INTERNATIONAL FOCUS ONCE AGAIN ON PHYSICIAN HEALTH

The International Conference on Physician Health held every two years and co-sponsored by the American Medical Association, British Medical Association, and Canadian Medical Association, recently convened October 11-13, 2018 in Toronto. Over 500 attendees from around the world joined together to share ideas and solutions to advance physician well-being. Stanford Medicine was well represented, contributing to several workshops, oral presentations, and posters. (Abstracts)

Keynote speakers and plenary panelists showcased emerging ideas, innovation, and research supporting the theme of “Driving Meaningful Change: Make it Happen. Make it Matter.” Presentations and workshops were organized into three program streams: individual level, system level, and enabling culture change. The three groupings are analogues to the Stanford Model of personal resilience, efficiency of practice, and culture of wellness, respectively. (Program with downloadable presentation slides.)

Stanford attendees were able to share and bring back many innovative and practical ideas, lessons learned, and best practices that will assist us moving forward.

In addition, while in Toronto, the Stanford WellMD Center announced and celebrated the recipients of the WellMD Center Annual Awards. The distinguished award recipients included Dr. Lotte Dyrbye for the award on Innovation and Leadership in Physician Well-Being, and Dr. Jane Lemaire for authoring the most influential Physician Well-Being Article (see article below).

Save the Date! Stanford, Mayo Clinic, and the AMA will be co-hosting the 2nd American Conference on Physician Health on September 19-21, 2019 in Charlotte, North Carolina. The next International Conference on Physician Health will occur in September 2020 in London.

Research:

Understanding How Patients Perceive Physician Wellness and its Links to Patient Care: A Qualitative Study.

In this Canadian study, patients noticed cues that they interpreted as signs of the state of physician wellness, such as appearance, demeanor, and signs of stress. They then formed judgements based upon what they noticed, which affected their views about their care, their trust in their interactions, and even their actions such as following care plans. Patients had a nuanced understanding of how physicians’ work may place doctors at risk for being unwell, and the effect this might have on the care doctors provide. Patients could become powerful allies in supporting physician wellness initiatives.