WELLNESS EXPERT RETURNS
Mark Linzer, MD is a nationally recognized expert in physician well-being, professional satisfaction, and their impact on quality of care. During a visit to Stanford last year, he led several well-received symposia on the causes of stress and burnout in physicians. House officers seemed especially interested in these topics and engaged in a very interesting dialogue with him about their largest sources of frustration and difficulty.

Dr. Linzer is returning to Stanford September 5th and 6th to continue his interactions with various Stanford groups, and to discuss his AHRQ-funded research study “Creating Healthy Workplaces”. This randomized cluster trial of 34 clinics in Wisconsin, Chicago and New York City is studying measures to improve four key physician work conditions: time pressure, chaos, clinician work control, and values alignment between clinicians and leaders. Outcome measures will include healthcare provider well-being, quality of patient care (patient satisfaction, quality metrics and errors), and recruitment, retention and the cost of care. This study could be critical in establishing the “missing link” between physician wellness/satisfaction interventions and improvements in quality of care.

Medical staff are invited to a town hall meeting with Dr. Linzer on Thursday 9/6 5:00-6:30 (location TBA). We hope you will join us!

Need to Know Events:
8/1 – Meditation, Me?
8/1 – Your Colonoscopy at 50
8/2 – De-Clutter and De-Stress
8/4 – Stanford Summer Chorus
8/7 – Healthy Cooking for One
8/8 or 10 - Info Team in Training (for Ronald McDonald House)
8/13 – Common Sleep Problems
8/16 - Partner Shiatsu Neck/Shoulder
8/19 – Stanford Football Open House
8/20 – Application due for faculty childcare financial assistance
8/23 – Children’s Back Problems
8/24 – Infant Massage Workshop
8/29 – Compassion, Awareness and Relationship Skills

For details see WellMD Calendar, where you will also find many upcoming charitable sports events with a child-friendly option. Encourage fun and healthy exercise habits as a family - start everyone training this summer!

Do you have a musical skill to share with your colleagues?
9/22 – The Concert by Caregivers Music Festival 12-4pm
Contact Greg Kaufman, SHC Music Program Coordinator, to sign up yourself/group or to be paired up.

Recent Research:
In a summary of several studies, sociometric status - the respect and admiration that one has in face-to-face groups such as friends or coworkers - had a stronger effect on happiness than socioeconomic status ($).

93 providers at a university medical center who attended an 8 week mindfulness training course experienced significant improvement in burnout scores and sense of well-being. [See Mindfulness section of WellMD website for local classes.]

Authors suggest a variety of ways to go beyond counting duty hours to focus on supervision, professionalism, transitions of care and workload, to ensure quality resident education and patient care.