HOW CAN WE ACHIEVE CLINICIAN WELLNESS IN THE EHR ERA?

The electronic health record (EHR) has become integral to the delivery of modern medicine. It holds the potential to enable precision health and a true learning health system. However, the experience of use is associated with decreased professional fulfillment with too much time spent on clerical tasks. Our Stanford organizations are partnering to address these issues:

1. **Easier Data Entry** is imperative. Along with physicians’ specialty-by-specialty improvement of screens and tools, badge-tap sign-on is being deployed across Stanford Medicine. Dragon speech recognition is available across Stanford Medicine to improve documentation efficiency. We are researching with Google how artificial intelligence enabled listening devices can document the doctor patient interaction automatically.

2. **EHR Proficiency** requires continuous learning to be efficient and confident. To date, more than 800 physicians have received 1:1 personalized education at SHC, UHA, Stanford Children’s and PCHA through the Epic Concierge and Home-for-Dinner programs with a focus on improving satisfaction with the EHR and reducing time spent in work-after-work.

3. **Regulatory Documentation Requirements** are reinforced by EHR design. We need to reduce the clerical demands placed on clinicians as a condition of payment for care. Write to CMS with your ideas to decrease documentation burden! ReducingProviderBurden@cms.hhs.gov

4. **Digital Health** offers evolution from intermittent, reactive interventions to continuous supportive health. Tools like Telehealth can minimize travel time for patients and providers while enabling optimal care and extending Stanford Medicine.

Where can we go next? In June, Stanford Medicine is convening leading minds in patient care, technology, design thinking, and public policy to reimagine electronic health records to improve our professional experience each day. In addition, we welcome ideas from our physicians about improving EHR efficiency – contact us at nPageler@stanfordchildrens.org and csharp@stanfordhealthcare.org.

**Calendar:**

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

5/1  Mental health and wellness with Keith O’Neil, former NFL player  
5/9  Dr. Jill Biden  
5/9  Cancer’s Anxieties - Dr. Mukherjee  
5/10  John Etchemendy Cardinal Walk  
5/10  Bike to work day  
5/11  Physician Wellness Forum  
5/11  Stanford Powwow and Art Market  
5/11  Music and the Brain Symposium  
5/12  Climate Change and its Impacts on Human and Animal Health Relay for Life (benefits cancer research)  
5/12  Powwow Fun Run  
5/17  Is an Electric Vehicle Right for You?  
5/18  Pediatrics Diversity & Inclusion Forum  
5/19  Embrace the Sweat (benefits LPCH)  
5/19  2018 Frost Music & Arts Festival  
5/20  Bay to Breakers  
5/20  Out of the Darkness Campus Walk (Prevent Suicide)  
5/22  Wills &Trusts: Elder Estate Planning  
5/23  Climate Change, What You Can Do  
5/30  University Singers

**News and Articles of Interest:**

- Hard to Hear Negative Feedback
- Lingering Feelings over Daily Stress May Affect Long Term Health
- Report on needs of Stanford graduate student families
- Stanford’s Childcare Challenges
- New Stanford training video for active shooter (+ see Healthstream module)
- Kids and School Lockdowns
- Highlights Medicine & Muse Symposium
- Highlights HI/AI in Medicine Symposium
- Highlights Henrietta Lacks Event

**Research:**


In this study of 142 physicians, 2 hours were spent on the EHR for every hour of patient care. 44.2% of EHR time was spent on clerical and administrative tasks, and 23.7% managing the inbox. [Also see NAM EHR Discussion Paper.]