



ACPH 2021

American Conference on Physician Health

Post Conference Report

Oct. 7-9 | Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch
7500 E. Doubletree Ranch Rd. | Scottsdale, Ariz.





Sponsored jointly by Mayo Clinic, Stanford University and the American Medical Association, the third American Conference on Physician Health (ACPH) took place Oct. 7–9 at the Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch in Scottsdale, Ariz.

This year's hybrid conference brought together physicians, researchers and other health care leaders and influencers to delve into the timely theme of "Achieving the Quadruple Aim: Resilient systems in times of crisis." Presentations pushed forward the national conversation on physician health by focusing on inspiring U.S. organizations to sustain physician well-being during and after a pandemic and promoting connectedness and inclusion in the medical profession. The 2021 conference provided an engaging forum to share innovative methods and discuss tangible strategies and tools so that structuring organizations (i.e., hospitals, health systems, practices, clinics) can begin to contribute to —rather than detract from —physician wellness.



The event

With its timely theme of “Achieving the Quadruple Aim: Resilient systems in times of crisis,” last year’s **American Conference on Physician Health** (ACPH) was a great success. The sustained interest and robust attendance for the event further underscores the continued need for a conference focused on how to promote physician well-being. The conference showcased abstracts with research findings that identified solutions organizations can implement, and best practices used to achieve joy in medicine.

Program overview and key findings

For its 473 attendees from around the country, the 2021 ACPH provided a multitude of opportunities for physicians and researchers to learn, discuss, network and broaden their horizons.

Through oral presentations, keynotes, poster and plenary sessions and an abundance of actionable insights, relevant information and inspiring perspectives were shared with a highly engaged audience. Judging from the physician attendee feedback (see page 5, “Testimonials and comments”), the 2021 ACPH scored a direct hit—both in meeting expectations and in advancing the discussion.

This year’s conference provided a forum for clinicians and researchers to present recent research findings, innovative methods and educational programs around physicians’ professional well-being, and educational programs in the following areas of physician health:

1. New models of care
2. Well-being of trainees
3. Supporting physicians and access to care
4. Identifying contributors
5. Work-life interface
6. Consequences
7. Psychological impact of the COVID-19 growth
8. Gender and well-being
9. Drivers and contributors
10. Anxiety, depression and mental health
11. Interventions
12. Novel measurement

Host organizations

ACPH is sponsored jointly by Mayo Clinic, Stanford Medicine and the American Medical Association.



Sponsor and exhibitors

Thank you to our premier supporter:



We'd like to also thank the many exhibitors who helped support the conference and further the message and practice of physician health:



Arizona Medical Association



Vanderbilt Comprehensive Assessment Program



Art of Living/Healing Breaths



Vitalize



Coalition for Physician Well-being



VITAL Worklife, Inc.



Marvin



The Well-Being Index



Oak Street Health

Statistics and survey results

473
attendees

Seven
plenary and
keynote sessions

27
breakout
sessions

70
posters

How well did the meeting satisfy your expectations regarding the following objectives?

Overall, how would you rate this year's ACPH?



Overall, how would you rate the breakout sessions offered at this meeting?



The meeting was a valuable use of my time.



The meeting helped me feel engaged.



I would recommend future ACPH meetings to my peers.



"The networking opportunities and the plenary sessions were very good."

"The content that was virtually available was excellent at setting a framework for national ideas about wellness. It was refreshing to learn that struggles at my own institution are not unique and [I now] feel justified in the changes for which I have been advocating."

"[I enjoyed the] networking opportunities in the chat box while the organizers were trying to get us online."

"Interactions with other wellness colleagues, broad topics, good diversity in wellbeing areas."

"So many interesting talks and presented surveys and interventions. A welcoming climate."

Testimonials and comments

"Excellent presentations and accommodations."

"[I liked] the sharing of ideas in the workshops, meeting other participants from varied organizational structures and identifying resources available to tap into for ideas to bring to my organization."

"It was rejuvenating to see everyone in person."

"Great keynotes, the right amount of content, well organized and great participants."

"I believe in the importance of this topic and enjoy hearing what is going on around the country/world. I like networking with colleagues from around the country/world who are doing similar work."

"[Appreciated the] focus on changing policy and ending shame re: burnout."

"The ACPH conference was probably one of the best conferences I have attended. I gained a lot of information to include in our presentations."

Speakers and key messages



NJ. Corey Feist, JD, MBA

Co-founder
Dr. Lorna Breen Heroes' Foundation



Jennifer Feist, JD

Co-founder
Dr. Lorna Breen Heroes' Foundation

Opening keynote (day one)

From awareness to action: The mission of the Dr. Lorna Breen Heroes' Foundation to safeguard the well-being of our health care professionals

The mission of the Dr. Lorna Breen Heroes' Foundation is to safeguard the well-being of our health care professionals. Founders Corey and Jennifer Breen Feist shared the heart-breaking story of Jennifer's sister, Dr. Lorna Breen, with the hope that seeking mental health services will become universally viewed as a sign of strength for health care professionals. During this session, the Feists discussed the progress made by the All In: WellBeing First for Healthcare campaign, which is a call to action from #FirstRespondersFirst and the Dr. Lorna Breen Heroes' Foundation to prioritize front-line workers' well-being and mental health.



Jillian Horton, MD

Associate chair
Department of internal medicine
Max Rady College of Medicine, University of Manitoba

Closing keynote (day three)

We are not all perfectly fine: How our high-stakes personal narratives will rewrite medical culture

Dr. Jill Horton believes that compartmentalizing your most difficult emotions—a coping strategy that is drilled into doctors—is not useful unless you also face these emotions. During this session, Dr. Horton shared how the power of storytelling can help create connectivity and have a positive impact on physician

culture. Her discussion focused on why stories are such an effective strategy and mechanism of engagement when it comes to culture change. She explored common social and psychological barriers that often prevent physicians from sharing the personal narratives that can affect culture change.



Vice Adm. Vivek H. Murthy, MD, MBA

U.S. surgeon general

A conversation with the U.S. Surgeon General on clinician well-being

The COVID-19 vaccines have helped save lives, yet another battle awaits: physician burnout. In a conversation between AMA Executive Vice President and CEO James L. Madara, MD, and U.S. Surgeon General Vice Admiral Vivek Murthy, MD, they discussed four ways to prepare for the next pandemic, including investing more in public health, adding manufacturing capacity, creating partnerships among institutions and government, and fighting medical misinformation. U.S. Surgeon General Vice Admiral Murthy stressed the need to better equip our health care systems to address future challenges without the "loss of life and the other costs we have incurred."



Nadine Burke Harris, MD, MPH

California surgeon general

Healing the healers: Prioritizing physician health and well-being

California Surgeon General Dr. Nadine Burke Harris discussed the importance of prioritizing physician health and well-being. Her session focused on recognizing the ways that physicians can be sensitized to stressors based on life experiences, understanding how a stress response offers a playbook for prevention and treatment of toxic stress, and how addressing adverse childhood experiences can protect people from the effects of chronic stress.



Jennifer Berliner, MD

Medical director
Chief Medical and
Scientific Office
Department of medicine
University of Pittsburgh
Medical Center



Kirk J. Brower, MD

Chief wellness office
University of Michigan
Medical School



Kristine Olson, MD, MSc

Chief wellness officer
Yale New Haven Hospital



Jonathan Ripp, MD, MPH

Chief wellness officer
Icahn School of Medicine
at Mount Sinai

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

Four chief wellness officers discussed their commitment to prioritizing health care professional well-being, their experience as chief wellness officers, and how their organizations have been able to prioritize physician well-being during and post pandemic. Topics included defining the role of a chief wellness officer, how the pandemic has changed chief wellness officers' missions and goals within their organizations, finding time for self-care, and how healthcare organizations can promote diversity, equity and inclusion.



Christine Cassel, MD

Senior advisor for strategy and policy
Department of medicine
University of California, San Francisco



Tait Shanafelt, MD

Associate dean
Stanford University School of Medicine
Chief wellness officer, Stanford Medicine
director, WellMD Center, Stanford University

A national strategy for clinician well-being: A way forward

Dr. Christine Cassel shared her research and experience as a leader in medical ethics and quality of care while helping to improve health care delivery for all. She discussed the consensus study report, "Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being," which was published by the National Academy of Medicine (NAM). Dr. Cassel also offered suggestions for reducing burnout, including convening a group of leaders, changing accreditation and working with health technology.

Physician well-being 2.0: Where are we and where are we going?

Dr. Tait Shanafelt discussed the three distinct eras of the physician well-being movement. He subsequently discussed the attitude regarding well-being in each era, the mindset of organizations, attitudes regarding the physician training process, professional culture and norms, and catalysts for change that led to the next era. He concluded with a call to action for the profession, organizations, leaders and individual physicians to accelerate the transition to the Well-being 2.0 era characterized by action and accountability.

Summation

While the conference was successful within its three-day scope, prioritizing physician health and well-being in *daily* practice takes commitment that is strong, informed and operates on two levels.

- **Personal commitment:** Everyone in the health care profession takes the necessary time required to focus on their own health.
- **Professional commitment:** Medicine must keep this issue—and the quest for meaningful, actionable solutions—on its agenda, front and center.

We hope the 2021 ACPH findings will not only serve as a reminder of the important work and research that has been done, but also continue to push the vital goal of promoting physician well-being in the years to come.

Committees

We would also like to thank the following individuals for their contribution to the planning and promotion of this conference:

Program planning committee

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Julia Wilkens, MBA (AMA)

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Colin West, MD, PhD
Nick Yaghmour, MPP

Mark your calendars!

Please plan to join us at the next ACPH,
Oct. 11–13, 2023 in Palm Springs, Calif.,
at the JW Marriot Desert Springs Resort & Spa.

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