – Art of the Short Poem
- 7/7 – Everything You Wanted to Know About Jazz
- 7/8 – Mindfulness @ Work
- 7/8 – Back Relief
- 7/9 – Eating with Intent
- 7/10 – Positive Psychology
- 7/11 – Intro to HeartMath
- 7/12 – Jazz for Kids
- 7/13 – Book Self-Publishing
- 7/14 – Xmas in July Charity Run
- 7/16 – Healthy Kitchen: Snacks
- 7/17 – Safe Bicycle Skills
- 7/17 – Non-Verbal Communication
- 7/20 – Stanford Symphony Orchestra
- 7/21 – SF AIDS Walk
- 7/27 – Life & Music of Bob Dylan

Calling med students/house staff! Free Monday night Apocalyptic Comedy Film Series 7/8-8/19

Summer quarter registration: Health Improvement Program Recreation Classes Stanford Continuing Studies

News Item:

New recreational complex/pool with showers & lockers will open near the med center in the fall

Recent Research:


After a literature review and stakeholder analysis, physician, hospital, team and patient characteristics were identified that impacted physician workload. Authors feel analysis of these factors can improve compensation, efficiency and outcomes.


From a survey of all UK medical graduates for 3 years, “Issues of work-life balance were the single most common factor, particularly for women, in not pursuing the surgical specialties, emergency medicine, the medical hospital specialties, paediatrics, and ob/gyn.”