

JOY & WHOLENESS SUMMIT



The Coalition for
Physician
Well-Being

A Message From The Chairman



Welcome to the Coalition for Physician Well-Being's 2022 Joy & Wholeness Summit! I am so thankful and honored that you decided to attend.

Being a physician is a calling like no other. The opportunity to help bring healing and wholeness to a patient is one of the most gratifying and humbling experiences a person can have. At the same time, it is important that physicians have access to the support, resources and tools to experience the wholeness that they strive to foster for their patients. That is why we are here today.

This is a critical time in the health care industry. The persistence of many well-known challenges that have eroded the overall well-being and quality of life for physicians combined with what is now a years-long pandemic have raised the stakes to an all-time high. And with the continued rise in suicide rates, burnout and mental health issues plaguing practitioners, the time for change is NOW.

We have an awesome program with an exceptional group of thought leaders and experts joining us this year. I hope you can draw inspiration from them and the other attendees as you embark on your personal well-being journey and also serve as an advocate within your respective organizations and circles of influence.

Thank you to our board, committees, members, speakers and attendees whose passion and commitment help drive the Coalition's mission. Without you, we could not make the impact that we do in the lives of physicians and practitioners across the industry. Here's to an awesome conference!

Sincerely,

Ted Hamilton, MD
Chairman, The Coalition for Physician Well-Being

Special Thanks to our Coalition Executive Board

Chair: Ted Hamilton, MD
Dianne McCallister, MD
Nancy Frick
Dan Geeding, Ph.D
Dennis Gonzales, Ph.D

Robert Rodgers, MD
Herbert A. Schumm, MD
Lanny F. Wilson, MD
Doug Wysockey-Johnson, MDiv

Special Recognition to our Conference Planning Committee

Chair: DeAnna Santana, Ph.D
Mary Jane Brown, MD
Manisha Chaudhary
Jeff Cohn, MD
Ted Hamilton, MD
Max Kuchenreuther
Dianne McCallister, MD

Jacob Metts
Mario Roberts
Brittany Shoffner
Loice Swisher, MD
Majorie Tatlonghari
Mary Wolf, LPC-MH
Stephanie Jones-Wood, MPH

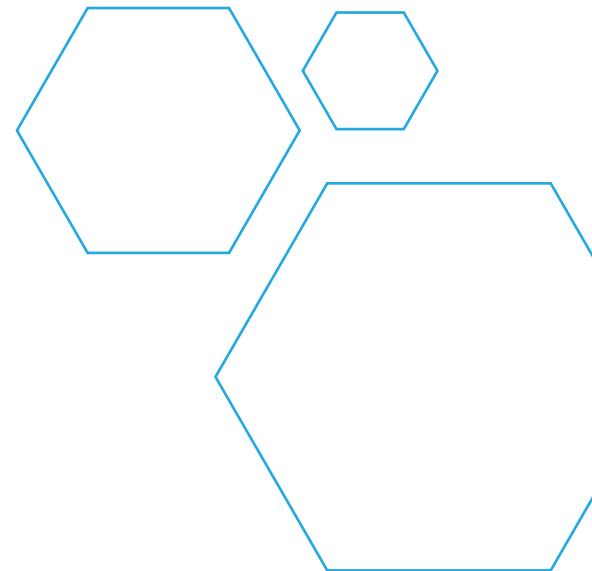


Table of Contents

- 04 Agenda: Wednesday July 27
- 06 Agenda: Thursday July 28
- 08 Agenda: Friday July 29
- 09 Poster Presenters
- 10 Medicus Integra
- 11 Become a Member: The Coalition for Physician Well-Being
- 12 Sponsors
- 13 Exhibitors
- 14 HCA Healthcare
- 15 Well-Being Index / Coalition Committees
- 16 CME: American Academy of Emergency Medicine
- 17 Notes

Agenda

Wednesday, July 27

GME - Elm Conference Room

1:00-1:10pm

Welcome

Ted Hamilton, MD
Coalition for Physician Well-Being



1:10-1:55pm

Enhancing Resident and Faculty Well-Being through Systems and Culture Change

Stuart Slavin, MD
ACGME



1:55-2:40pm

Leadership Support and Meaningful Work as the Cornerstone of Resident Well-Being

Gregory Guldner, MD
HCA Healthcare Riverside



2:40-3:10pm

Break / Exhibitor Tables

3:10-3:55pm

Better Together Physician Coaching: An Innovative, Scalable Solution to Trainee Burnout

Tyra Fainstad, MD
University of Colorado



3:55-4:40pm

Well-Being Isn't One-Size-Fits-All: The Importance of Creativity and Individuality in Physician Resilience

Elizabeth Hughes, MD
Physician and Coach



4:40pm

Adjourn

Ted Hamilton, MD
Coalition for Physician Well-Being



Wednesday, July 27

Women Physicians - Aspen Conference Room

1:00-1:10pm

Welcome

DeAnna Santana, PhD
Coalition for Physician Well-Being



1:10-1:55pm

The Well-Being of Women Physicians of Color: Burnout, Career Satisfaction and Mental Health

Deena McRae, MD
UC Irvine School of Medicine



1:55-2:40pm

Creating a Grassroots Movement of Women Physicians Supporting Women Physicians

Dena George, MD
Dawn Sears, MD
Physicians



2:40-3:10pm

Break / Exhibitor Tables

3:10-3:55pm

I'm a Physician AND...

Wendy Schofer, MD
Physician & Coach



3:55-4:40pm

Communication: A New Look at Empowering Communication

Robyn Alley-Hay, MD
Physician, Coach & Speaker



4:40pm

Adjourn

DeAnna Santana, PhD
Coalition for Physician Well-Being



General Session Registration • Reception - Pool Terrace

5:30pm

Open Registration

Pool Terrace

6:00-6:15pm

Chairman's Address

Ted Hamilton, MD
Coalition for Physician Well-Being



6:15-8:30pm

Networking & Mingle Reception

Thursday, July 28

7:00-8:00am



Breakfast

Cottonwood

General Session - Grand Ballroom

8:00-8:10am



Welcome

Ted Hamilton, MD
Coalition for Physician Well-Being



8:10-8:25am



Devotional/Reflection

Leo Ostapovich, PA-C
AdventHealth Hendersonville



8:25-9:25am



Physician Well-Being 2.0

Tait Shanafelt, MD
Stanford University



9:25-10:00am



Break / Poster Session / Exhibitor Tables

10:00-11:00am



Wellness Centered Leadership

Tait Shanafelt, MD
Stanford University



11:00-12:00pm



Long Walk Out of the Woods

Adam Hill, MD
Riley Hospital for Children & Indiana University School of Medicine

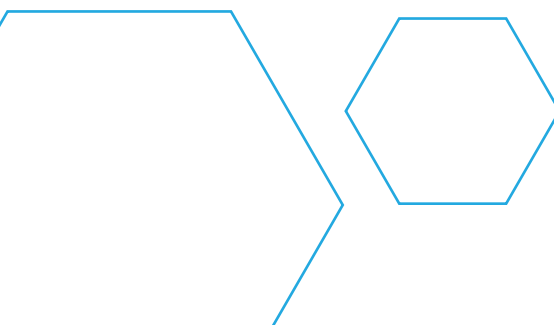


12:00-1:00pm



Lunch

Cottonwood



Thursday, July 28

General Session - Grand Ballroom

1:00-2:00pm

Medicus Integra Awards

Ted Hamilton, MD
Dianne McCallister, MD
Coalition for Physician Well-Being



2:00-2:45pm

Trust Transformation Part 1

Omayra Mansfield, MD
AdventHealth Apopka
Roy Reid
Strategist / Coach / Storyteller



2:45-3:15pm

Break / Poster Session / Exhibitor Tables

3:15-4:00pm

Trust Transformation Part 2

Omayra Mansfield, MD
AdventHealth Apopka
Roy Reid
Strategist / Coach / Storyteller



4:00-4:45pm

Overcoming Self-Judgment with Self-Compassion

Al'ai Alvarez, MD
Stanford University



4:45-5:30pm

Physician Leaders: How to Find Your Voice, Have a Positive Influence, and Make a Transformational Impact

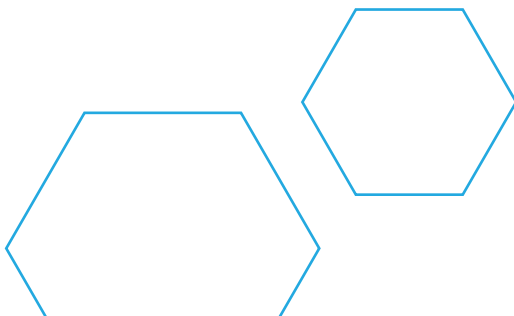
Vandna Jerath, MD
Parker Adventist Hospital, Centura Health



5:30pm

Adjourn

Ted Hamilton, MD
Coalition for Physician Well-Being



Friday, July 29

7:00-8:00am



Breakfast

Cottonwood

General Session - Grand Ballroom

8:00-8:15am



Devotional/Reflection

Dianne McCallister, MD
Coalition for Physician Well-Being



8:15-9:15am



PTSD

Yotam Dagan
Dugri, Inc.



9:15-10:15am



Advocating through Storytelling

Bich-May Nguyen, MD
Doctors for America



10:15-10:45am



Break / Poster Session / Exhibitor Tables

10:45-11:45am



Emotional Intelligence for Leaders

Paul DeChant, MD
Consultant



11:45-12:30pm



Wing-walking: Finding Balance as a CMO, Navy Fighter-pilot and Physician

Alta DeRoo, MD
Hazelden Betty Ford Foundation



12:30-1:00pm



Next Steps and Take-Aways, Closing Remarks

Ted Hamilton, MD
DeAnna Santana, Ph.D
Coalition for Physician Well-Being



1:00pm



Adjourn

Poster Presenters

4 Pillars of Resident Wellness

Oge Abara, MD
Yuma Regional Medical Center
nabara@yumaregional.org

A Culture of Caring Rooted in Experience of Care

Heather Renehan, System Director of Patient Experience
Bon Secours Mercy Health Medical Group
Heather_Renehan@bshsi.org

Julia Paduano-Chair, Experience of Care Council
Bon Secours Mercy Health Medical Group
JULIA_PADUANO@bshsi.org

A Health Care Organization's Experience with an Innovative Wellness Resource to Improve Provider Well-Being

Aneesa Afroze, MD
MercyONE Medical Staff
aneesa.afroze@commonspirit.org

Better Together: A Novel Online Physician Group=Coaching Program to Reduce Burnout in Trainees: A Randomized Controlled Trial

Tyra Fainstad, MD
University of Colorado School of Medicine/University of Denver
Tyra.fainstad@cuanschutz.edu

Caring for Colleagues – An Organic Peer Support Program

Susan Hawk, System Director of Behavioral Health
Bon Secours Mercy Health
SEHawk@mercy.com

Examining Potential Relationships Between COVID-19 Surges, Patient Satisfaction Scores, and Resident Physician Fuel Levels

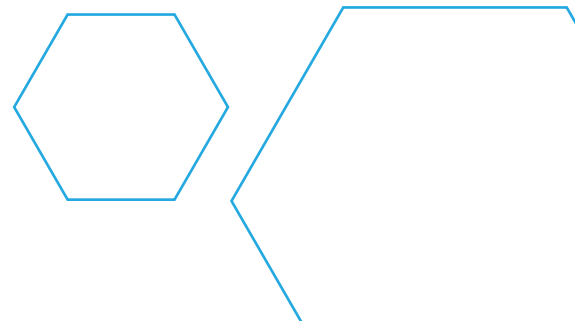
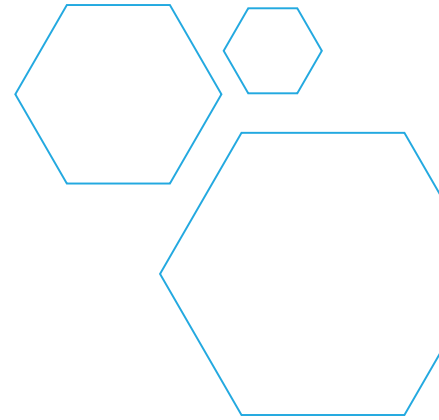
Holly Stewart, MS
Northeast Georgia Medical Center
holly.stewart@nghs.com

“It’s Nice to Know I’m Not Alone”: The Impact of an Online Life Coaching Program on Wellness in Graduate Medical Education: A Qualitative Analysis

Tyra Fainstad, MD
University of Colorado School of Medicine/University of Denver
Tyra.fainstad@cuanschutz.edu

The Well-Being of Women Physicians of Color: Burnout, Career Satisfaction and Mental Health

Deena McRae, MD
UC Irvine School of Medicine
mcraed@hs.uci.edu





Medicus Integra® describes physicians—physicians whose lives are whole, complete, characterized by balance, purpose, and meaning; physicians who integrate their personal and professional commitments in a manner that promotes personal well-being and contributes to society in a meaningful way; physicians who are resilient, who comprehend and attend to the complex interdependence of body, mind, and spirit; physicians who combine professional competence, relational skill, emotional accessibility, and spiritual sensitivity; who value communication, learning, teamwork, professionalism, and accountability; physicians who care—for themselves, their families, patients, colleagues and coworkers; physicians who lead, by precept and example, to assure quality patient care, and to advance the medical profession.

The Medicus Integra® Award was conceived and developed by the Coalition for Physician Well-Being, based upon the belief that physician resilience and well-being is not only good for physicians, but conducive to healthy organizational culture and essential to quality patient care. For these reasons, it is in the best interest of healthcare organizations to give attention to the well-being of physicians and demonstrate intentionality in developing strategies and initiatives to prevent burnout and promote physician wellness.

The Medicus Integra® Survey describes the characteristics and scope of a comprehensive institutional physician well-being program and provides metrics for assessing progress in program development. The survey tool consists of four categories, including Resilience (RSL), Learning (LRN), Business & Quality (BQA), and Culture (CLT). Within each category, itemized criteria provide clarity and specificity and describe definitive documentation and measures.

If you desire additional information or wish to apply for a Medicus Integra® survey,

Please contact DeAnna Santana, PhD at 407-357-2153

Organization Members Save 20% on Consultations, a \$1,000 savings.

The Medicus Integra® Award denotes formal recognition of hospitals and healthcare institutions that demonstrate significant, purposeful, ongoing commitment to the well-being of physicians.



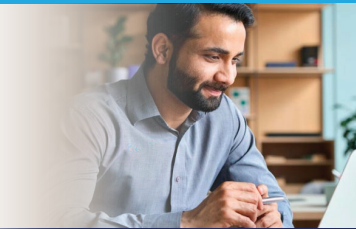
The Coalition for
Physician
Well-Being

Interested in Becoming a Member?

Join during the conference, get **\$100 off** your membership!

As a member of the Coalition for Physician Well-Being, you join a powerful network of passionate professionals dedicated to promoting physician wellness across the health care industry.

Benefits at a Glance



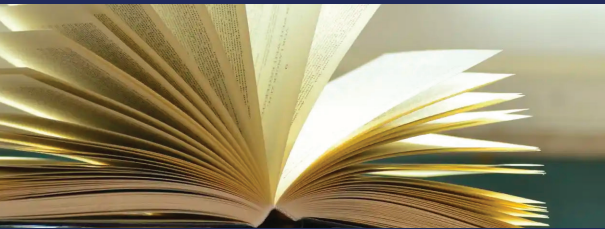
Webinars, Podcasts & More



Strong Peer Network



Annual Conference Discount



CME Credits



Access to Data & Research

Membership Price

Professional | Annual Dues: \$300

GME Residents | Annual Dues: \$150

Medical Students | Annual Dues: \$50

(plus Annual Conference Discount)

Organization | Annual Dues: \$1,200

One Organization Associate (e.g. hospital, physician group)

Four Individual Memberships with Privileges Pertaining

One Medicus Integra® Onsite Consultation (20% Discount)



Join the Coalition via our mobile app or at forphysicianwellbeing.org and use the code **22NEWMEMBERDISC** before July 30 to receive the discounted member rate.

Sponsors



Our faith-based mission is the foundation for everything we do. We believe health should be measured in terms of the whole person — body, mind and spirit. And it's our promise to you to help you feel whole. With world-class expertise and uncommon compassion, we're here for you through every phase of life.



The nation's leading provider of quality, patient-centered care is also the leader in graduate medical education (GME). From the moment a graduate joins an HCA Healthcare residency or fellowship, they are mentored by a dynamic network of physicians who are focused on teaching them to provide the exceptional, compassionate care our patients deserve. These programs are led by an accomplished faculty, set under rigorous standards, and tailored to provide extensive training for the next generation of physician leaders.



Conference Bag Sponsor

Ardmore Institute of Health - Our mission is to improve the health and vitality of people to live more meaningful lives. We work for a future where lifestyle change will be the preferred method to prevent, treat and reverse chronic diseases such as diabetes and obesity.

Special Thanks to our

2022 GME Resident Scholarship Program Sponsors

Thank you to AdventHealth and Ardmore Institute of Health for awarding grants to support our 2022 GME Resident Scholarship Program. Because of these generous grants, 10 residents from health care organizations across the country were afforded the opportunity to attend the conference.

Exhibitors



The Well-Being Index is a 100% anonymous web-based self-assessment tool for evaluating distress in just 9 questions. Participants are given immediate feedback based on national comparative data for physicians, medical students, residents/fellows, nurses and NP/PA's.



DocWorking is the go-to professional coaching and burnout prevention company for healthcare professionals and organizations. Our coaches have been teaching physicians and other clinicians how to maximize meaning and purpose in life and at work using minimal time, for more than a decade. Our simple and unique method has improved the lives of countless physicians and other clients. We know what works.



Our experts are dedicated to providing clinical care, education and research in the field of addiction and mental health prevention, treatment and recovery so that you are assured of receiving the most-effective services available—care that is personalized to meet the needs of each patient, evidence based, and aimed at achieving long-term health.



Rogers Behavioral Health is a private, not-for-profit provider of specialized mental health and addiction services. Since its opening in 1907, today Rogers offers evidence-based treatment for adults, children, and adolescents with depression and other mood disorders, eating disorders, addiction, obsessive-compulsive and anxiety disorders, and posttraumatic stress disorder.



VITAL WorkLife, Inc. is a physician-focused national behavioral health consulting practice supporting all dimensions of well being in the workplace with a multitude of solutions. Serving the U.S. healthcare industry since 2007, our national team of certified physician peer coaches and senior behavioral health consultants deliver life-changing well being solutions.



A Passionate Voice for Compassionate Care

The mission of CHA is to advance the Catholic health ministry of the United States in caring for people and communities. Catholic health care is a ministry of the Catholic Church continuing Jesus' mission of love and healing in the world today. Comprised of more than 600 hospitals and 1,600 long-term care and other health facilities in all 50 states, the Catholic health ministry is the largest group of nonprofit health care providers in the nation. The mission of Physician Formation Consulting™ is to foster a medical staff culture of mutual care and compassion, help physicians and APP's experience fulfillment in their work and help their patients recognize God in their healing.



Doctors for America is a national movement of 15,000 physicians and medical students in all 50 states who are working together to improve the health of the nation and to ensure that everyone has access to affordable, high-quality health care. We work to convey the challenges physicians and our patients face and advocates for affordable coverage, expanded access to care, improved quality of care and a system that puts patient care first.

HCA Healthcare Journal of Medicine

Call for Papers

Creating and Supporting Well-Being in the Medical Community

Guest Editor:

Greg Guldner, MD, MS, FACEP, Vice President of Academic Affairs, Graduate Medical Education, HCA Healthcare

Background

The COVID-19 pandemic highlighted the pivotal role of our healthcare teams within our society. Simultaneously, the pandemic revealed the tremendous stress placed on our nation's doctors and nurses. Even before the pandemic, research showed a high degree of depression, anxiety, workplace burnout, lack of engagement, and general dissatisfaction with the clinical work and learning environment. The National Academy of Medicine (NAM) has recently released a draft national plan for healthcare workforce well-being.¹ Among the seven principles proposed by the NAM is a call for organizations to invest in research related to well-being. Accordingly, the Journal announces a special issue related to creating and supporting well-being in the healthcare community.

This call for papers is specific to research and scholarly articles related to any of the many facets of well-being among healthcare teams. These may include research on the causes of workplace burnout and depression as well as studies looking at positive aspects such as joy, engagement, meaning, achievement, and flourishing. We also welcome submissions related to educating the medical community to help reduce burnout and encourage well-being. Papers relating to all members of the team, including physicians, nurses, pharmacists, respiratory therapists, residents and fellows, teaching faculty, program coordinators and administrators, are welcome.

Themes of Interest

Potential topics for consideration include, but are not limited to, the following:

- Measuring well-being and/or distress
- Workplace burnout and engagement
- Interventions or programs to address well-being
- Suicide, suicidal ideation, and depression
- Imposter phenomenon
- Regulatory, compliance, and policies that impact well-being
- Supporting mental health and reducing stigma
- Creating positive work and learning environments
- Leadership and supervision as a means to support well-being
- Second victim syndrome
- Vicarious trauma
- Moral injury
- Reducing workplace job demands
- Using diversity, equity, and inclusion to support well-being

Submissions

The deadline for submission to the special issue is **October 31, 2023**. Please note in your cover letter that your submission is intended for consideration for this special issue. We will consider articles for all sections of the journal: News and Editorials, Clinical Review, Research, Case Reports, Education, and Humanities. Questions and pre-submission inquiries can be sent to Managing Editor, Graig Donini, at Graig.Donini@HCAhealthcare.com.

About the *HCA Healthcare Journal of Medicine*

In support of the HCA Healthcare mission—above all else, we are committed to the care and improvement of human life—the *HCA Healthcare Journal of Medicine* is a peer-reviewed scientific periodical focused on innovation, enhanced quality, and developing new knowledge in clinical care and medical education for the benefit of all patients.

This journal, sponsored by HCA Healthcare Graduate Medical Education, publishes bimonthly and is open access with no subscription or author processing fees. The journal can be found at www.hcahealthcarejournal.com.

Editor-in-Chief: Bruce Deighton, PhD, President, Graduate Medical Education, HCA Healthcare
Clinical Co-Editors: H. Alex Akhondi, MD, FACP, HCA Florida West Hospital
D. Scott Lind, MD, HCA Florida Orange Park Hospital

1. National Academy of Medicine; National Plan for Health Workforce Well-Being. DRAFT FOR PUBLIC INPUT. Available at <https://nam.edu/initiatives/clinician-resilience-and-well-being/national-plan-for-health-workforce-well-being/>



WELL-BEING
index

Get the data you need to **Go Beyond Burnout**

Learn more today at:
mywellbeingindex.org

The online self-assessment tool invented by Mayo Clinic to measure and support clinician well-being

- Used by 800+ healthcare organizations
- Comprehensive wellness reporting
 - Completely anonymous
 - Clinically validated



The Coalition for
Physician
Well-Being

Want to Get Involved with the Coalition?

Join One of Our **Committees!**

With seven to choose from, joining a committee enables members to leverage their passion for physician well-being to play a first-hand role in shaping and expanding the Coalition's offerings and resources. If you are interested in serving on one of our committees, please email info@forphysician.org or call 407-357-2153.

Committees:

- Executive Committee
- Member Relations Committee
- Research & Development Committee
- Promotion Committee
- Conference Planning Committee
- Member Programming Committee
- Fundraising Committee



Coalition for Physician Well-Being Joy & Wholeness Summit
July 27-29, 2022 | Denver, CO

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Emergency Medicine (AAEM) and the Coalition for Physician Well-Being. AAEM is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement

The American Academy of Emergency Medicine designates this live activity for a maximum of 13.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

How to Claim CME

AAEM will send a link to claim CME to registered attendees within 30 days following the conference. If you do not receive a link to claim CME, please check your spam/junk folder or contact info@aaem.org.

Disclosures of Financial Relationships

A full disclosure of relevant financial relationships is required of all faculty and planning committee members and the presence of any such relationship will be reported to all program attendees. In accordance with these policies, AAEM would like to make the following information known to all course participants.

The following speakers have disclosed financial relationships:

Yotam Dagan, MA, MPA is the Founder and President of Dugri Inc.

Tait Shanafelt, MD is co-inventor and receives royalties for the Physician Well-being Index, Medical Student Well-Being Index, Nurse Well-being Index, Well-being Index, and the Participatory Management Leadership Index. Mayo Clinic holds the copyright for this instrument and has licensed it for use.

Dr. Dagan and Dr. Shanafelt had their disclosures reviewed and mitigated. No other speakers disclosed financial relationships.

The following planning committee member has disclosed a financial relationship:

Jeff Cohn, MD is Chief Medical Advisor for Hummin.co. His disclosure was reviewed and mitigated.

No other planners disclosed financial relationships.

No staff members disclosed financial relationships.

Commercial Support

AdventHealth provided monetary support for this educational activity.



SAVE THE DATE

JULY 10-12, 2023
GRAND SUMMIT RESORT
PARK CITY, UTAH



PARK CITY



The Coalition for
Physician
Well-Being

www.forphysicianwellbeing.org