From Bryan Bohman, MD  
Chair, Physician Wellness Committee

NEW HOUSE STAFF WELLNESS INITIATIVE IN ANESTHESIOLOGY

The Dept. of Anesthesiology wellness program (now known as the PRIME program, for Peer support and Resiliency In MEdicine) has been exemplary in exploring ways to promote house officer wellness at Stanford. An exciting new wellness scholarship program continues that tradition.

With philanthropic funding from the Amy Wang Memorial Fund and oversight from a faculty mentor, each year two resident-submitted proposals to promote physician resiliency will be selected by a committee including fellow house officers to receive PRIME scholarships of $1500.

This initial year, the submissions were so excellent that four were chosen:

- Dr. Adam Was will survey house staff on ways to improve the resident lounge and implement the recommendations
- Dr. Lindsay Borg will perform a mental health care needs assessment of Stanford house staff, with development of solutions to overcome barriers
- Dr. Louise Wen will attend a mindfulness-based stress reduction course and then offer these skills to residents
- Dr. Chris Miller will attend a course and teach mindful living skills to anesthesia interns.

These projects will have high visibility, foster interest in the next group of trainees, be conducted with academic scholarship (including well-defined outcome metrics) contribute to physician self-care knowledge, provide self-sustaining outcomes, and encourage culture change.

The Department’s outstanding wellness programs are due in no small part to Dr. Emily Ratner, Professor of Anesthesia, who has championed attention to resident wellness for many years. She has also been an invaluable member of our Stanford Committee for Physician Satisfaction and Support (SCIPPS). It is with deep regret but also profound best wishes that we note her imminent move to the east coast.

Calendar:

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

9/5 - Stanford Docs Run (benefits Cardinal Clinics)
9/5-7 Medicine X
9/10 - Walking Tour of Medical Center Architecture
9/10-12 - TEDMED
9/11 – Understanding Communication Styles
9/18 - Fall Writer's Workshop
9/20 - California Coastal Clean-up Day
9/22 - Golf Classic (benefits LPCH Bass Childhood Cancer Center)
9/25 - Introduction to Leonardo da Vinci
9/26 - Challenge Success Fall Conference
9/26 - Robert Huw Morgan, organ
9/27 - Arts Open House Event
9/27 - Donate Life Walk (benefits Calif. Transplant Donor Network)
9/27 - Canary Bike Challenge (benefits Stanford Canary Center for early cancer detection)
9/27 - Silicon Valley Brain Tumor Walk
9/29 - Bill and Dave Charity Golf Classic (benefits LPCH)

Fall quarter registration:
Stanford Cont. Studies – Aug 17
Recreation Classes – Sept 15
HIP Classes – Sept 10

News Item:

Windhover, a 4,000 sq. ft. contemplative center with abstract paintings of the Stanford Hills, will open on campus mid-Sept. (slideshow, tours)

Recent Research:

Effectiveness of a mindfulness education program in primary health care professionals: a pragmatic controlled trial. Asuero AM, Queraltó JM, Pujol-Ribera E, et. al. J Contin Educ Health Prof. 2014 Winter;34(1):4-12. PMID: 24648359

An 8 week mindfulness program geared for healthcare professionals led to highly significant improvement in mood (especially regarding anxiety and fatigue), significant decreases in all components of burnout, and a significant increase in compassion scores.