From Dr. Tait Shanafelt
Director, WellMD Center and Stanford Chief Wellness Officer

YEARN END REVIEW AND THE ROAD AHEAD

This past year has been one of foundation building and progress for the WellMD Center. We have:

- Developed relationships with strategic senior leaders at the School of Medicine, both hospitals, and the Hospital Boards. These relationships have helped us to open a dialogue on the types of operational and daily practice issues that impact physician wellness.
- Established a Department Well-being Director’s Council. Council members are physicians appointed by chairs of each department to lead local improvement efforts addressing unique department challenges. Initiatives are undertaken with the support and guidance of the WellMD Center team.
- Initiated and supported multiple pilot projects. These projects evaluate organizational approaches to promote self-compassion, leadership development for division chiefs, and connection with colleagues.

In 2019 we hope to build on this foundation by working in partnership with administrative leaders to develop organizational metrics that look at efficiency of practice, such as extra time spent charting on nights and weekends, in the inpatient, outpatient and OR settings. Administrative and physician leaders of the hospitals and departments will be responsible for specific improvement of these metrics. Transparent progress reports will be sent to executive leadership and hospital boards quarterly. In addition, we will again be assessing your professional experience with our Physician Wellness Survey in March 2019.

We look forward to providing you with more detailed information about numerous other initiatives that are underway over the coming months, and will be exploring new communication vehicles to keep you up to date on what’s happening. Finally, we’d like to express deep appreciation to Mary Lou Murphy, recently retired wellness director, for her critical role in launching the center and her extensive efforts to advance physician wellness at Stanford. Happy New Year!

Calendar:

See WellMD Calendar for more events & classes, or CME wellness courses

1/11 Dean’s Lecture: Dr Henry Marsh, author of Life as a Brain Surgeon
1/12 Compassion Cultivation Training Class
1/13 Family Day at Cantor Arts Center
1/14 The Geology and Wines of Calif. & France
1/16 Transforming Medicine: One Difficult Moment at a Time
1/16 Grand Rounds: Nutrition Debate
1/16 Global Health Research Convening
1/17 Financial Planning
1/17 Tango for Beginners
1/22 Annual Community Health Symposium
1/29 Mindful Yoga
1/30 Acoustic Guitar for Beginners
1/30 Organ Recital – Robert Huw Morgan

News and Articles of Interest:

Practical

- Medical School Spaces are Moving
- Guide to Bicycling at Night
- New Stanford Green Cleaning System
- Stanford 100% Solar by 2021

Self-Care/Interesting

- Staff Help Humans/Animals at Camp Fire
- Stanford Doctor Hits the Field with 49ers
- Med Student Ears-4-Peers
- Free Online Course: Mindfulness and Resilience to Stress at Work
- Faculty Thoughts on Gratitude
- Write a Self-Compassionate Letter

Call for Abstracts, American Conference on Physician Health 2019

Research:


Seven important points: burnout is prevalent among healthcare professionals, the well-being of healthcare professionals affects the quality of care, healthcare professionals' distress costs organizations a lot of money, greater personal resilience is not the solution, different occupations and disciplines have unique needs, evidence and tactics are available to address the problem, and interventions work.