

Program book

Oct. 7-9 | Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch, Scottsdale, Ariz.







Dear Colleagues:

On behalf of the Mayo Clinic, Stanford Medicine and the American Medical Association, welcome to the 2021 American Conference on Physician Health. Our event this year is the first to adopt a hybrid format featuring both in-person and virtual attendance options, but we trust you will find that the research and expertise offered throughout our three-day conference meets the same high standards of excellence established in previous sessions.

Our theme this year—"Achieving the Quadruple Aim: Resilient systems in times of crisis"—reflects the need for flexibility, adaptability and resilience as we work in partnership to enhance our patients' experience, improve population health, reduce costs and gain greater satisfaction from our roles.

The focus on physician well-being has never been more important. The COVID-19 pandemic continues to test our physician community and our health care workforce in ways once unimaginable, while placing tremendous pressure on our entire health care system. It is not surprising then that recent physician surveys indicate higher levels of burnout, exhaustion, depression and other adverse effects. But it also shows the ability of physicians to respond to every crisis; nearly half of those surveyed by the AMA and Mayo this year said COVID-19 has brought renewed purpose and meaning to their work.

Ensuring that *all* physicians achieve higher levels of professional satisfaction is just one of our conference goals. We will also explore new ways to promote inclusion and interpersonal connectivity throughout an organization, initiatives designed to create and support a culture of wellness through shared values and greater practice efficiency, as well as methods to achieve and sustain physician productivity and job satisfaction through the end of this pandemic and beyond.

We are thrilled that you are joining us for ACPH 2021, and we are more eager than ever to present a collaborative learning experience that will benefit you, your patients and our profession. Let's get started!

Yours in wellness,

Gianrico Farrugia, MDPresident and CEO
Mayo Clinic

Lloyd B. Minor, MD
Carl and Elizabeth Naumann Dean
Stanford University School of Medicine

Flord B. Munoi

James L. Madara, MD
CEO and Executive Vice President
American Medical Association

The American Conference on Physician Health is sponsored jointly by the Mayo Clinic, the Stanford University School of Medicine and the American Medical Association.

Mayo Clinic Program on Physician Well-Being

The mission of the Mayo Clinic Department of Medicine Program on Physician Well-Being (PPWB) is to promote physician well-being through research, education, and development of individual and organizational well-being initiatives that optimize physician satisfaction and performance. Lotte Dyrbye, MD, MPHE, and Colin West, MD, PhD, co-directors of the PPWB, aim to advance discovery and transform practice to improve the work lives of physicians nd, in turn, the care they provide to patients worldwide.

The PPWB evaluates the entire spectrum of personal, professional and organizational factors that influence physician well-being, satisfaction and productivity. Hypotheses regarding specific organizational and personal characteristics/ interventions are tested, and effective interventions are implemented by leadership in accord with strategic priorities. The program's central aim is to provide the evidence base for leaders to make strategic decisions and efficiently allocate resources to optimize physician well-being and performance. The body of knowledge generated is translated into meaningful and substantive changes within the organization and for the profession. Learn more at mayoclinic.org.

Stanford Medicine WellMD Center

The mission of the Stanford WellMD Center is to advance the well-being of physicians and those they serve. Led by Tait Shanafelt, MD, the WellMD Center's primary focus is to improve physician well-being across Stanford Medicine. The Center also plays a leadership role nationally through developing and evaluating interventions, sharing new knowledge and proven interventions, developing transformative collaborations and cultivating a learning community.

The Center's work is informed by the Stanford WellMD Professional Fulfillment Model, which identifies three key domains contributing to physician professional fulfillment:

Culture of wellness	Efficiency of practice	Personal resilience
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In addition to co-sponsoring the American Conference on Physician Health, the WellMD Center founded and leads the Physician Wellness Academic Consortium and provides training for physician well-being leaders, such as its Chief Wellness Officers Training Program. Learn more at wellmd.stanford.edu.

American Medical Association

The American Medical Association is the physicians' powerful ally in patient care. As the only medical association that convenes 190+ state and specialty medical societies and other critical stakeholders, the AMA represents physicians with a unified voice to all key players in health care.

The AMA leverages its strength by removing obstacles that interfere with patient care, by leading the charge to confront public health crises and prevent chronic disease, and by driving the future of medicine to tackle the biggest challenges in health care. Helping health systems and clinical practices succeed in their transformation journey is critical to the AMA. That is what drives its development of evidence-based, field-tested solutions to guide physicians and care teams each step of the way. Increasing efficiencies, improving patient care and enhancing professional satisfaction—these are what increase Joy in Medicine™ and make the journey worthwhile. Learn more at ama-assn.org.









CME information

The Accreditation Council for Continuing Medical Education requires that CME providers have a mechanism in place to verify physician participation in CME activities. For this conference please be certain to sign in each morning at the registration desk in order to claim your credit.

Wireless internet

Wireless internet access is available in conference areas at the Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch. **Network**: Hyatt-Meeting

Password: ACPH21

Networking

Take advantage of multiple networking opportunities to meet or catch up with your peers, expand your network of contacts and have a lively exchange of views, knowledge and ideas. Plan to attend the **welcome reception, Thursday, Oct. 7**, sponsored by the Physicians Foundation.

Social media

Follow the hashtag **#ACPH21** to join the conference conversation and get highlights about sessions, speakers and other conference happenings.

Install the app

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Enter "American Conference on Physician
Health 2021" in the search bar.

3

Click **download** and create a profile.

Things to do in Scottsdale

Discover many fun desert adventures during your getaway at the Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch. Ideally located in the heart of one of Scottsdale's most prestigious areas, the 27-acre resort features one of the most exciting water playgrounds in Arizona. Tee it up on one of the top-rated golf courses in the southwest, situated just outside your guestroom door. Discover relaxing treatments that coincide with the body's natural rhythms at Spa Avania. Revel in the vast array of activities the area has to offer, including tennis, rock climbing, hiking, bike adventures, hot air balloon flights, jeep tours, Native American culture and shopping spots like Old Town Scottsdale (with its ArtWalk every Thursday evening) and Scottsdale Fashion Square.

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This year's speakers

Keynote speakers



J. Corey Feist, JD, MBA Co-founder, Dr. Lorna Breen Heroes' Foundation

Corey Feist, JD, MBA, is a health care executive with over 20 years of experience. He is the co-founder of the Dr. Lorna Breen Heroes' Foundation and currently serves as the chief executive officer of the University of Virginia (UVA) Physicians Group, the medical group practice of UVA Health composed of 1,200+ physicians and advanced practice providers. Feist holds an adjunct faculty appointment at the UVA Darden School of Business where he recently taught the course "Managing in a Pandemic: The Challenge of COVID-19." He is also the chair of the board of the Charlottesville Free Clinic.



Jennifer Feist, JD Co-founder, Dr. Lorna Breen

Jennifer Breen Feist, JD, is a lawyer in Charlottesville, Va., specializing in finance, real estate and wealth management. She is the co-founder of the Dr. Lorna Breen Heroes' Foundation and sister of Dr. Lorna Breen. She serves as treasurer of the Central Virginia Chapter of Girls on the Run and is also a co-founder of Women United, a nonprofit dedicated to supporting causes that benefit women and children.



Jillian Horton, MD

Associate chair, Department of Internal Medicine, Max Rady College of Medicine, University of Manitoba

Jillian Horton, MD, is a physician and writer at the University of Manitoba in Winnipeg, Canada. A former associate dean, she is currently associate head of internal medicine and directs the Alan Klass Health Humanities Program.

Dr. Horton has undertaken extensive mindful practice training at the University of Rochester and chief wellness

officer training at Stanford University. Her writing about medicine appears regularly in the LA Times, Medscape, The Globe and Mail, and a variety of other mainstream publications.

Named a leading medical educator by the Gold Foundation in 2020, she was awarded the prestigious Gold Humanism Award by the Association of Faculties of Medicine of Canada for her contributions to humanity and compassion in medical education. Her first full-length book, We Are All Perfectly Fine, was released by HarperCollins Canada in February 2021 and is a national bestseller.

Plenary speakers

Nadine Burke Harris, MD, MPH California surgeon general

Nadine Burke Harris, MD, MPH, is an awardwinning physician, researcher and advocate dedicated to changing the way our society responds to the public health crisis of childhood trauma.

Dr. Burke Harris was appointed as California's first-ever surgeon general by Gov. Gavin Newsom in January 2019. Prior to that, she founded the Center for Youth Wellness in 2011 and grew the organization to be a national leader in pediatric medicine and responding to children exposed to Adverse Childhood Experiences and toxic stress.

Her work has been cited in best-selling books and a feature film, as well as in NPR, CNN, Fox News, USA Today and The New York Times. Dr. Harris' TED Talk, "How Childhood Trauma Affects Health Across the Lifetime" has been viewed nearly 9 million times. Her book *The* Deepest Well: Healing the Long-Term Effects of Childhood Adversity was called "indispensable" by The New York Times.

Dr. Burke Harris was named one of 2018's Most Influential Women in Business by the San Francisco Business Times.



Christine Cassel, MD Senior advisor for strategy and policy,

Department of Medicine, University of California, San Francisco

Christine K. Cassel, MD, is the senior advisor for strategy and policy in the Department of Medicine at the University of California, San Francisco, where she works on the role of technology in health care, clinician wellbeing and biomedical ethics.

Dr. Cassel was one of 20 scientists chosen by President Barack Obama to serve on the President's Council of Advisors on Science and Technology (PCAST). She led PCAST reports on a range of topics including health information technology, systems engineering in health care, and technology to foster independence and quality of life in an aging population. She is past president of the American College of Physicians, the American Board of Internal Medicine (ABIM), the ABIM Foundation and the National Quality Forum.

A leading expert in geriatric medicine, medical ethics, health policy and quality of care, Dr. Cassel is a member of the National Academy of Medicine and chaired the 2019 report on clinician well-being. She has received numerous honorary degrees and is a Fellow of the Royal Colleges of Medicine of the U.K. and Canada. She is the author of over 200 articles and author or editor of 11 books.

> Vice Adm. Vivek H. Murthy, MD, MBA U.S. surgeon general

Vivek H. Murthy, MD, MBA, was confirmed in March 2021 to serve in a returning role as the 21st surgeon general of the United States. As surgeon general, Dr. Murthy's mission is to restore trust by relying on the best scientific information available, providing clear, consistent guidance and resources for the public, and ensuring that we reach our most vulnerable communities. As the vice admiral of the U.S. Public Health Service Commissioned Corps, Dr. Murthy commands 6,000 dedicated public health officers, serving the most underserved and vulnerable populations.

During his previous tenure as the 19th surgeon general, Dr. Murthy helped lead the national response to a range of health challenges, including the Ebola and Zika viruses, the opioid crisis, and the growing mental and physical threat of stress and loneliness. He also issued

the first surgeon general's report on alcohol, drugs and health, and a historic surgeon general's report on e-cigarettes and youth.

Prior to his tenure as surgeon general, Dr. Murthy co-founded VISIONS, a global HIV/AIDS education organization; the Swasthya Project, a rural health partnership that trained women in South India to become community health workers and educators; TrialNetworks, a technology company dedicated to improving collaboration and efficiency in clinical trials; and Doctors for America, a nonprofit mobilizing physicians and medical students to improve access to affordable care.

A renowned physician, research scientist, entrepreneur and author of the bestselling book Together: The Healing Power of Human Connection in a Sometimes Lonely World, Dr. Murthy is among the most trusted voices in America on matters of public health.



Tait Shanafelt, MD

Associate dean, Stanford University School of Medicine

Chief wellness officer, Stanford Medicine Director, WellMD Center, Stanford University

Tait Shanafelt, MD, is the chief wellness officer, associate dean, and Jeanie and Stewart Richie Professor of Medicine at Stanford University. A hematologist/ oncologist whose clinical work focuses on the care of patients with chronic lymphocytic leukemia, Dr. Shanafelt served a seven-year term on the National Cancer Institute (NCI) Leukemia Steering Committee from 2014 to 2020 and has been principle investigator on four R01 grants from the NCI, including two active R01s.

In addition to his leukemia research, Dr. Shanafelt is an international thought leader and researcher in the field of physician well-being. He previously served as the founding director of the Mayo Clinic Department of Medicine Program on Physician Well-being before moving to Stanford in 2017 to lead the WellMD Center. He has published more than 450 peer-reviewed manuscripts and commentaries and has helped hundreds of organizations improve burnout and promote professional fulfillment for physicians. His studies in this area have been cited in CNN, USA Today, U.S. News and The New York Times. In 2018, he was named by TIME magazine as one of the 50 most influential people in health care.

Panelists



Jennifer Berliner, MDMedical director, Chief Medical and Scientific Office, Department of Medicine,

University of Pittsburgh Medical Center

Jennifer Berliner, MD, is the clinical assistant professor at the University of Pittsburgh Medical Center (UPMC), the director of physician well-being, and the medical director of the Chief Medical and Scientific Office. She is working on developing a well-being program for UPMC physicians. She is also a member of the Scientific Board and the Administrative Board of the Physician Wellness Academic Consortium.

Dr. Berliner is board certified in internal medicine, cardiovascular disease, echocardiography and nuclear cardiology. She completed her fellowship in cardiovascular disease at McGaw Medical Center of Northwestern University at Northwestern Memorial Hospital in Chicago in 2007, where she focused on non-invasive imaging. She completed an additional fellowship in advanced cardiac imaging at Northwestern Memorial Hospital and trained at the University of Erlangen in Erlangen, Germany, where she learned specialized cardiac computed tomography techniques. During her fellowship she won the Siemens Outstanding Academic Research Award and Grant.



Kirk J. Brower, MDChief wellness officer, University of Michigan Medical School

Kirk J. Brower, MD, is a professor in the department of psychiatry at the University of Michigan (U-M) Medical School. He currently serves as the chief wellness officer for the U-M Medical School and faculty director of the Wellness Office for Michigan Medicine. The Wellness Office promotes workplace well-being for all faculty, staff and learners at Michigan Medicine. Dr. Brower is also the founding executive director of U-M Addiction Treatment Services, the founding director of the U-M Addiction Psychiatry Fellowship Program, and a Distinguished Fellow of both the American Psychiatric Association and the American Society of Addiction Medicine.

In 2017, Dr. Brower co-edited the book, *Physician Mental Health and Well-Being: Research and Practice*. This year he was the lead author of an article titled, "The evolving role of the chief wellness officer in the management of crises by health care systems: Lessons from the Covid-19 pandemic" (NEJM Catalyst Innovations in Care Delivery), in collaboration with wellness officers from eight other health care organizations.



Kristine Olson, MD, MSc Chief wellness officer, Yale New Haven Hospital

Kristine Olson, MD, MSc, is the inaugural chief wellness officer at Yale New Haven Hospital, a 1,541-bed tertiary medical center and primary teaching hospital of Yale School of Medicine.

Appointed chief wellness officer during the pandemic, Dr. Olson has been integral to the health system's traumatic-disaster pandemic response. She collaborated with organizational leadership in the first assessment of burnout and has continued to execute a wellness assessment annually.

Since 2016, she has also led the Clinician Wellness Council in inventorying resources and needs, and accelerating the adoption of best practices and innovative interventions. She communicates, coordinates and collaborates in optimizing culture/climate, practice efficiency and resiliency.

Nationally, Dr. Olson served on the American Medical Association's steering committee for Joy in Medicine™, convening health care executives and researchers to establish national priorities. She currently serves on the scientific board of the Stanford-led Physician Wellness Academic Consortium and is actively engaged with chief wellness officers around the country.



Jonathan Ripp, MD, MPHChief wellness officer, Icahn School of Medicine at Mount Sinai

In the role of chief wellness officer, Jonathan Ripp, MD, MPH, oversees efforts to assess and provide direction for system- and individual-level interventions to improve well-being for all students, residents, fellows, faculty

and other health professionals in the Mount Sinai Health System. In the department of medicine, Dr. Ripp practices as a clinician in the Mount Sinai Visiting Doctors home-based primary care program, where he maintains an active patient panel.

Recognized for his leadership on physician wellbeing, Dr. Ripp has been invited to participate in the Accreditation Council on Graduate Medical Education Symposia on Physician Well-Being, join the American College of Physician's Promoting Physician Wellness Task Force, and participate in the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience. He also chairs the Greater New York Hospital Association's Clinician Well-Being Advisory Group.

Dr. Ripp's primary research interest is physician burnout and well-being, for which he has received grant support and has published and lectured widely. His multicenter studies have served to better elucidate the causes and consequences of physician burnout and have explored interventions designed to promote clinician well-being.



Powered by its "Achieving the quadruple aim: Resilient systems in times of crisis" theme, this year's conference will showcase abstracts with research findings that identify solutions organizations can implement, and/or best practices that can be used to achieve joy in medicine. Joy in medicine—which we define as a fundamental redesign of medical practice to restore the healing relationships among patients, physicians and health care systems—is distinguished by a high level of physician work-life balance, a low level of burnout and a feeling that medical practice is fulfilling. This year's conference will provide a forum for clinicians and researchers to present recent research findings, innovative methods and educational programs around physicians' professional well-being, as well as educational programs in the following areas of physician health:

- New models of care
- Identifying contributors
- Psychological impact of the COVID-19 growth
- Anxiety, depression and mental health
- Well-being of trainees
- Work-life interface
- Gender and well-being
- Interventions
- Supporting physicians and access to care
- Consequences
- Drivers and contributors
- Novel measurement

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Conference schedule

Thursday	, Oct. 7 (Day 1)		
6–7 a.m.	Fun Run Spa Avania Lawn		
7–8 a.m.	Registration and continental breakfast Arizo	ona Ballroom	
8–8:15 a.m.	Welcome and wellness activity (meditation) \	/aquero Ballroom	
8:15-9:15 a.m.	Opening keynote address From awareness to well-being of our health care professionals J. Co		
9:15-9:30 a.m.	Refreshments and exhibitor visits Arizona/Va	aquero Foyers	
9:30–10:30 a.m.	New models of care Vaquero (A–G1)	Identifying contributors Arizona (I–III)	Workshop Vaquero (E2—G2)
	Burnout and professional fulfilment related to the rapid uptake of telehealth due to COVID-19 K. Olson	Crowdsourcing wellness: Using voice of the physician to improve wellness metrics A. Ippolito	 Meeting the psychosocial needs of staff during the COVID-19 pandemi J. DePierro
	• Improving physician well-being by adopting a team-based approach for addressing osteoporosis screening and treatment <i>T. Imley</i>	 Communication, Culture and Engagement Physician Task Force: An Appreciative Inquiry approach to address burnout <i>T. Sanft</i> 	
	• Enhancing teamwork through development of medical assistants <i>K. Bulava</i>	• "I need to have a fulfilling job": A qualitative study of professional well-being in surgeons <i>E. Morrow</i>	
10:40 –11:40 a.m.	Plenary session U.S. Surgeon General Vivek H.	Murthy, MD, MBA Vaquero Ballroom	
11:45 a.m.–12:30 p.m	. Lunch Arizona Ballroom		
12:30–1:30 p.m.	Psychological impact of the COVID-19 growth Vaquero (A–G1)	Anxiety, depression and mental health Arizona (I–III)	
	 Protective factors against psychological distress among frontline health care workers facing COVID-19: Exploring personal behaviors and system factors H. Kaye-Kauderer 	 Do practicing health care providers suffer n depression than the general public? A. Chag Immunocompromised status and mental h workers E. Morrow 	gpar
	 Psychological impact of the COVID-19 pandemic on frontline health care workers in New York City: A longitudinal analysis of consequences & opportunities C. Kaplan 	WOIREIS L. MUITOW	
1:30-2:30 p.m.	Plenary session Healing the healers: Prioritizing	g physician health and well-being Nadine Burke	Harris, MD, MPH Vaquero Ballroom
2:30-3:30 p.m.	Poster session/viewing (Research) Arizona (VI	I–VIII)	
3:30-4:30 p.m.	Well-being of trainees Vaquero (A–G1)	Work-life interface Vaquero (E2)	Workshop Arizona (I–III)
	Waiting on the world to change: The long view of the development of burnout in physician trainees H. Kirkpatrick		 So, you want to be a chief wellness officer? Write your own job description E. Lawrence
	 Culture and experiences surrounding pregnancy and child-rearing among residents and fellows J. Ukabam 	 Understanding the impact of COVID-19 on faculty needs for childcare/eldercare, flexibility and work-life balance D. Braunfelds 	
4:45–5:30 p.m.	Health and wellness activity (cardio class) Law	vn Court	

	during the COVID-19 pandemic satisfaction and well-being <i>N. John</i>	to improve patient and provider	and sacrifices made for career among early career pediatricians	COVID-19 pandemic:Lessons learned to promote post-
	Redeployment and burnout amon COVID-19 pandemic V. Sundaram	g health care workers during the	 S. Webber Changes in clinician well-being and needs over time during the COVID-19 pandemic and the increased burden on female clinicians S. Pertsch 	traumatic growth <i>C. Brazeau</i>
11:10 a.m.— 12:10 p.m.	Interventions Vaquero (A–G1)	Supporting physicians and access to care Arizona (I–III)	Workshop Sonoran	Workshop Vaquero (E2—G2)
	• An upstream and downstream approach to threat manage- ment in medicine <i>P. Honsberger</i>	 A multidimensional approach to physician support during a pandemic A. Sethi 	 Navigating qualitative well- being data: An introduction to template analysis L. Poulin 	 Addressing the challenges of women physicians: The organizational approach
	Heartfulness meditation improves loneliness and sleep in physicians and advance practice providers during COVID-19 pandemic <i>J. Thimmapuram</i>	• Medical student mental health: Student burnout, treatment acquisition and barriers to care at a single institution <i>C. Pichan</i>		D. Sliwka
	 Leveraging social media during a global pandemic to share mindfulness, create connection, and promote healing and personal growth in healthcare professionals J. Mahoney 			
12:10–1:10 p.m.	Lunch Arizona Ballroom			
1:10–2:10 p.m.	Consequences Vaquero (A–G1)	Drivers and contributors Arizona (I–III)	Workshop Sonoran	Workshop Vaquero (E2—G2)
	Pandemic-driven post- traumatic growth <i>K. Olson</i>	A data driven strategy to address the experiences of	Stumbling upon wellness: Pearls and pitfalls when	Fast tracking change management and enhancing
	Coping with COVID-19 for Caregivers: Results from a	female physician faculty <i>L. Rotenstein</i>	starting a new division wellness committee <i>J. Diaz</i>	well-being during the COVID-19 pandemic crisis <i>S. Akhtar</i>
	national survey N. Nankivil	 Drivers of burnout and professional fulfillment among academic medical faculty L. Rotenstein 		
2:10–3:10 p.m.	Poster session/viewing (Innovation	ion) Arizona (VII—VIII)		
3:10–4:10 p.m	Diamanu cassian A national stu	ata mu fa malinisia muualla hain mu Auusu	y forward Christine Cassel, MD Va	aguero Pallroom

Plenary session | CWO panel: How your organization prioritized physician well-being during/post pandemic

Jennifer Berliner, MD; Kirk J. Brower, MD; Kristine Olson, MD, MSc; and Jonathan Ripp, MD, MPH | Vaquero Ballroom

Gender and well-being

Relationship between gender

Arizona (I–III)

Workshop

Vaquero (E2-G2)

• The role of the CWO in the

Friday, Oct. 8 (Day 2)

8:30-9:30 a.m.

10-11 a.m.

7:30–8:15 a.m. Registration and continental breakfast | Arizona Ballroom

8:15—8:30 a.m. Welcome and wellness activity (mediation) | Vaquero Ballroom

9:30–10 a.m. Refreshments and exhibitor visits | Arizona/Vaquero Foyers

• Reinventing the after-hours call experience for physicians prior to and

New models of care

Vaquero (A-G1)

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4:10–4:25 p.m	Refreshments and exhibitor v	Alizolia/ vaquelo l'oyels		
4: 30–5:30 p.m.	Workshop Sonoran	Interventions Vaquero (A—G1)	Novel measurement Arizona (I–III)	Workshop Vaquero (E2—G2)
	 Leaders can improve their physicians' morale through participatory management: The Coaching for Clinician Engagement Program D. Dil 	 The low commitment, rotating Message-a-Colleague program has a positive impact on participants in a surgical department H. Blackburn 	 Using a hospitalist morale index (HMI) to measure well-being during the COVID-19 pandemic <i>H. Michtalik</i> Developing an instrument 	Getting off the struggle bus: Creating an exceptional faculty experience for academic physicians <i>H. Walker</i>
		 Decreasing burnout and isolation during anesthesia fellowship training through a 	to assess interdisciplinary teamwork in health care K. Olson	
		year-long integrated coaching program <i>J. Mahoney</i>	• The value of COVID-19 disaster stress self-assessment <i>K. Olson</i>	

8–8:45 a.m.	Continental breakfast Arizona B	allroom		
8:45–9 a.m.	Welcome and wellness activity (n	neditation) Vaquero Ballroom		
9–10 a.m.	Closing keynote address We Are Jillian Horton, MD Vaquero Ballroom	•	gh-stakes personal narratives will rev	vrite medical culture
10–10:30 a.m.	Refreshments and exhibitor visits	Arizona/Vaquero Foyers		
10:30— 11:30 a.m.	Workshop Arizona (I–III)	Workshop Vaquero (E2—G2)	Workshop Vaquero (A—G1)	Workshop Sonoran
	Not wasting a crisis: A comprehensive approach to fostering well-being in health care systems during reconstruction M. Call	 Peer support is not what it used to be: Maximizing utilization, adapting in real- time, and training to meet evolving needs in a crisis M. Quinn 	• Local Practice Improvement (LPI): Recovering group agency and restoring practice morale <i>D. Dill</i>	Innovative wellness curriculum development: How to impact system well-being infrastructure for learners and established providers M. Rea
11:30 a.m.— 12:30 p.m.	Plenary session Physician well-bo	eing 2.0: Where are we and where	are we going? Tait Shanafelt, MD	Vaquero Ballroom
12:30–12:45 p.m.	Refreshments and exhibitor visit	s Beverages and light snacks	Arizona/Vaquero Foyers	
12:45–1:45 p.m.	Joy in Medicine™ Health System F	Recognition Program Vaquero	Ballroom	
1:45–2 p.m.	Closing remarks Vaquero Ballroo	n		

Innovation poster presentations

A faculty leadership coaching and appreciation workshop to enhance faculty well-being and engagement

L. Peccoralo, S. Fecteau, Y. Klein, C. Johnson, L. Bloom, B. Shah, J. Ripp, C. Kaplan, S. York, A. Giannandrea, D. Adams

Acknowledging physician well-being amidst COVID-19: An analysis of online resource provision by the national medical specialty societies in the AMA House of Delegates

Addressing clinician resilience through administrative staff

J. Pfeifer, C. Amendolara

Addressing resident burnout by normalizing mental health support

A. Mlnarik, A. Doshi, E. Mannino-Avila

Addressing stress, stigma and isolation in rural healthcare and small medical settings: Multi-institutional peer support

C. Gomez-Di Cesare, T. Hohensee, M. Scribani, L. Kohman, W. Ryan, D. Bradshaw, L. Cleary

Addressing trauma exposure and stress in primary care during COVID-19: A train the trainer Stress First **Aid Program**

H. Hartman-Hall, D. Marchalik, M. Mete

Career Pathway

S. Burton, D. Bell, J. Fouts, L. Gregg, L, Grieco, E. Helms, D. Keyser, D. Kim, P. Latare, B. Mortitz, K. Ouchi, G. Swenson

Caring for our physicians-in-training: A needs assessment to guide support of medical students during COVID19

E. Waineo, F. Salinitri, R. B. Stansfield, H. Kopinsky, D. Levine

Characterizing physician EHR use with vendor derived data: A feasibility study and cross-sectional analysis

E. Melnick, B. Nath, S. Ong, A. Fong, V. Socrates, R. Ratwani, M. Simonov, A. Salgia, B. Williams, D. Marchalik, R. Goldstein, C. Sinsky

Developing a predictive model to identify provider burnout

H. Walker, A. Locke, T. Christenson, H. Cozart, M.B. Scholand, M. Conroy

Effect of extended visit time on physician wellness in a pediatric primary care office: A pilot program

S. Walker, J. Cioffi

Evaluating the sociotechnical factors that lead to burnout in surgical residents during the COVID pandemic

I. Kratzke, K. Adapa, S. Stokes, R. Kanwar, S. Meltzer-Brody, M. Kapadia, L. Mazur

Evaluation for the multifaceted transformation of a wellbeing program in response to COVID-19

N. Charguia

Healthcare employees' early experience of the COVID-19 pandemic: A qualitative analysis

E. Evans, B. Choi, K. Heward, T. Mai, E. Morrow

Impact of a wellness curriculum on wellbeing and risk of burnout in academic anesthesiologists

G. Shih, A. Pichoff

Impact of mindfulness on physician burnout

D. Virant-Young, K. Guardado, A. Gundeti, H. Holsinger, S. Wisniewski

Impact of opt-out therapy appointments on resident interns

T. Kevern, R. Davies, K. Stiel, S. Raaum

Joy in work: A multidisciplinary approach to making primary care the best job

K. Ouchi, D. Bell, J. Fouts, L. Gregg, L. Grieco, E. Helms, D. Keyser, D. Kim, P. Latare, B. Moritz, S. Burton, G. Swenson

Mini-grants for medical student health and wellness

S. Lyons, B. Shrosbree, A. Moreira, K. Corbin, G. Lacy

Permanente Advocate Resource (PAR): Sustaining physician wellness via confidential mental health support for physicians and their families

J. Pfeifer, M. Marcus

Physician mental health during a global pandemic

D. Clark, R. Sanchez

Psychological resilience in frontline healthcare workers during the acute phase of the COVID-19 pandemic in New

S. Syed, R. Pietrzak, J. Feingold, A. Feder, D. Charney, L. Peccoralo, S. Southwick, J. Ripp

Rapid and repeated assessment of clinician well-being and burnout: Implications for emergency management

V. Sundaram, C. Pan, R. Crupi, P. August, A. Norful, E. Brondolo

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J. Drummond, S. Deschamps

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K. Bulava, D. Ford, S. Rehm

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To Act As A Unit: A pathway to professionalism for newlyhired staff physicians and investigators

K. Bulava, S. Schmitt, K. Moran

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Work-life balance: Clinicians maintaining interests outside of medicine

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Continuing medical education information

The American Conference on Physician Health seeks to promote a healthier culture of wellness for physicians and to reduce the stigma associated with ill health in physicians. In addition to providing a forum for practitioners and researchers to present recent findings and innovative treatments, the conference offers opportunities certified for AMA PRA Category 1 Credit™. AMA PRA Category 1 Credit recognizes physicians' participation in continuing medical education, and is accepted by hospital credentialing bodies, state medical licensure boards and medical specialty certifying boards, as well as other organizations.

Objectives

- Examine creative ways to improve the organization's work environment and promote a positive culture to enable self-care, personal growth and compassion (for yourself, colleagues and patients).
- Evaluate your organization's efficiency of practice and identify organizational systems that could improve health care quality and patient safety.
- Assess your level of personal resilience and outline an action plan for increasing one's physical, emotional and professional wellness.
- Develop and implement effective strategies to measure physician wellness and/or advanced leadership support for wellness as a strategic priority within your organization.
- Listen, share and exchange best practices and lessons learned with a network of internal and external peers as it relates to fostering physician health.

Target audience

This national conference is intended for physicians in all specialties and for those who are in academics, students, physician health researchers, administrators, educators and consultants who wish to improve their knowledge, competence and performance in physician health.

Statement of need

Physicians' professional wellness is increasingly recognized as being critically important to the delivery of high-quality health care, and yet, survey data indicates physician burnout nationally has reached crisis proportion. Physicians strive to achieve an optimal patient experience and provide the highest quality care while simultaneously facing increasing productivity and documentation demands that often lead to anxiety, fatigue, burnout and depression.

This leading-edge forum is designed to inspire organizations throughout the country to seek ways to bring back the joy in medicine and achieve professional fulfillment for all our physicians.

Through provocative keynote presentations, practical panel discussions, concurrent oral abstracts, and poster presentations of more than 70 different national wellness projects and programs, this two-day conference will offer an exciting format featuring progressive practitioners and noted researchers. We will provide an engaging forum to share innovative methods and discuss tangible strategies and tools that structuring organizations (i.e., hospitals, health systems, practices and clinics) can use to contribute to, rather than detract from, physician wellness. The conference will also showcase research on the infrastructure of health care systems and highlight what organizations can do to help combat burnout and promote wellness.

Desirable physician attributes (also known as competencies)

CME activities must be developed within the context of desirable physician attributes or competencies. The American Conference on Physician Health has identified that this activity addresses the following competencies: patient care, professionalism and system-based practice.

Disclosure information

The content of this activity does not relate to any product or service of a commercial interest as defined by the Accreditation Council for Continuing Medical Education; therefore, there are no relevant financial relationships to disclose. If applicable, all relevant financial relationships have been mitigated.

Full abstracts and author information

All full abstracts, including author credentials, affiliations and contact information are listed in the *American Conference on Physician Health* 2021 Abstract Book and can be found on the conference webpage (physician-wellbeing-conference.org) for free download (.pdf) during and after the conference.

The American Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American Medical Association designates this live activity for a maximum of 15.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MOC statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 15.0 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to the ACCME for the purpose of granting ABIM MOC credit.

ABP MOC statement

Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 15.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification program; and 15.0 Lifelong Learning points in the American Board of Pathology's (ABPath) Continuing Certification program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting MOC credit.

ABOHNS MOC statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to 15.0 Self-Assessment points in the American Board of Otolaryngology – Head and Neck Surgery's (ABOHNS) Continuing Certification program to meet the expectations of the American Board of Otolaryngology's Maintenance of Certification program. It is the CME activity provider's responsibility to submit participant completion information to the ACCME for the purpose of recognizing participation.

We would like to thank the following individuals for their contributions to the planning of this conference

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The Physicians Foundation is a nonprofit 501(c)(3) organization, committed to empowering physician leadership in the delivery of high-quality, cost-efficient health care. This mission is pursued through a variety of activities, including grant making, research, national surveys and policy studies. A key area on the foundation's



radar is burnout, which affects more than half of American physicians. Burnout has serious implications for the entire health care system: younger talent is dissuaded from entering the industry, practicing doctors experience difficulties balancing professional and personal life, and patients face decreased access to care at a higher cost. In addition to raising awareness about this critical issue that is predicted to cause a shortage of an estimated 90,000 surgeons by 2025, the foundation sponsors research aimed at gaining a comprehensive understanding of the sources and possible remedies of physician burnout. **physiciansfoundation.org**

Conference evaluationYour feedback is important to us!

Immediately following the conference, you will receive a link from the American Medical Association via email for an online evaluation.

Please take a few minutes to provide us with your thoughts regarding the conference. Your comments will help us evaluate the content and aid us in our future educational planning.

Mark you calendars!

Plan to join us at the next
American Conference on Physician Health
in 2023!

Email physicianhealth@ama-assn.org to be placed on the conference mailing list in order to receive timely conference updates, including when the call for abstracts opens.

Thank you to our exhibitors



Arizona Medical Association

Arizona Medical Association is the leading voice of Arizona physicians for over 129 years. Membership includes advotcacy efforts, leadership, networking, practice management, COVID-19 response, communication and continuing education. Our benefits and services have provided aid in members' professional pursuits and shaping the scope of medical ethics for patient care.

AZmed.org



Art of Living/Healing Breaths

Healing Breaths offers powerful programs for health care professionals teaching evidence-based techniques to help address burnout, build resilience and foster social connection with peers through immersive experiences. Our programs are based on data-driven, pre-post intervention measurements. In addition, we offer accredited continuing education credits for physicians, nurses, psychologists, social workers, pharmacists, dieticians and dentists.

healingbreaths.org



Coalition for Physician Well-being

We believe that physician well-being and engagement are vital to the mission of all health care organizations and, in particular, to that of faith-based institutions. The Coalition for Physician Well-being is committed to creating a physician-hospital paradigm that promotes personal and professional fulfillment, sustains physician families, builds collegial relationships and enhances a healing culture, thereby benefitting patient care and contributing to overall hospital performance.

forphysicianwellbeing.org



MEDICAL CENTER

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oakstreethealth.com



Vanderbilt Comprehensive Assessment Program

The Vanderbilt Comprehensive Assessment Program provides evaluation and specific recommendations for a plan to address underlying issues, enhance personal growth and promote professional success. It is designed for physicians and other professionals, including students and trainees, experiencing emotional or behavioral concerns that affect the quality of their work and life, including addictions, burnout, disruptive conduct, personal and professional boundaries, cognitive impairment/decline and other mental health issues.

VanderbiltVCAP.com



VITAL WorkLife

VITAL WorkLife Inc. is a national behavioral health consulting practice supporting all dimensions of well-being. Our solutions are designed to meet the unique needs of physicians and health care organizations surrounding physician performance, satisfaction and retention. Our unique offerings include confidential support for physicians and providers, behavioral intervention programs, peer coaching, consulting, critical incident resources and a robust employee assistance program.

vitalworklife.com



The Well-Being Index

The Well-Being Index was invented by the Mayo Clinic and is a 100% anonymous, web-based tool for evaluating multiple dimensions of distress in just nine questions. These questions are designed to measure burnout, provide valuable resources and track progress over time to promote self-awareness. In jobs where high stress is a factor, statistics show that nearly 50% of workers experience professional burnout. Including the Well-Being Index as part of your wellness program promotes self-awareness, improving well-being across multiple dimensions.

MyWellBeingIndex.org

Use this space to record best practices and takeaways

From awareness to action: The mission of the Dr. Lorna Breen Heroes' Foundation to safeguard the well-being of our health care professionals	DATE Thursday, Oct. 7
SPEAKERS J. Corey Feist, JD, MBA, and Jennifer Feist, JD	

Use this space to record best practices and takeaways DATE U.S. Surgeon General Vivek H. Murthy, MD, MBA Thursday, Oct. 7 PLENARY SESSION DATE Thursday, Oct. 7 Healing the healers: Prioritizing physician health and well-being SPEAKER Nadine Burke Harris, MD, MPH

Use this space to record best practices and takeaways

PLENARY SESSION CWO panel: How your organization prioritized physician well-being during/post pandemic	DATE Friday, Oct. 8
SPEAKERS Jennifer Berliner, MD; Kirk J. Brower, MD; Kristine Olson, MD, MSc; and Jon	athan Ripp, MD, MPH
PLENARY SESSION A national strategy for clinician well-being: A way forward	DATE Friday, Oct. 8
SPEAKER Christine Cassel, MD	

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CLOSING KEYNOTE	DATE
We Are Not All Perfectly Fine: How our high-stakes personal narratives will rewrite medical culture	Saturday, Oct. 9
SPEAKER	
Jillian Horton, MD	
Use this space to record best practices and takeaways	
Use this space to record best practices and takeaways PLENARY SESSION	DATE
	DATE Saturday, Oct. 9
PLENARY SESSION Physician well-being 2.0: Where are we and where are we going?	
PLENARY SESSION Physician well-being 2.0: Where are we and where are we going? SPEAKER	
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