ACPH 2021
American Conference on Physician Health
Program book
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, MD
President and CEO
Mayo Clinic

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

James L. Madara, MD
CEO and Executive Vice President
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 and, 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 |

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
1 Search for “Cvent Events” in the App Store or Google Play and tap either download or install.
2 Find your event. 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.
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 Heroes’ Foundation

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, 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 award-winning 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 well-being 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, MD  
Medical 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.

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.

Kirk J. Brower, MD  
Chief 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.

Dr. Brower 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.

Jennifer Berliner, MD, is the inaugural chief wellness officer at Yale New Haven Hospital.

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 1,341-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, MPH  
Chief 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 well-being, 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.

Research and system-level initiatives to mitigate burnout and promote professional 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
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location/Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30–9:50 a.m.</td>
<td>Registration and continental breakfast</td>
<td>Arizona Ballroom</td>
</tr>
<tr>
<td>9:50–10 a.m.</td>
<td>Welcome and wellness activity (meditation)</td>
<td>Vaquero Ballroom</td>
</tr>
<tr>
<td>10–10:30 a.m.</td>
<td>Plenary session</td>
<td>Vaquero Ballroom</td>
</tr>
<tr>
<td>10–10:30 a.m.</td>
<td>Poster session/viewing</td>
<td>Vaquero Ballroom</td>
</tr>
<tr>
<td>10–10:30 a.m.</td>
<td>New models of care</td>
<td>Arizona (A–G1)</td>
</tr>
</tbody>
</table>

### Thursday, Oct. 7 (Day 1)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location/Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45–11 a.m.</td>
<td>Plenary session</td>
<td>U.S. Surgeon General Vivek H. Murthy, MD, MBA</td>
</tr>
<tr>
<td>11 a.m.–12:30 p.m.</td>
<td>Lunch</td>
<td>Arizona Ballroom</td>
</tr>
<tr>
<td>12:30–1:30 p.m.</td>
<td>Psychological impact of the COVID-19 growth</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>3:30–4:30 p.m.</td>
<td>Well-being of trainees</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>6–7 p.m.</td>
<td>Networking reception (cocktails and light hors d’oeuvres)</td>
<td>Palm Grove</td>
</tr>
</tbody>
</table>

### Friday, Oct. 8 (Day 2)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location/Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30–8:15 a.m.</td>
<td>Registration and continental breakfast</td>
<td>Arizona Ballroom</td>
</tr>
<tr>
<td>8:15–9:30 a.m.</td>
<td>Plenary session</td>
<td>Vaquero Ballroom</td>
</tr>
<tr>
<td>9:30–10 a.m.</td>
<td>Refreshments and exhibitor visits</td>
<td>Arizona/Vaquero Foyers</td>
</tr>
<tr>
<td>10–11 a.m.</td>
<td>New models of care</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>Interventions</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>Supporting physicians and access to care</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>Workshop</td>
<td>Arizona (E2–G2)</td>
</tr>
<tr>
<td>2:30–3:30 p.m.</td>
<td>Session/viewing (Research)</td>
<td>Arizona (VII–VIII)</td>
</tr>
<tr>
<td>3:30–4:30 p.m.</td>
<td>Poster session/viewing</td>
<td>Arizona (A–G1)</td>
</tr>
<tr>
<td>4:45–5:30 p.m.</td>
<td>Health and wellness activity (cardio class)</td>
<td>Lawn Court</td>
</tr>
<tr>
<td>6–7 p.m.</td>
<td>Networking reception (cocktails and light hors d’oeuvres)</td>
<td>Palm Grove</td>
</tr>
<tr>
<td>8–8:15 a.m.</td>
<td>Welcome and wellness activity (meditation)</td>
<td>Vaquero Ballroom</td>
</tr>
<tr>
<td>8:15–9:15 a.m.</td>
<td>Opening keynote address</td>
<td>From awareness to action: The mission of the Dr. Lorna Breen Heroes’ Foundation to safeguard the well-being of our health care professionals</td>
</tr>
<tr>
<td>9:15–9:30 a.m.</td>
<td>Refreshments and exhibitor visits</td>
<td>Arizona/Vaquero Foyers</td>
</tr>
</tbody>
</table>

### Conference Schedule

- **9:30 AM – 10:30 AM**
  - Plenary session
  - U.S. Surgeon General Vivek H. Murthy, MD, MBA
  - Vaquero Ballroom

- **10:45 AM – 11:00 AM**
  - Poster session/viewing

- **11:00 AM – 12:30 PM**
  - Lunch

- **12:30 PM – 1:30 PM**
  - Psychological impact of the COVID-19 growth

- **1:30 PM – 2:30 PM**
  - Plenary session

- **2:30 PM – 3:30 PM**
  - Poster session/viewing (Research)

- **3:30 PM – 4:30 PM**
  - Well-being of trainees

- **4:45 PM – 5:30 PM**
  - Health and wellness activity (cardio class)

- **6:00 PM – 7:00 PM**
  - Networking reception (cocktails and light hors d’oeuvres)
We Are Not All Perfectly Fine: How our high-stakes personal narratives will rewrite medical culture

Workshop
4:30–5:30 p.m.

Workshop Sonoran

Interventions Vaquero (A–G1)

Novel measurement Arizona (J–I)

Workshop Vaquero (E2–G2)


• Increasing burnout and isolation during anesthesia fellowship training through a year-long integrated coaching program J. Mahoney

• The low commitment, rotating message-a-Golfer program has a positive impact on participants in a surgical department H. Blackburn

• Developing an instrument to assess interdisciplinary teamwork in health care K. Olson

• The value of COVID-19 disaster stress self-assessment K. Olson

• Getting off the struggle bus: Creating an exceptional faculty experience for academic physicians H. Waber

5:45–6:15 p.m.
Health and wellness activity (yoga) | Lawn Court

Saturday, Oct. 9 (Day 3)

8–8:45 a.m.
Continental breakfast | Arizona Ballroom

8:45–9 a.m.
Welcome and wellness activity (meditation) | Vaquero Ballroom

9–10 a.m.
Closing keynote address | We Are Not All Perfectly Fine: How our high-stakes personal narratives will rewrite medical culture Jillian Horton, MD | Vaquero Ballroom

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

10:30–11:30 a.m.

• Not wanting 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 reinvigorating practice morale D. Dill

• 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-being 2.0: Where are we and where are we going? | Todd Shafritz, MD | Vaquero Ballroom

12:30–12:45 p.m.
Refreshments and exhibitor visits | Beverages and light snacks | Arizona/Vaquero Foyers

12:45–1:45 p.m.
Joy in Medicine™ Health System Recognition Program | Vaquero Ballroom

1:45–2 p.m.
Closing remarks | Vaquero Ballroom

Conference adjourned (grab-and-go box lunch available)
In the Zoom where it happens: The process of institutional curriculum wellness change
E. Waineo, J. Mackenzie, V. Badia, E. Jacobowski, D. Levine

Innovative participatory approach to identify factors contributing to primary care practitioners’ (PCPs) burnout and prioritizing targeted improvement efforts to mitigate PCPs’ burnout during COVID-19 pandemic

Is this really me? Imposter phenomenon among osteopathic medical and masters students
E. Rapon, M. Park, T. Lavoie, T. Junsanto-Bahri

JAMM through crisis: Engaging operational leaders in supporting physician well-being during a pandemic and beyond
A. Seth, E. Farahabadi, R. Oser

Keep it simple: Ask what matters
K. Giese, B. Bennett

Learning well: Student well-being initiatives across the University of Michigan health science schools
S. Goel, C. Collins

Optimizing use of the electronic health record (EHR) in the midst of a global pandemic: Going all-in on virtual modalities to restore time back to our physicians
K. Robinson, D. Clark

Personal and professional resources and burnout among clinical staff responding to COVID-19 pandemic
V. Sundaram, C. Pan, R. Chuai, P. August, A. Nafouril, J. Schwartz, A. Miele, R. Simons, E. Mikrut, E. Brondolo

Physician sentiment on Twitter during COVID-19: A barometer for physician well-being
K. Nakagoya, P. Yelloweers, N. Yang, M. Wilson

Piloting and scaling resilience training in a large healthcare organization during COVID-19
J. Fernand, S. Kelty, H. Landry

Promotion of self care practices through a group-wide day of volunteerism

Resilience in times of crisis: Promoting connectedness during the COVID-19 pandemic
S. Sivov
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 health problems among physicians. In addition to providing a forum for practitioners and researchers to present recent findings and innovative treatments, the conference offers opportunities certified by AMA PRA Category 1 Credit™. 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 performance (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 healthier culture of wellness for physicians and to reduce the stigma associated with health problems among physicians.

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 who earn MOC points equivalent to the amount of CME credits claimed for the activity are eligible 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 ABP MOC credit.

ABDINS MOC statement
Successful completion of this CME activity, which includes participation in the activity, enables the participant to earn up to 15.0 Self-Assessment points in the American Board of Otolaryngology – Head and Neck Surgery’s (ABDINS) 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

Program Planning Committee
Latricia Caston, MBA, M(S) (AMA)
Ashley Cummings, MBA (AMA)
Lotte Dyrbey, MD, MPH (Mayo)
Audrey Jai (AMA)
Lori Ramos (AMA)
Tait Shanafelt, MD (Stanford)
Christine Sinsky, MD (AMA)
Sherilyn Stolz (Stanford)
Debbie Teal, MA, LGPC (Mayo)
Jo Townsend, MD, MEd (Stanford)
Mickey Trockel, MD, PhD (Stanford)
Michael Tutty, PhD, MHA (AMA)
Colin West, MD, PhD (Mayo)
Julia Wilkens, MBA (AMA)

Abstract Review Committee
Chairs: Lotte Dyrbey, MD, MPH, and Mickey Trockel, MD, PhD
Marcela Del Carmen, MD
Maryam Makovski, PhD
Susan Hingley, MD
Jane Lemaire, MD
Anelia Marshall, MD
Samantha Meltzer-Brodby, MD, MPH

Thank you to our premier sponsor

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 evaluation
Your 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.
Arizona Medical Association
Arizona Medical Association is the leading voice of Arizona physicians for over 129 years. Membership includes advocacy 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

Oak Street Health
Oak Street Health is rebuilding health care as it should be. Oak Street Health is a network of primary care practices for adults on Medicare. Our approach is well care, not sick care. By keeping thousands of patients happy, healthy and out of the hospital, Oak Street Health has built a health care model that works.
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

Thank you to our exhibitors

<table>
<thead>
<tr>
<th>Arizona Medical Association</th>
<th>Art of Living/Healing Breaths</th>
<th>Coalition for Physician Well-being</th>
<th>Oak Street Health</th>
<th>Vanderbilt Comprehensive Assessment Program</th>
<th>VITAL WorkLife</th>
<th>The Well-Being Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona Medical Association is the leading voice of Arizona physicians for over 129 years. Membership includes advocacy 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</td>
<td>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</td>
<td>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</td>
<td>Oak Street Health is rebuilding health care as it should be. Oak Street Health is a network of primary care practices for adults on Medicare. Our approach is well care, not sick care. By keeping thousands of patients happy, healthy and out of the hospital, Oak Street Health has built a health care model that works. oakstreethealth.com</td>
<td>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</td>
<td>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</td>
<td>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</td>
</tr>
<tr>
<td>SPEAKER</td>
<td>DATE</td>
<td>PLENARY SESSION</td>
<td>DATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------------</td>
<td>----------------------------------------------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. Surgeon General Vivek H. Murthy, MD, MBA</td>
<td>Thursday, Oct. 7</td>
<td>CWO panel: How your organization prioritized physician well-being during/post pandemic</td>
<td>Friday, Oct. 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>SPEAKERS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jennifer Berliner, MD; Kirk J. Brower, MD; Kristine Olson, MD, MSc; and Jonathan Ripp, MD, MPH</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPEAKER</td>
<td>DATE</td>
<td>PLENARY SESSION</td>
<td>DATE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nadine Burke Harris, MD, MPH</td>
<td>Thursday, Oct. 7</td>
<td>Healing the healers: Prioritizing physician health and well-being</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>SPEAKER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Christine Cassel, MD</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Use this space to record best practices and takeaways
<table>
<thead>
<tr>
<th>Event Type</th>
<th>Title</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSING KEYNOTE</td>
<td>We Are Not All Perfectly Fine: How our high-stakes personal narratives will rewrite medical culture</td>
<td>Saturday, Oct. 9</td>
</tr>
<tr>
<td>SPEAKER</td>
<td>Jillian Horton, MD</td>
<td></td>
</tr>
</tbody>
</table>

Use this space to record best practices and takeaways

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Title</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLENARY SESSION</td>
<td>Physician well-being 2.0: Where are we and where are we going?</td>
<td>Saturday, Oct. 9</td>
</tr>
<tr>
<td>SPEAKER</td>
<td>Tait Shanafelt, MD</td>
<td></td>
</tr>
</tbody>
</table>