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 interventions 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,

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

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
The center's work is informed by our WellMD Professional Fulfillment Model. This model identifies three key domains, all of which we believe are important contributors to clinician health and professional fulfillment:
- Culture of Wellness
- Efficiency of Practice
- Personal Resilience
Tait D. Shanafelt, MD, leads the WellMD Center and serves as associate dean and chief wellness officer for Stanford Medicine.

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
Founded more than 150 years ago, Mayo Clinic is a nonprofit organization committed to clinical practice, education and research, providing expert, whole-person care to those who need healing. Mayo Clinic's mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research. Mayo's primary value is, "The needs of the patient come first." Recognizing that physician well-being and engagement are necessary to support this primary value, Mayo Clinic has maintained a commitment to studying physician burnout and identifying and implementing evidence-based strategies to reduce burnout and improve work-lives for physicians.
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.

Robert M. Wachter, MD (plenary speaker)
Holly Smith Distinguished Professor in Science and Medicine Benefid Endowed Chair in Hospital Medicine
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. Wachter has been listed among the 100 most powerful people in health care by the American Medical Association, the National Association of Health Service Commissioners, and Modern Healthcare. He also has been cited by CNN, USA Today, Paul Harvey’s radio broadcast and The New York Times.

Abraham Verghese, MD, MACP (keynote speaker)
Associate dean, Stanford University School of Medicine
Professor of medicine
Holly Smith Distinguished Professor in Science and Medicine Benioff Endowed Chair in Hospital Medicine
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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.
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 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.

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.

Lloyd Minor, MD, MSc, PhD (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 Minor, MD, MSc, PhD leads a world-class medical center that is dedicated to patient care, research and education. He is known for his research on balance and hearing, and for his leadership as dean of the Stanford University School of Medicine. Minor has been elected to the National Academy of Medicine and has served on the National Academy of Sciences. He is a recognized leader in the field of precision health, and has been a vocal advocate for the importance of research and education in the 21st century.

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 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 Gunderson Medical Foundation/La Crosse Lutheran Hospital in La Crosse, Wis., where she served as chief medical resident.

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. As chief 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.

Kelly Mcгонegal, PhD (plenary speaker)
Health psychology lecturer
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.

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.

Follow the hashtag #ACPH17 to join the conference conversation and get highlights about sessions, speakers and other conference happenings.
Thursday, Oct. 12

3–4 p.m.  Registration (Regency Foyer)
4–4:15 p.m.  Welcome and introduction (Grand Ballroom)
4:15–4:30 p.m.  Welcome and introduction (Grand Ballroom)
4:30–4:45 p.m.  Conference model overview: A balanced organizational approach to physician health (Grand Ballroom)
4:45–5:00 p.m.  One nation under stress: Improving emotional well-being in America (Grand Ballroom)
5:00–5:15 p.m.  Plenary: Organizational approaches to promoting physician well-being (Grand Ballroom)
5:15–6:15 p.m.  Plenary: Organizational approaches to promoting physician well-being (Grand Ballroom)
6:15–7:15 p.m.  Break (Regency Ballroom)
7:15–9:15 p.m.  Poster session: Perspective (Pacific Heights)
9:15–10:15 p.m.  Plenary: Organizational approaches to promoting physician well-being (Grand Ballroom)
10:15–11:15 p.m.  Conference model overview: A balanced organizational approach to physician health (Grand Ballroom)
11:15–12:15 p.m.  Personal Resilience (Sea Cliff)

Friday, Oct. 13

7–8 a.m.  Registration and continental breakfast
7–8 a.m.  Welcome  Bryan Bohman, MD
8:15–8:45 a.m.  Opening keynote: Healing the healer  Abraham Verghese, MD
8:45–9:15 a.m.  Concurrent breakout sessions (choose one theme)  Culture of Wellness + Efficiency of Practice + Personal Resilience
9:00–10:00 a.m.  Concurrent breakout sessions (choose one theme)  Culture of Wellness + Efficiency of Practice + Personal Resilience
10:00–11:00 a.m.  Break
11:00–12:00 p.m.  Concurrent breakout sessions (choose one theme)  Culture of Wellness + Efficiency of Practice + Personal Resilience
12:00–1:00 p.m.  Lunch and exhibitor visits
1:00–2:00 p.m.  Concurrent breakout sessions (choose one theme)  Culture of Wellness + Efficiency of Practice + Personal Resilience
2:00–3:00 p.m.  Concurrent breakout sessions (choose one theme)  Culture of Wellness + Efficiency of Practice + Personal Resilience
3:00–4:00 p.m.  Break
3:00–4:00 p.m.  Poster sessions: Perspective
4:00–5:00 p.m.  Welcome reception with cocktails and light hors d’oeuvres

Note: This agenda is subject to change.

Follow the hashtag #ACPH17 to join the conference conversation and get highlights about sessions, speakers and other conference happenings.
Agenda

Thursday, Oct. 12 (continued)

4:20–4:30 p.m.  Break (Sunset Court, upstairs)
4:30–4:40 p.m.  Poster sessions (Sunset Court)
4:40–5:30 p.m.  Welcome reception (sponsored by The Physicians Foundation (Balaton Ballroom, downstairs))

Friday, Oct. 13

7–8 a.m.  Registration (Regency Foyer)
7–8 a.m.  Breakfast (Gold Ballroom)
8–8:40 a.m.  Opening keynote: Healing the healer
Abraham Verghese, MD
Professor of medicine, Stanford University School of Medicine
8:45–9:30 a.m.  Plenary session: Self-compassion—why it’s vital to your personal resilience
Kelly McGonigal, PhD
Health psychology lecturer, Stanford Graduate School of Business

Concurrent breakout sessions (choose one theme)

Culture of Wellness (Twin Peaks)

- An organizational wake-up call: Data connecting circumference, well-being and compensation
- M. Rosenberg, R. Hawkins

Efficiency of Practice (Pacific Heights)

- Evaluating the impact of clinical librarians on inpatient rounds
- R. Bruce, W. Zhao, D. Weine, S. Martin, S. Anos, M. Ahlman

Personal Resilience (Sea Cliff)

- The economic cost of physician turnover attributable to burnout
- M. Hariri, E. Bojinich, S. Schuyler, R. Smith, K. Smith
- The impact of mindfulness-based interventions on health care professional burnout
- E. Weekender, E. Snyder, M. Winger

Reducing the stress of regulatory complaints: A roadmap
- A. Rausch

Climate: Introducing the work-life climate scale, future directions

10–11 a.m.

10–11 a.m.

Solutions for burnout and patient safety
- Creating learning and practice environments that support resilience: Tips to engage institutional leadership
- A. Cuddihy, P. Chelmow, D. McGrath, J. Ripp

10–11:30 a.m.

10–11:30 a.m.

Designing well-being: The impact of a program using design thinking to engage residents in development of organizational well-being interventions
- I. Thomas, R. Nguyen, E. Hartman, J. Lucy

Environments matter: Redesigning gender, physician burnout and workplace culture
- M. Fassiotto, Y. Maldonado

Good grief rounds: Debridging difficult situations to foster resilience and increased sense of community in care providers
- K. Morrison, M. Rondinelli, E. Nielsen

Group coaching for internal medicine residents: Developing tools for career decision-making
- M. Schulte, K. Chacko

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

11:30 a.m.–12:30 p.m.

11:30 a.m.–12:30 p.m.

Poster sessions (Sunset Court, upstairs)

12:30–1:30 p.m.

12:30–1:30 p.m.

Lunch (Gold Ballroom and Balaton Ballroom, downstairs)

1:30–2:30 p.m.

1:30–2:30 p.m.

Keynote: Building a culture of joy in medicine: Challenges and opportunities
- Christine Simo, MD, vice president, Professional Satisfaction, American Medical Association

2:30–3:45 p.m.

2:30–3:45 p.m.

Closing panel: An action agenda: How organizations are promoting joy in practice
- Moderator: A. Cowen, MD, Washington, DC
- Panelists: A. Cowen, MD, Washington, DC, Stanford University School of Medicine, Stanford Medicine, HCA, NHA, AAOS, president and CEO, E. Nielsen, MD, White House Fellow, MD System, Steve Stromberg, MD, CEO, Aria Health

3:45–4:15 p.m.

3:45–4:15 p.m.

Closing remarks
- T. Yanamadhi, MD, associate dean and chief wellness officer, Stanford University School of Medicine

Perspective poster presentations

A framework for promoting resident wellness in a family medicine residency program—evidence, successes and tensions
- M. Dehn, N. Kirk, J. Wang, J. Schmiedehan

A shared vision for pursuit of the Quadruple Aim: The charter on physician well-being
- L. Thomas, C. West, H. Bazan, E. Gaufberg, J. Ripp

How to provide a centralized model of wellness to optimize physician health

Improving the resident primary care experience: Lessons from the academic innovations collaborative
- J. Zuidman, L. Hunt

Advancing faculty wellness and well-being: Our workplace, our people
- M. Saah, J. O’Shea, K. Helfpenny, P. Shagay, S. Meron

Innovation in personal resiliency: A perspective on high yield techniques to resiliency added for boosting physician wellness programs
- A. Dave

Leadership training targeting physician burnout
- H. El-Awarad, R. Nadler, Z. Ghosbou

Mixed-up mindfulness: Using a convergent mixed methods design to assess the impact of mixed patient-physician MBRS classes
- R. Lenman, P. Nowak

Peer group support for physicians in malpractice litigation
- S. O’Reil, K. Kwappenberg

Physician coaching: Determining the right dose
- E. Schwart, D. Duk, K. Kraft

Physician to physician mentorship program
- R. Milenkevic, K. Mymono

Physician wellness: The solution is hidden in plain sight
- K. Ripp

Precision initiatives: Embracing technology, preserving humanism: transforming paradigm of personalized learning by introducing a framework around “what matters to you?”
- R. Johangé

Promoting a culture of faculty well-being:
Lessons learned from one medical school’s journey
- C. Brazeau, M. Sotto-Greene

Resident wellness curricula: What’s out there?
- M. Lafl, M. Z高山内, J. O’Shea

Rethinking individual behavioral health support at Colorado Permanente Medical Group
- K. Nutter, R. Richardson, A. Sheridan

Revitalizing joy: Building physician resilience and engagement through peer coaching and mentoring
- A. Sikorski, E. Schulte, R. Rehm

Self-compassion training for physician well-being
- H. Horowitz

Shifting the culture of medicine to foster resilience across the lifespan: Practical solutions
- D. Osmantong, L. Winley, J. M. Bostwick, J. Mayer

State physician health programs: Your partner in physician wellness
- C. Bundy

Surgeon burnout: Creating a wellness curriculum to support general surgery residents in self-care and burnout prevention
- C. Ceflin, L. DeCaporale-Kyan, R. Privetted

The less clicks the better: Improving the documentation workflow process for physicians
- R. Milenkevic

Wellness, inclusion and quality: A systems approach to supporting physician resilience
- A. Locke, R. Marcus, M. Cal, 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 presenter abstract then the original was used.
Addressing effects of adverse clinical events in physicians: An opportunity to reduce burnout: the neonatal intensive care unit
J. Reeve, L. Frey, N. Janoey, A. Brainard, C. Morris, A. Beacham

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

Assessing operating room workplace culture and identifying targets to enhance engagement and create a positive learning climate
N. Hasan-H6, P. Tanoka

Assessing the need for culturally competent medical student wellness programs
D. Yang, M. Moore, G. Fonsard

“Authentic connections groups” for medical professional mothers
S. Luthra, C. Storming, J. Engelma

Awareness of bullying in internal medicine residencies: Results of a national survey of internal medicine program directors
M. Ayala, S. Chauffeur, D. Windsch, D. Dupras, S. Reddy, S. Wright

Balance in life: Feasibility of one wellness program within surgical residency
C. Mueller

Breaking in the emergency department: EM culture presence carries to self-care
J. O'Shea, J. Siegelman, M. Lall, S. Vu

Build it and they will come: Fostering a culture of resilience and professional engagement
J. Marcus, J. Stevenson

Interventions to promote wellness in emergency medicine physicians: A systematic review
L. McPeake, R. Merchant, E. Sevastion, D. King

Kaiser Permanente HealthConnect Essentials for Physician Wellness: A Program for Global Performance Management
D. Clark, R. Dranovong

Medical license questions and physician reluctance to seek care for mental health conditions
L. Dyrbye, C. West, C. Sinsky, L. Geerdes, D. Satle, T. D. Shanafelt

Multifaceted wellness curriculum to reduce depression and burnout rates among family medicine residents
J. Schneider, R. Baker, L. Lee, M. Delton, T. Guttentag

Personality traits and physician mental health and well-being: A review of prevalence and predictor studies
K. Tysen

Physician, hear thyself! Depression and burnout in graduate medical education programs

Factors associated with provider burnout in internal medicine programs

Identifying mechanisms for sustainable physician well-being in hematologists, medical oncologists and palliative medicine physicians in a comprehensive cancer center
J. Marcus, J. Stevenson

Implementation of a healthy catered food policy into a large medical group
D. Clark

Implementation of exercise “rooms” within medical centers and exercise options at outlying medical offices for physicians and staff
D. Clark, R. Benton

Individual and organizational factors associated with physician well-being
M. Tao, Y. Yang, A. Mehan, R. Nordgren, R. Steinberg, J. Chang, E. Diklin, J. Li, D. Frosch

Strengthen physician well-being
K. Mats, D. Perrett, T. Curtis

Team culture and practice change strategies: Associations with huddles, recognition, patient feedback and quality improvement
M. Knox, R. Willard-Grace, B. Huang, K. Grumbach

The Canadian physician well-being survey: Building a national dataset
C. Simon

The creation of responsive and accessible physician mental health programs: How do we care for our own?
S. Neltzer-Brody, N. Changtia, T. Raphael-Grimm, C. Mayer

The current state of surgical ergonomics education in surgical training in the United States
S. Epstein, J. Ricci, B.N. Tran, Q. Ruan, M. Teva, J. Dennenker, B. Lee, D. Singh

The Gold Foundation’s mapping the landscape (MTL) initiative: A national model to promote humanism and provider well being
E. Gauthier, F. Halfferty, C. West

The outcomes of an institution-wide resident/fellow support program

Utilizing a custom-made app to track and address burnout amongst physicians-in-training: A pilot trial

The American Conference on Physician Health seeks to promote a healthier culture of wellness; advance leadership support for wellness as a strategic priority within an organization. The conference offers opportunities to: provide a forum for practitioners and researchers to present recent findings and innovative methods and discuss strategies and tools that can be implemented to reduce burnout for physicians and other organizations. The conference objectives are to:

- Explore creative ways for individuals to engage in organizational work environment and promote a positive culture that enables self-care, personal growth and compassion for therapists, colleagues and patients.
- Evaluate an organization’s efficiency of practice and identify leadership systems that lead to increased health care quality and patient safety.
- Assess current health and organizational interventions and emerge with new insights to outline an appropriate action plan for increasing on-site emotional, social and professional wellness.
- Identify mechanisms to develop and implement effective strategies to increase physician resilience, provide leadership support for wellness via accomplished practicing physicians and organizational leaders.
- Collect and interpret existing and innovative ideas from peers, exchange best practices and share learn chronic to bolster the well-being and health of physicians.

Target audience
This national conference is open to all physicians in specific specialties and health professionals working in physician health programs.

Besides physicians, other attendees include those who are working to improve their knowledge, competence and performance in physician health, including academics, students, researchers, health administrators, educators and consultants who want to share research they have been from such research.

Statement of need
Physician professional well-being is increasingly recognized as being critically important to the delivery of high quality health care and patient safety data indicates physician burnout has resulted in increased malpractice claims.

AMA PRA Category 1 Credit™ information
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Physician professional well-being is increasingly recognized as being critically important to the delivery of high quality health care and patient safety data indicates physician burnout has resulted in increased malpractice claims.
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

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

Human Dx

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.

humandx.org

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

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 (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.

theriskauthority.com

VITAL WorkLife, Inc.

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:

• 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.
• Training and Consulting: Assistance with assessing and improving organizational culture, addressing individual and workplace conflict and executive/leadership development.

VITALWorkLife.com

Non-commercial financial support acknowledgement—this conference received non-commercial exhibitor fees.

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 professional fulfillment.

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<table>
<thead>
<tr>
<th>Session title</th>
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<tbody>
<tr>
<td>Opening keynote: Healing the healer</td>
<td>Friday, Oct. 13</td>
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**Speaker(s)**

Abraham Verghese, MD, professor of medicine, Stanford University School of Medicine

**Theme**

- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

**Notes:**

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<tr>
<td>Plenary: Organizational approaches to promoting physician well-being</td>
<td>Thursday, Oct. 12</td>
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**Speaker(s)**

Tait D. Shanafelt, MD, associate dean and chief wellness officer, Stanford University School of Medicine

**Theme**

- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

**Notes:**

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<td>Plenary: How the electronic health record contributes to burnout—and why it just might be the cure</td>
<td>Thursday, Oct. 12</td>
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**Speaker(s)**

Robert Wachter, MD, professor of medicine, University of California, San Francisco

**Theme**

- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

**Notes:**

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<tr>
<td>Opening keynote: One nation under stress: Improving emotional well-being in America</td>
<td>Thursday, Oct. 12</td>
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**Speaker(s)**

19th U.S. Surgeon General Vivek Murthy, MD

**Theme**

- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

**Notes:**

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<tr>
<td>Plenary: Self-compassion—why it's vital to your personal resilience</td>
<td>Friday, Oct. 13</td>
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**Speaker(s)**
Kelly McGonigal, PhD, health psychology lecturer, Stanford Graduate School of Business

**Theme**
- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

**Notes:**

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Use this space to record best practices and takeaways from the **concurrent breakout sessions** attended.

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<tr>
<td>Keynote: Building a culture of joy in medicine: Challenges and opportunities</td>
<td>Friday, Oct. 13</td>
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**Speaker(s)**
Christine Sinsky, MD, vice president, Professional Satisfaction, American Medical Association

**Theme**
- Culture of Wellness
- Efficiency of Practice
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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.