ACPH 2017 | AMERICAN CONFERENCE ON PHYSICIAN HEALTH

Oct. 12–13 | Palace Hotel | 2 New Montgomery St. | San Francisco







Dear Colleagues:

On behalf of Stanford Medicine, the American Medical Association and Mayo Clinic, we welcome you to the inaugural American Conference on Physician Health (ACPH) in the beautiful city of San Francisco. We hope that in addition to our stimulating conference sessions you will find some time to enjoy San Francisco's cultural and culinary delights.

Our organizations have joined forces to counter the national trend of increasing physician burnout and to reignite the joy in medicine. This conference is one example of the work we are engaged in nationally to promote physician health and wellness.

The ACPH will occur every other year, opposite the International Conference on Physician Health™. The leadership and conference location will rotate among Stanford Medicine, the AMA and Mayo Clinic. This year, Stanford Medicine is delighted to serve as your primary host.

The ACPH 2017 theme "Creating an organizational foundation to achieve joy in medicine" focuses on structuring organizations so that they contribute to, rather than detract from, physician health and professional fulfillment. The conference's goal is to provide attendees with the data and tools they need to accelerate discussions and plans to improve the health of their physicians in their own settings. During this two-day event, you will hear from organizations and individuals already actively improving their culture of wellness, addressing practice inefficiencies and supporting their physicians' personal resilience.

It is our sincere hope that this conference provides you with the knowledge and tools you need to support your own personal and professional health while also preparing you to help lead your organization's approach to physician health.

In good health,

flord B. Minor

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

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James L. Madara, MD CEO and executive vice president American Medical Association

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John H. Noseworthy, MD CEO Mayo Clinic

The American Conference on Physician Health is hosted by Stanford University School of Medicine in collaboration with the American Medical Association and the Mayo Clinic.



Stanford University School of Medicine (WellMD Center)

- The WellMD Center was founded in 2016 by Dean Lloyd Minor, MD, on the premise that physician wellness is
- vital to all three elements of Stanford Medicine's mission: to discover, to teach and to care. The center serves as a central organizing structure for physician wellness and professional fulfillment activities throughout the Stanford Medicine enterprise.

The center's goals are to:

- Improve the well-being of Stanford Medicine faculty
- Contribute to scholarship in the field of physician wellness
- Provide national leadership in addressing the epidemic of clinician burnout that threatens the health of our citizens

Founded more than 150 years ago, Mayo Clinic is a The center's work is informed by our WellMD Profession nonprofit organization committed to clinical practice, al Fulfillment Model. This model identifies three key education and research, providing expert, whole-person domains, all of which we believe are important contribucare to those who need healing. Mayo Clinic's mission tors to clinician health and professional fulfillment: is to inspire hope and contribute to health and well- Culture of Wellness being by providing the best care to every patient through integrated clinical practice, education and Efficiency of Practice research. Mayo's primary value is, "The needs of the Personal Resilience patient come first." Recognizing that physician well-Tait D. Shanafelt, MD, leads the WellMD Center and being and engagement are necessary to support serves as associate dean and chief wellness officer for this primary value, Mayo Clinic has maintained a Stanford Medicine. commitment to studying physician burnout and identifying and implementing evidence-based strategies to reduce burnout and improve work-lives for physicians.





American Medical Association

The American Medical Association is the premier national organization providing timely, essential resources to empower physicians, residents and medical students to succeed at every phase of their medical lives. Physicians have entrusted the AMA to advance the art and science of medicine and the betterment of public health on behalf of patients for more than 170 years. For more information, visit ama-assn.org. The AMA, which is also transforming medical education and advancing initiatives that enhance practice efficiency, professional satisfaction and improve the delivery of care, is headquartered in Chicago with a powerful advocacy office in Washington, D.C.

Mayo Clinic Program on Physician Well-Being

Stanford's WellMD Professional Fulfillment Model

This inaugural, innovative conference will focus on inspiring organizations and health systems to seek ways to put the joy back in medicine for our nation's physicians. The conference will showcase research and perspectives around "Creating an organizational foundation to achieve joy in medicine," exploring the domains of Stanford's WellMD Professional Fulfillment Model:



Culture of Wellness

Organizational work environment, values and behaviors that promote self-care, personal and professional growth, and compassion for ourselves, our colleagues and our patients.

Efficiency of Practice

Workplace systems, processes and practices that promote safety, quality, effectiveness, positive patient and colleague interactions and work-life balance.

Personal Resilience

Individual skills, behaviors and attitudes that contribute to physical, emotional and professional well-being.

Meet this year's speakers



Vivek H. Murthy, MD, MBA (keynote speaker) 19th U.S. surgeon general

During his tenure as United States surgeon general, Vivek H. Murthy, MD, launched the "TurnTheTide" campaign, catalyzing a movement among health professionals to address the nation's opioid crisis. He also issued the first "Surgeon General's Report on Alcohol, Drugs, and Health," calling for expanded access to prevention and treatment and for recognizing addiction as a chronic illness, not a character flaw. As the vice admiral of the U.S. Public Health Service Commissioned Corps he commanded a uniformed service of 6,600 public health officers globally. An internal medicine physician and entrepreneur, Dr. Murthy co-founded a number of organizations: VISIONS, an HIV/AIDS education program in India; Swasthya, a community health partnership in rural India training women as health providers and educators; software company TrialNetworks; and Doctors for America.

Tait D. Shanafelt, MD (plenary speaker) Chief wellness officer, Stanford Medicine Associate dean, Stanford University School of Medicine Director, Stanford WellMD Center

Originally from Seattle, Tait D. Shanafelt, MD, received his undergraduate degree from Washington State University. Earning his medical degree from the University of Colorado, he received the Hippocrates Award as the "Physician's physician," the Golden Head Cane Award as the outstanding student in internal medicine, and the Robert E. Glazer Award for leadership and service. In addition to his R01-funded leukemia research, Dr. Shanafelt is an internationally recognized thought leader and researcher in the field of physician well-being and its implications for quality of care. He has published over 100 manuscripts on this topic, including numerous national studies of U.S. physicians. He has served as a keynote speaker on this topic to the ACGME, the Association of American Medical Colleges, the AMA and the American Board of Internal Medicine. Dr. Shanafelt's studies in this area have also been cited by CNN, USA Today, Paul Harvey's radio broadcast and The New York Times.

Robert M. Wachter, MD (plenary speaker)

Professor of medicine Chairman, Department of Medicine University of California, San Francisco

Robert M. Wachter, MD, is professor and chair of the Department of Medicine at the University of California, San Francisco (UCSF). In 2017 the UCSF Department of Medicine was ranked first in the nation by U.S. News & World Report, and the department is the country's leading recipient of NIH grants.

Dr. Wachter also edits the U.S. government's leading website on patient safety and has written two books on the subject, including Internal Bleeding and Understanding Patient Safety. For the past nine years, Modern Healthcare magazine has ranked him one of the most influential physician-executives in the U.S.; he was No.1 on the list in 2015. His 2015 book, The Digital Doctor: Hope, Hype and Harm at the Dawn of Medicine's Computer Age, was a New York Times science bestseller. He recently chaired a blue-ribbon commission advising England's National Health Service on its digital strategy.

Abraham Verghese, MD, MACP (keynote speaker)

Professor of medicine Vice chair, theory and practice Director of Stanford Interdisciplinary Center, Presence Stanford University School of Medicine

Abraham Verghese, MD, is a critically acclaimed author and a prominent voice in medicine. His books have sold millions of copies and are broadly translated.

Dr. Verghese's novel, Cutting for Stone, topped The New York Times bestseller list, and My Own Country was a finalist for the National Book Critics Circle Award and was made into a movie. The Tennis Partner was a New York Times Notable Book. His writing has appeared in The New York Times, The New Yorker, Granta and The Wall Street Journal.

He is a master of the American College of Physicians, elected to the Association of American Physicians, as well as to the Institute of Medicine of the National Academy of Sciences. A 2014 recipient of the Heinz Award for Arts and Humanities, Dr. Verghese was honored in 2016 with a National Humanities Medal in a ceremony at the White House with President Barack Obama.

General information

CME—how to receive credit

The ACCME requires that continuing medical education (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.

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, experience, knowledge and ideas. Plan to attend the welcome reception at 5:30 p.m., Thursday, Oct. 12, sponsored by The Physicians Foundation.

Wireless Internet

Wireless Internet (WiFi) access will be available in conference areas at the Palace Hotel.

Networks: PalaceMeetingRooms, PalaceGuestrooms or PalaceLobby

Password: ACPH17

In addition, guest room WiFi will be included in the room rate for those booked within the American Conference on Physician Health (ACPH) room block. Once purchased through your device while in your guest room, the charges will be deducted from your hotel bill prior to checkout.





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Holly Smith Distinguished Professor in Science and Medicine Benioff Endowed Chair in Hospital Medicine

highlights about sessions, speakers and other conference happenings.

Meet this year's speakers



Kelly McGonigal, PhD (plenary speaker) Health psychology lecturer Stanford University

Having studied psychology and humanistic medicine at Stanford University, Kelly McGonigal, PhD, is a co-author of the Stanford Compassion Cultivation Training. Her knowledge of the benefits of compassion meditation on well-being led to her compassion courses offered to physicians at Stanford Hospitals. A former editor-in-chief of The International Journal of Yoga Therapy, the first peer-reviewed journal exploring the medical and psychological benefits of meditation and yoga, she authored The Willpower Instinct, Yoga for Pain Relief and her most recent book, The Upside of Stress. You might recognize her from her 2013 TED talk, "How to make stress your friend," which is one of the 20 Most Viewed TED talks of all time.



Christine Sinsky, MD (keynote speaker) Vice president, Professional Satisfaction American Medical Association

Christine Sinsky, MD, is a vice president of professional satisfaction at the American Medical Association. A board-certified internist, she also practices at Medical Associates Clinic and Health Plans in Dubuque, Iowa. Working to elevate national awareness of health professional well-being as an important driver of health system performance, Dr. Sinsky led "In search of joy in practice: A report of 23 high-functioning primary care practices," a project of the ABIM Foundation, from 2011 to 2012. She also co-authored the 2013 paper "From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider." A frequent national and international lecturer on practice innovation, redesign and physician satisfaction, Dr. Sinsky received her bachelor's and medical degrees from the University of Wisconsin, and completed her postgraduate residency at Gundersen Medical Foundation/La Crosse Lutheran Hospital in LaCrosse, Wisc., where she served as chief medical resident.



Lloyd Minor, MD (plenary panelist)

Carl and Elizabeth Naumann Dean of the School of Medicine Professor of otolaryngology—head and neck surgery, bioengineering, and of neurobiology, by courtesy Stanford University School of Medicine

Lloyd B. Minor, MD, is the Carl and Elizabeth Naumann Dean of the Stanford University School of Medicine. With his leadership, Stanford Medicine has established a strategic vision to lead the biomedical revolution in precision health, a fundamental shift to more proactive and personalized health care that empowers people to lead healthy lives. With more than 140 published articles and chapters, Dr. Minor is an expert in balance and inner ear disorders. In 2012 he was elected to the National Academy of Medicine.



Sarah Krevans, MBA, MPH (plenary panelist)

President and chief executive officer Sutter Health Network

Sarah Krevans leads Northern California-based Sutter Health, a not-for-profit health system caring for 3 million patients. Believing that a good leader is a great listener, Ms. Krevans listens closely to patients, doctors, employees and community partners to help her better understand their needs and expectations, and guides Sutter Health's strategy to build a health care model that will help transform medical care in our country.

Having served as Sutter Health's chief operating officer from 2012 to 2015, Ms. Krevans became president and CEO in January 2016. Under her leadership, that year Sutter Health and Sutter's Valley Area were named among America's top five large health systems by Truven Health Analytics.

Ms. Krevans was named to Modern Healthcare's "2017 Top 25 Women in Healthcare" list, a San Francisco Chronicle "Visionary of the Year," and one of the "Most Influential Women in Business" by the San Francisco Business Times.

Meet this year's speakers



Tina Shah, MD (plenary panelist) White House Fellow U.S. Department of Veteran Affairs

Tina Shah, MD, is a pulmonary and critical care physician-scientist focused on designing transformative value-based care models and utilizing technology to empower the medical workforce. She serves as the White House Fellow to the Secretary of the Department of Veterans Affairs. She has authored several papers on COPD care models, and served as a key strategic advisor during the University of Chicago Medicine's enrollment into a Medicare bundled payment program for COPD. She spearheads the VA's initiative to address provider burnout, and manages a multipronged strategy of organizational interventions at the VA. This work builds from her expertise while national chairwoman of the American Medical Association Resident and Fellow Section, where she addressed the burnout epidemic by convening the first national summit on resident well-being, and launched a national study to identify the key drivers of health and satisfaction for residents.

Steve Strongwater, MD (plenary panelist) President and chief executive officer Atrius Health

In August 2015, Steve Strongwater, MD, became president and CEO of Atrius Health where practices include Dedham Medical Associates, Granite Medical Group, Harvard Vanguard Medical Associates and VNA Care Network Foundation. Dr. Strongwater additionally assumed the role of chief medical executive for Transition Integration and was responsible for developing programs and serving as a liaison to newly acquired hospitals and physician practices. Having served on several regional and national boards., Dr. Strongwater currently serves on the Mass Digital Health Council, IBM Watson Advisory Board, Janssen Healthcare Innovators Council, Healthcare Executives Network and recently completed terms on the Healthcare Productivity Expert Advisory Panel for the Singapore Ministry of Health Committee on Health Professions, as chair of the American Hospital Association's Committee on Health Professions, as well as an advisor to the Association of American Medical Colleges for the CMS Bundling Project.



Follow the hashtag **#ACPH17** to join the conference conversation and get





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highlights about sessions, speakers and other conference happenings.

Agenda at-a-glance

Thursday, Oct. 12

7–8 a.m.	Registration and continental breakfast	
8—10 a.m.	Welcome Bryan Bohman, MD	
8:10–8:40 a.m.	Conference model overview: A balanced organizational approach to physician health Bryan Bohman, MD	
8:40—9:40 a.m.	Opening keynote: One nation under stress: Improving emotional well-being in America 19th U.S. Surgeon General Vivek Murthy, MD Moderated by Colin West, MD, PhD	
9:40—10:40 a.m.	Plenary session: Organizational approaches to promoting physician well-being (theme: Culture of Wellness) Tait D. Shanafelt, MD	
10:40—11:10 a.m.	Break	
11:10 a.m.—12:40 p.m.	Concurrent breakout sessions (choose one theme) • Culture of Wellness • Efficiency of Practice • Personal Resilience	
12:40–1:40 p.m.	Lunch and exhibitor visits	
1:40 – 2:40 p.m.	Plenary session: How the electronic health record contributes to burnout—and why it just might be the cure (theme: Efficiency of Practice) Robert Wachter, MD	
2:50–4:20 p.m.	Concurrent breakout sessions (choose one theme) • Culture of Wellness • Efficiency of Practice • Personal Resilience	
4:20–4:30 p.m.	Break	
4:30–5:30 p.m.	Poster session: Perspective	
5:30–6:30 p.m.	Welcome reception with cocktails and light hors d'oeuvres	2938

Friday, Oct. 13

			Kneeland, D
7–8 a.m.	Registration and continental breakfast	12:40–1:40 p.m.	Lunch (Gol
8-8:45 a.m.	Opening keynote: Healing the healer		Exhibitor
	Abraham Verghese, MD	1:40–2:40 p.m.	Plenary: H
8:45–9:30 a.m.	Plenary session: Self-compassion—why it's vital to your personal resilience (theme: Personal Resilience) Kelly McGonigal, PhD		Robert Wach
9:30—10 a.m.	Break	2:50–4:20 p.m.	Culture of
10–11:30 a.m.	Concurrent breakout sessions (choose one theme) • Culture of Wellness • Efficiency of Practice • Personal Resilience		Physician unsolicited
11:30 a.m.—12:30 p.m.	Poster session: Research		increased I D. Welle, M.
12:30–1:30 p.m.	Lunch		W. Cooper
1:30–2:30 p.m.	Keynote: Building a culture of joy in medicine: challenges and opportunities Christine Sinsky, MD		Toward a c and moral
2:30–2:45 p.m.	Break		B. Feldstein
2:45–3:45 p.m.	Closing panel: An action agenda: How organizations are promoting joy in practice		The dose-r
	Lloyd Minor, MD; Sarah Krevans, MBA, MPH; Tina Shah, MD; Steve Strongwater, MD Moderated by Andrea Sikon, MD		health car
			care worke life balanc
3:45-4:15 p.m.	Closing remarks Tait D. Shanafelt, MD		K. Adair, J. B

Note: This agenda is subject to change.

Agenda

Thursday, Oct. 12

7—8 a.m.	Registration (Regency Foyer)		
7—8 a.m.	Breakfast (Gold Ballroom)		
8–8:10 a.m.	Welcome and introduction (Grand Ballroom) Bryan Bohman, MD, clinical professor, Stanford University		
8:10—8:40 a.m.	Conference model overview: A balanced organization Bryan Bohman, MD, clinical professor, Stanford University	nal approach to physician health (Grand Ballroom)	
8:40–9:40 a.m.	One nation under stress: Improving emotional well-I 19th U.S. Surgeon General Vivek Murthy, MD	peing in America (Grand Ballroom)	
9: <mark>40—10:40</mark> a.m.	Plenary: Organizational approaches to promoting ph Tait D. Shanafelt, MD, associate dean and chief wellness offi		
10:40—11:10 a.m.	Break (upstairs, Sunset Court)		
11:10 a.m.—12:40 p.m.	Cor	ncurrent breakout sessions (choose one the	me)
5 M 5	Culture of Wellness (Twin Peaks)	Efficiency of Practice (Pacific Heights)	Personal Resilience (Sea Cliff)
	Medical student mental health: A longitudinal cross-sectional survey M. Grade, B. Wong, M. Trockel, R. Smith-Coggins	Rebooting the joy of practice = clinical/operational leadership + workflow standardization + technology C.Joseph, E. Ross, L. Tuyen	The OASIS Project: A 12-month resilience initiative in the MICU V. Downing, H. Farley
	Depression and the toxic learning environment in graduate medical education N. Yaghmour, D. Baldwin, P. Rockey, T. Brigham	Fostering physician wellness: The role of operational tactics and efficiency E. Sullivan, J. Alpert	The integration of a cognitive reframing curriculum in medical school: Can we lessen anxiety among medical students? P. Marin-Nevarez, L. Osterberg, M. Trockel, J. Bankman, I. Russell, R. Smith-Coggins
	A team-based and organizational framework for fostering resilience and well-being in academic hospital medicine R. Pierce, D. Anoff, E. Cumbler, H. Fordyce, J. Glasheen, P. Kneeland, D. Tady, B. Wolfe	Practice Refresh: A 1-month intervention to rebuild physician efficiency and wellness <i>M. Moeller, C. Walker</i>	RefreshMD: An evidence-based online curriculum to improve sleep in medical students S. Connolly, R. Smith-Coggins, R. Manber, L. Blaylock, G. Seeland, J. Walker, M. Trockel
12:40-1:40 p.m.	Lunch (Gold Ballroom or Ralston Ballroom, downstairs) Exhibitor visits (Regency Foyer)		
1:40-2:40 p.m.	Plenary: How the electronic health record contribute Robert Wachter, MD, professor of medicine, University of Ca	s to burnout—and why it just might be the cure (Grand lifornia, San Francisco	l Ballroom)
2:50-4:20 p.m.	Сог	ncurrent breakout sessions (choose one the	me)
1.19	Culture of Wellness (Twin Peaks)	Efficiency of Practice (Pacific Heights)	Personal Resilience (Sea Cliff)
-	Physician wellness measures are associated with unsolicited patient complaints—a marker for increased liability risk D. Welle, M. Trockel, M. Hamidi, S.E. Lesure, G. Hickson, W. Cooper	Clinician perception of team support, burnout and "doability" of primary care R. Willard-Grace, M. Knox, B. Huang, T. Bodenheimer, K. Grumbach	Health living program for physicians D. Hensrud, W. Thompson
	Toward a culture of wellness: Addressing spiritual and moral distress B. Feldstein	How has EHR implementation affected the patient- practitioner relationship in the United States and abroad? E. Toll, R. Hilliard	Professionalism and peer support: Drivers of wellness J. Shapiro
	The dose-response effect of positive rounding in health care work settings: Associations with health care worker burnout, burnout climate, and work- life balance K. Adair, J. B. Sexton, A. Frankel,M. Leonard, J.Profit	Reducing physician burnout through the implementation of patient one-piece-flow: A quantitative analysis M. Tankus, C. Eseonu, S. McCabe, G. Alhejji	A randomized trial, using a compassion curriculum, to reduce burnout and increase meaning for physicians and staff in outpatient practice <i>M. Rosenberg, R. Hawkins</i>

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roach to physician health (Grand Ballr	oom)	
n America (Grand Ballroom)		
well-being (Grand Ballroom) nford University School of Medicine		

(Continues on next page)

highlights about sessions, speakers and other conference happenings.

Agenda

Thursday, Oct. 12 (continued)

4:20-4:30 p.m.	Break (Sunset Court, upstairs)
4:30-5:30 p.m.	Poster sessions (Sunset Court)
5:30-6:30 p.m.	Welcome reception sponsored by The Physicians Foundation (Ralston Ballroom, downstairs)
A. THE	

Friday, Oct. 13

7–8 a.m.	Registration (Regency Foyer)		
7–8 a.m.	Breakfast (Gold Ballroom)		
8—8:45 a.m.	Opening keynote: Healing the healer Abraham Verghese, MD Professor of medicine, Stanford University School of Medic	ine	
8:45–9:30 a.m.	Plenary session: Self-compassion—why it's vital to Kelly McGonigal, PhD, health psychology lecturer, Stanford		
9:30—10 a.m.	Break (Sunset Court, upstairs)		
10–11:30 a.m.	Co	ncurrent breakout sessions (choose one t	heme)
	Culture of Wellness (Twin Peaks)	Efficiency of Practice (Pacific Heights)	Personal Resilience (Sea Cliff)
	An organizational wake-up call: Data connecting caregiver burnout, well-being and compassion M. Rosenberg, R. Hawkins	Evaluating the impact of clinical librarians on inpatient rounds R. Brian, N. Orlov, D. Werner, S. Martin, V. Arora, M. Alkureishi	A residency-driven physician wellness program creates success in resiliency building A. Dave, S. Chandra, N. Sthalekar, R. Smith
	Prevalence of work-related musculoskeletal disorders among at-risk physicians: A systematic review and meta-analysis S. Epstein, E. Sparer, B. Tran, Q. Ruan, J. Dennerlein, B. Lee	The economic cost of physician turnover attributable to burnout M. Hamidi, B. Bohman, C. Sandborg, R. Smith-Coggins, P. de Vries, M. Albert, D. Welle, M.L. Murphy, M. Trockel	The impact of mind-body medicine skills training on health care professional burnout E. Weinlander, E. Darzy, M. Winget
	Reaching the tipping point: Creating momentum for meaningful change E. Morrow, D.R. Davies, A. Armstrong, B. Flaherty, J. Wold, A. Cowan, J. Wanzek, B. Poss	Reducing the stress of regulatory complaints A. Rowland	The associations between work-life balance behaviors, teamwork climate and safety climate: Introducing the work-life climate scale, psychometric properties, benchmarking data and future directions K. Adair, S. Schwartz, K. Rehder, J. Bae, J. B. Sexton, J. Profit
11:30 a.m.—12:30 p.m.	Poster sessions (Sunset Court, upstairs)		2
12:30–1:30 p.m.	Lunch (Gold Ballroom and Ralston Ballroom, downstairs)		
1:30-2:30 p.m.	Keynote: Building a culture of joy in medicine: Chall Christine Sinsky, MD, vice president, Professional Satisfacti		
2:30–2:45 p.m.	Break (Regency Foyer, downstairs)		
2:45–3:45 p.m.	Closing panel: An action agenda: How organization: Moderator: Andrea Sikon, MD, Cleveland Clinic Panelists: Lloyd Minor, MD, dean, Stanford University Scho Tina Shah, MD, White House Fellow, VA System; Steve Strou	ol of Medicine; Sara Krevans, MBA, MPH, president and CEO,	Sutter Health;
3:45–4:15 p.m.	Closing remarks Tait D. Shanafelt, MD, associate dean and chief wellness of	ficer, Stanford University School of Medicine	

Perspective poster presentations

A framework for promoting resident wellness	How to provide
in a family medicine residency program—	wellness to opti
evidence, successes and tensions	S. White, R. Wilson
M. Dobson, N. Kirst, J. Wong, J. Schneiderhan	M. Banner, S. Child
A shared vision for pursuit of the Quadruple	S. Sample, A. Affio
Aim: The charter on physician well-being	Robinson, J. Mijan
L. Thomas, C. West, H. Bazari, E. Gaufberg, J. Ripp	Hansen
Advancing faculty wellness and well-being: Our workplace, our people	Improving the re experience: Less innovations coll
M. Lall, J. O'Shea, K. Heilpern, P. Shayne, S. Heron	J. Zeidman, L. Hun
Connections between physician burnout and	Innovation in pe
patient safety	perspective on h
M. Janas, A. Babayan, S. Singer, G. Focht, J.	resiliency addec
Noulanger, G. Schiff, A. Ellner, J. Einbinder, L. Sato, L.	wellness progra
Hunt, R. Phillips	A. Dave
Creating learning and practice environments that support resilience: Tips to engage institutional leadership A. Cedfeldt, P. Chelmiski, D. McNeill, J. Ripp	Leadership trair burnout N. El-Aswad, R. Na
Designing well-being: The impact of a program using design thinking to engage residents in development of organizational	Mixed-up mindf mixed methods mixed patient-p R. Lerman, P. Now
well-being interventions L. Thomas, R. Nguyen, E. Harleman, C. Lucey	Peer group supp
Environments matter: Reconsidering gender,	malpractice litig
physician burnout and workplace culture	S. O'Neil, K. Kuepp
M. Fassiotto, Y. Maldonado	Physician coach dose
Good grief rounds: Debriefing difficult situations to foster resilience and increased	L. Schwab, D. Dill,
sense of community in care providers	Physician to phy
K. Morrison, N. Rondinelli, E. Nielsen	R. Milenkiewicz, K.
Group coaching for internal medicine	Physician wellne
residents: Developing tools for career	plain sight
decision-making	E. Kporku
M. Schulte, K. Chacko	Precision initiat

House officer mental health: Improving access and reducing barriers to treatment K. Baker

introducing a framework around "what

matters to you?" K. Jahangir

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How to provide a centralized model of	Promoting a culture of faculty well-being:
wellness to optimize physician health	Lessons learned from one medical school's
S. White, R. Wilson-Zingg, K. Walker, A. Budhathoki,	journey
M. Banner, S. Childress, P. Thielking, J. Howell,	C. Brazeau, M. Sotto-Greene
S. Sample, A. Affiong, A. Horyna, W. Dunson, N.	Resident wellness curricula: What's out there?
Robinson, J. Mijangos, J. Sweetenham, A. Beck, P.	And who's doing it?
Hansen	M. Lall, M. Zdrandzinski, J. O'Shea
Improving the resident primary care	Rethinking individual behavioral health
experience: Lessons from the academic	support at Colorado Permanente Medical
innovations collaborative	Group
J. Zeidman, L. Hunt	K. Nuffer, K. Richardson, A. Sheridan
Innovation in personal resiliency: A perspective on high yield techniques to resiliency added for boosting physician wellness programs <i>A. Dave</i>	Revitalizing joy: Building physician resilience and engagement through peer coaching and mentoring A. Sikon, E. Schulte, S. Rehm
Leadership training targeting physician	Self-compassion training for physician well-
burnout	being
N. El-Aswad, R. Nadler, Z. Ghossoub	R. Horowitz
Mixed-up mindfulness: Using a convergent	Shifting the culture of medicine to foster
mixed methods design to assess the impact of	resilience across the lifespan: Practical
mixed patient-physician MBSR classes	solutions
<i>R. Lerman, P. Nowak</i>	C. Stonnington, L. Worley, J.M. Bostwick, J. Mayer
Peer group support for physicians in malpractice litigation S. O'Neil, K. Kueppenbender	State physician health programs: Your partner in physician wellness C. Bundy
Physician coaching: Determining the right dose L. Schwab, D. Dill, K. Kraft	Surgeon burnout: Creating a wellness curriculum to support general surgery residents in self-care and burnout prevention C. Cellini, L. DeCaporale-Ryan, M. Privitera
Physician to physician mentorship program R. Milenkiewicz, K. Miyamoto	The less clicks the better: Improving the
Physician wellness: The solution is hidden in	documentation workflow process for
plain sight	physicians
E. Kporku	R. Milenkiewicz
Precision initiatives: Embracing technology,	Wellness, inclusion and quality: A systems
preserving humanness; transforming	approach to supporting physician resilience
paradigm of personalized learning by	A. Locke, R. Marcus, M. Call, E. Morrow, A. Lopez

Please note that the abstract titles that appear were gathered from the original abstract submissions. If ACPH staff did not receive edits to a presenters abstract then the original was used.

Research poster presentations

Addressing effects of adverse clinical events in physicians: An opportunity to reduce burnout J. Reese, L. Frey, N. Janosy, A. Brainard, C. Morris, A. Beacham	the neonatal intensive care unit D. Tawfik, C. Phibbs, J.B. Sexton, P.Kan, P. Sharek, C. Nisbet, J. Rigdon, M. Trockel, J. Profit
An economic evaluation of the cost of physician burnout in the United States J.Goh, S. Han, T. Shanafelt, C. Sinsky, K. Awad, L. Dyrbye, L. Fiscus, M. Trockel	Identifying mechanisms for sustainable physician well-being in hematologists, medical oncologists and palliative medicine physicians in a comprehensive cancer center J. Marcus, J. Stevenson
Assessing operating room workplace culture and identifying targets to enhance engagement and create a positive learning climate N. Hasan-Hill, P. Tanaka	Implementation of a healthy catered food policy into a large medical group D. Clark
Assessing the need for culturally competent medical student wellness programs D. Yang, M. Moore, G. Fassnacht	Implementation of exercise "rooms" within medical centers and exercise options at outlying medical offices for physicians and staff D. Clark, R. Benton
"Authentic connections groups" for medical professional mothers S. Luthar, C. Stonnington, J. Engelman	Individual and organizational factors associated with physician well-being M. Tai-Seale, Y. Yang, A. Meehan, R. Nordgren, R.
Awareness of bullying in internal medicine residencies: Results of a national survey of internal medicine program directors M. Ayyala, S. Chaudhry, D. Windish, D. Dupras, S. Reddy, S. Wright	Interventions to promote wellness in emergency medicine physicians: A systematic review L. McPeake, R. Merchant, E. Sevetson, O. King
Balance in life: Feasibility of one wellness program within surgical residency C. Mueller	Kaiser Permanente HealthConnect Essentials D. Clark, K. Robinson
Breaking in the emergency department: EM culture presents barriers to self-care J. O'Shea, J. Siegelman, M. Lall, S. Vu	Medical license questions and physician reluctance to seek care for mental health conditions L. Dyrbye, C. West, C. Sinsky, L. Goeders, D. Satele,
Build it and they will come: Fostering resilience and professional engagement among academic hospitalists C. Masters, B. Lichtenstein, E. Bromley, D. Jochai, M. Lazarus	T. D. Shanafelt Multifaceted wellness curriculum to reduce depression and burnout rates among family medicine residents
Characteristics and themes from utilization of a clinician peer support program at an academic medical center N. Sahu, A. Mertens, V. Downing, H. Farley	J. Schneiderhan, K. Baker, L. Lee, M. Dobson, T. Guetterman Personality traits and physician mental health and well-being: A review of prevalence and
Evaluation of a formal wellness curriculum to reduce burnout in anesthesia residents: A pilot study N. Janosy, A. Brainard, J. Zuk, S. Ziniel	predictor studies R. Tyssen Physician, heal thyself: Depression and burnout in graduate medical education
Expanded mentoring: Cultivating collegiality, inspiration and pride throughout physicians' careers L. Chui	B. da Silva, D. Livert, M. Krishnamurthy

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redictors of two-year attrition for primary are staff and clinicians

urnout in a large academic health system . Windover, K. Martinez, S. Rehm, M. Rothberg

esident wellness in anesthesiology Danhakl, A. Miltiades, C. Ing, C. Russell, G. Gallos

Miotto, D. Perrott, T. Curtis

eam culture and practice change strategies: ssociations with huddles, recognition, atient feedback and quality improvement I. Knox, R. Willard-Grace, B. Huang, K. Grumbach

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Moukaddam, J. Cao, L. French-Rosas, M. Katz, S. enks, S. Monsivais, A. Sabharwal, A. Shah, E. Taylor, Тиссі

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

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AMA PRA Category 1 Credit[™] information

The American Conference on Physician Health seeks to promote a healthier culture for physicians, and to reduce the stigma associated with ill health in physicians. In providing a forum for practitioners and researchers to present recent findings and treatments, the conference offers opportunities certified for AMA PRA Category 1 Cr Recognizing physician's participation in CME, AMA PRA Category 1 Credit™ is accepte credentialing bodies, state medical licensure boards and medical specialty certifying well as other organizations.

Objectives

• Explore creative ways for individuals to improve an organization's work enviror promote a positive culture that enables self-care, personal growth and compass themselves, colleagues and patients.

- Evaluate an organization's efficiency of practice and identify workplace systems t increased health care quality and patient safety
- Assess current level of personal resilience and interpret results to outline an apprentiate of the second sec plan for increasing one's physical, emotional and professional wellness.
- Identify mechanisms to develop and implement effective strategies to measure provide the strategies and the strategies are provided as the strategies as the strategies are provided as the strategies as the wellness; advance leadership support for wellness as a strategic priority within a
- Collect and interpret exciting and innovative ideas from peers, exchange best pra share lessons learned to foster the well-being and health of physicians.

Target audience

This national conference is open to physicians in all specialties and health profess in physician health programs.

Besides physicians, other attendees include those who are working to improve their competence and performance in physician health, including academics, students a researchers, health administrators, health educators and consultants who want to their research or to learn from such research.

Statement of need

Physicians' professional wellness is increasingly recognized as being critically impor delivery of high-quality health care and yet survey data indicates physician burnou crisis proportion nationally. Physicians strive to provide an optimal patient experi highest quality care while simultaneously facing increasing productivity and docu demands, which can often lead to anxiety, fatigue, burnout and depression

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Idition to novative seek ways to bring back the joy in medicine and achieve professional fulfillment for all physic novative dit". 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 in which to share innovative methods and discuss tangible strategies and tools so that organizations (i.e., hosp health systems, practices and clinics) can contribute to, rather than detract from, physician wellness. The conference will also showcase research into the infrastructure of the health car system and highlight what organizations can do to help combat burnout and promote welln Disclosure information The content of this activity does not relate to any product of a commercial interest as defined by the Accreditation Council for Continuing Medical Education; therefore, there are no releva financial relationships to disclose. Full abstracts and author information All full abstracts including author credentials, affiliations and contact information are listed in ACPH 2017 Abstract Book and can be found on the Stanford University American Conference. Credit designation The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education Council for Continuing Medical Education Council for Continuing Medical Education to provide CME for physicians. knowledge, d Stanford University School of Medicine designates this live activity for a maximum of 11.5 AM PRA Category 1 Credits TM . Physicians should claim only the c		
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ARTIFACT HEALTH Accelerating the physician query process Artifact Health	Artifact Health is focused on making physicians' lives easier with technology that physicians find enjoyable to use. Artifact Health's query management and education platform removes the time-consuming, multi-step burden of responding to documentation questions from coding and billing staff. With Artifact Health, physicians respond to queries in one step from their smartphone or computer. Query responses automatically generate addenda in the EMR driving higher-quality documentation, proper reimbursement and more accurate publicly reported quality outcomes. artifacthealth.com				
COALITION for PHYSICIAN WELL-BEING Coalition for Physician Well-being	We believe that physician well-being and engagement are vital to the mission of all health care organization, 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				
°-	The Human Diagnosis Project (Human Dx) is a worldwide effort created with and led by clinicians to build an online system that maps the steps to help any patient. Human Dx aims to address the root causes of burnout and simultaneously improve quality of care. The system allows physicians to focus on activities they find most meaningful, including curbsiding on patients needing their expertise, building mastery in their practice areas and collaborating with colleagues on clinical cases.				
Human Dx	humandx.org				
mond garden Mind Garden	Mind Garden is a publisher of validated psychological assessments including the Maslach Burnout Inventory, which is recognized as the leading measure of burnout and has been validated by over 25 years of extensive research for medical and human services professionals. Mind Garden provides a range of services including individual and group reports, organizational surveys and customization. Mind Garden also publishes the Areas of Worklife, a companion assessment to provide insight into the cause of burnout, and the Multifactor Leadership Questionnaire, the benchmark measure of transformational leadership.				
	mindgarden.com				
Well-Being Index Physician Well- Being Index	The Well-Being Index was invented by the Mayo Clinic and is a 100 percent 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 percent 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.				
	mededwebs.com/well-being-index				
THE RISK AUTHORITY STANFORD	The Risk Authority Stanford (TRA Stanford) is a risk consulting firm breaking barriers to confront health care's challenges head-on. Our creative thinking, breakthrough technology and cutting-edge solutions protect patients and employees by reducing medical errors and improving worker safety. We believe risk management can and should foster sustainable improvements in patient outcomes and satisfaction, as well as risk financing, worker safety and hospital performance.				
The Risk Authority	theriskauthority.com				
	VITAL WorkLife, Inc. is a national behavioral health consulting company supporting all dimensions of well-being. Our healthcare solutions are designed specifically to meet the unique needs of physicians and providers. Our team of licensed master's and doctorate level senior consultants, physician peer coaches, psychiatrists and other specialists have deep experience in issues surrounding physician performance, satisfaction and retention. Our ultimate goal is to proactively help physicians and organizations address issues before they escalate to the point of affecting performance and patient safety. Our proprietary methodology and industry proven services include:				
VITAL WorkLife, Inc.	Physician Well Being Resources: Confidential help for physicians and their families on a variety of work and life				
	 related topics. Coaching and Support: Connections to peer coaches on challenges at work or home and as a personal and career development tool 				
	 career development tool. Training and Consulting: Assistance with assessing and improving organizational culture, addressing 				
	individual and workplace conflict and executive/leadership development.				
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Domain ideas and best practices worksheet

Use this page to capture your ideas as you learn more about the three domains that are essential to achieving professonal fulfillment.



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Use this space to record best practices and takeaways from the keynote and plenary sessions attended.

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Session title	Date	Session title	Date
Opening keynote: One nation under stress: Improving emotional well-being in America	Thursday, Oct. 12	Plenary: How the electronic health record contributes to burnout— and why it just might be the cure	Thursday, Oct. 12
Speaker(s)	Theme	Speaker(s)	Theme
19th U.S. Surgeon General Vivek Murthy, MD	Culture of Wellness Efficiency of Practice Personal Resilience	Robert Wachter, MD, professor of medicine, University of California, San Francisco	Culture of Wellness Efficiency of Practice
Notes:		Notes:	
Session title	Date	Session title	Date
Plenary: Organizational approaches to promoting physician well-being	Thursday, Oct. 12	Opening keynote: Healing the healer	Friday, Oct. 13
Speaker(s)	Theme	Speaker(s)	Theme
Tait D. Shanafelt, MD, associate dean and chief wellness officer, Stanford University School of Medicine	Culture of Wellness Efficiency of Practice Personal Resilience	Abraham Verghese, MD, professor of medicine, Stanford University School of Medicine	□ Culture of Wellness □ Efficiency of Practice □ Personal Resilience
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Use this space to record best practices and takeaways from the **keynote and plenary sessions** attended.

Cossion title	Data	Cossion title	Pata
Session title	Date	Session title	Date
Plenary: Self-compassion—why it's vital to your personal resilience	Friday, Oct. 13		
Speaker(s)	Theme	Speaker(s)	Theme
Kelly McGonigal, PhD, health psychology lecturer, Stanford Graduate School of Business	□ Culture of Wellness □ Efficiency of Practice ■ Personal Resilience		Culture of Wellness Efficiency of Practice Personal Resilience
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Session title	Date	Session title	Date
Session title Keynote: Building a culture of joy in medicine: Challenges and opportunities	Date Friday, Oct. 13	Session title	Date
Session title Keynote: Building a culture of joy in medicine: Challenges and opportunities	Date Friday, Oct. 13	Session title	Date
	Friday, Oct. 13 Theme	Session title Speaker(s)	Date
Keynote: Building a culture of joy in medicine: Challenges and opportunities	Friday, Oct. 13		
Keynote: Building a culture of joy in medicine: Challenges and opportunities Speaker(s) Christine Sinsky, MD, vice president, Professional Satisfaction,	Friday, Oct. 13 Theme Culture of Wellness Efficiency of Practice		Theme
Keynote: Building a culture of joy in medicine: Challenges and opportunities Speaker(s) Christine Sinsky, MD, vice president, Professional Satisfaction, American Medical Association	Friday, Oct. 13 Theme Culture of Wellness Efficiency of Practice	Speaker(s)	Theme
Keynote: Building a culture of joy in medicine: Challenges and opportunities Speaker(s) Christine Sinsky, MD, vice president, Professional Satisfaction, American Medical Association	Friday, Oct. 13 Theme Culture of Wellness Efficiency of Practice	Speaker(s)	Theme
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Use this space to record best practices and takeaways from the **concurrent breakout sessions** attended.

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Session title	Date	Session title	Date
Speaker(s)	Theme	Speaker(s)	Theme
Speaker(S)		Speaker(s)	
	Culture of Wellness Efficiency of Practice Personal Resilience		Culture of Wellness Efficiency of Practice
	Personal Resilience		Personal Resilience
Notes:		Notes:	
Session title	Date	Session title	Date
Session title	Date	Session title	Date
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Session title Speaker(s)	Theme	Session title Speaker(s)	Theme
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Use this space to record best practices and takeaways from the **concurrent breakout sessions** attended.

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Notes:				

Conference evaluation your feedback is important to us!

Immediately following the conference you will receive a link from the Stanford Center for Continuing Medical Education 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. Once you have completed the online evaluation, you will be asked to put in your claim for credit. At that time, a statement of participation will be available for you to print.

Mark your calendars!

Plan to join us at the next American Conference on Physician Health, Sept. 12–14, 2019, in Charlotte, N.C. Email **physicianhealth@ama-assn.org** to receive conference updates and notification of the call for abstracts.

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