AUGUST 2018 UPDATE

Eva Weinlander, MD
Director of Faculty Wellness, Division of Primary Care and Population Health

PRIMARY CARE ESTABLISHES A DIRECTOR OF FACULTY WELLNESS

Leadership from the Division of Primary Care and Population Health (PCPH) and from the Department of Medicine have been very supportive in providing FTE support for my inaugural role as Director of Faculty Wellness, as well as providing budgetary means to address physician wellness.

Stanford is both a fabulous and challenging place to work, and creating a collegial and supportive environment while working towards minimizing practice inefficiencies has become a necessary priority. After surveying our faculty, some of the programs we have initiated include:

- Providing healthy snacks at each clinical site.
- Encouraging the initiation of interventions championed by faculty members to address practice flow and clinician support.
- Creating regular, fully funded, small group “Commensality” dinners, to bond and reinvigorate our sense of meaning in medicine. In the last few months well over half of our clinicians have participated.
- Sponsoring a “Connect the Docs” summer event that brought our physician families out to the Stanford Campus Recreation Association for a swim, tennis, or just collegial conversation.
- Offering a mindfulness course in Half Moon Bay that was fully subscribed within 18 hours of registration.

In addition, the WellMD Center has been a supportive resource, including providing me and four other Stanford Department Wellness Directors the opportunity to attend the recent Stanford-WellMD-sponsored Chief Wellness Officer course. This intense and interactive 5 day program brought colleagues from all over the United States (and Australia!) to learn best practices and to cultivate expertise in promoting wellness at their home institutions.

PCPH is well on its way toward a healthier future. We have all worked too long and hard, and dedicated too much of our lives and talent to not prioritize taking care of the “most important instrument in medicine”.

Calendar:

See WellMD Calendar for more events & classes, or CME wellness courses
8/4 Silicon Valley Tour de Cure (ADA)
8/7 Forensic Anthropology
8/7 Digital Health at Google
8/8 Global Food Safety
8/12 Second Sunday: Family Day
8/14 The Art and Science of Meditation
8/15 Slow Medicine
8/15 Emergency Preparedness for Your Home
8/18 Walking Meditation in Nature
8/19 MyHeart Counts Run (Stanford Center for Inherited CV Disease)
8/22 AI in Medicine: Inclusion and Equity
8/23 Partner Shiatsu for Hands and Feet
8/28 Om Under the Dome
8/29 Managing Email Inbox, Documents
8/30 Art and Yoga

News and Articles of Interest:

- Fun Fact About New Hospital
- Childcare Subsidy Grant appl. due 9/1
- Free Fall Athletic Tickets
- New Outdoor Fitness Court Opens
- Enjoy the Great Outdoors
- 6 scenic campus sites for walking/talking meetings
- Connecting for Wellness

BeWell Partner Subsidized Online Programs:

- CheckUp & Choices – if concerned or wondering about drinking/drug use
- Headspace – mindfulness app
- Kurbo – family healthy eating, exercise
- Omada – decrease diabetes/CV risk

Research:


Authors present a business case for significant positive return on organizational investment to reduce physician burnout. “Critical ingredients to making progress include prioritization by leadership, physician involvement, organizational science/learning, metrics, structured interventions, open communication, and promoting culture change at the work unit, leader, and organization level.”