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

PHYSICIANS NEED SUPPORT
AND APPRECIATION

Identifying concrete and practical interventions to help improve physician wellness and work-life integration is an important goal for our committee and healthcare in general. One of our committee members, Dr. Iris Schrijver, Professor of Pathology and Pediatrics (Genetics), has undertaken a project for the Stanford Medicine Leadership Academy to gain insight into the drivers and barriers to physician wellness at Stanford.

As a follow-up to our initial Physician Wellness Survey, she met with 64 physicians representing 17 clinical departments. In one-on-one interviews as well as in focus groups she hoped to qualitatively identify what motivates our medical staff, what are perceived barriers, and what are potential solutions.

Dr. Schrijver reports that Stanford physicians are motivated by a sense of satisfaction with the meaningful work of patient care, teaching and research; and also by a sense of connection with their colleagues. Participants identified sources of frustration, inefficiency and conflicting goals, with suggestions for improvement. In addition, they verbalized a desire to be supported in the work that they do and to be appreciated for the effort that they expend.

These insights will be used to modify the next Physician Wellness Survey for the entire medical staff. They will also be shared with the Medical Executive Committees at both hospitals and the Dean’s Task Force on Physician Wellness. Our goal is to create an ongoing funded program for assessment, implementation and monitoring of promising interventions.

Calendar:

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

9/1-4 Free Fitness Class Sampler
9/2 Mindfulness early morning class
9/10 Pop-Up Wellness (Lunch Break & Farmers Market) Clark Center
9/14 Pizza with a Purpose (benefits -17 LPCH)
9/15 Turning the Page from Criticism to Altruism in GME - Dr. Ralph Greco
9/19 California Coastal Clean-Up Day
9/21 Bill and Dave Charity Golf Classic (benefits Teen Health Van)
9/23 Medicine X
9/24 Pegasus Physician Writers: Becoming a Real Doctor
9/25 4th Annual Dean Pizzo Docs Run (benefits Cardinal Clinics)
9/26 Canary Challenge (bike ride benefits Stopping Cancer Early)
9/26 Silicon Valley Brain Tumor Walk
9/29 Book Talk - The Real Doctor Will See You Shortly: A Physician’s First Year

News:

Our Faculty Flex Support Program (contact program) was featured in an article by the Washington Post.

Free online Science of Happiness course begins Sept. 8, 2015.

Stanford Presidential search process and committee members are announced.

Recent Research:


The erosion of time to perform duties "has led to an estrangement of our key professional values...reduced communication in our ranks, and physician dissatisfaction. Much of this is driven by an unbalanced focus on the business model of medicine, highlighting rapid patient transactions... Reversing the current trends requires a new type of leadership committed to long-held professional values and recognition of what drives professional excellence.”


"Interactive sessions emphasized building self-awareness, coping skills, strengths and meaning in work, time management, self-care, and connections in and outside of medicine.” System changes included fresh fruit and an elliptical exercise machine for the on call room, and offering a few minutes of mindfulness meditation daily to the inpatient residents.