Aiming for Professional Fulfillment at Stanford

- Culture of Wellness
- Efficiency of Practice
- Personal Resilience

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Professional Fulfillment is defined as:

Happiness or meaningfulness, self-worth, self-efficacy and satisfaction at work.
Results: Determinants of Burnout

Prevalence of Burnout by Quartiles of Self-Compassion

- Lowest Quartile (n=350): 60%
- Second Quartile (n=318): 36%
- Third Quartile (n=277): 23%
- Highest Quartile (n=298): 10%
“There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living.” Nelson Mandela
Figure 1. Compassion and empathic distress.
Schematic model that differentiates between two empathic reactions to the suffering of others.
Fig. 3. Mean day 1 IL-6 levels at baseline and 30 and 120 min post-TSST for participants above and below the mean on self-compassion (ns = 20 and 21 for the high and low self-compassion groups, respectively).
Your Sphere of Influence: Exercise of Compassion

- **Practice** personal resilience
- **Contribute** to a culture of wellness
- **Collaborate** to achieve efficiency of practice

- Working with trainees
- Leading teams
- Organizational leadership
- Regional/National professional organizations
Practice Personal Resilience

• Healthy sleep habits
• Aerobic exercise
• MIND diet (Mediterranean + DASH diet principles)
• Mindfulness and compassion cultivation
Contribute to a Culture of Wellness

• Encourage self-care in others—by: example, advice, and advocacy
• Help others succeed with: positive reinforcement, objective accurate feedback, and compassion
Medical Care Example: Efficiency of Practice

• Physicians are poised to develop more efficient
  – Team based care
  – Clinical work-flow
  – Technology assistance (including the EHR)

• We can’t do it alone
EHR Problem and Solution Involves Many

- Payers see the EHR as the source of **billing documentation**.
- Health care enterprises see it as a tool for **enforcing compliance** with organizational directives.
- The legal system sees the EHR as a **statement of legal facts**.
- Public health entities see it as a way to **collect their data at drastically reduced costs**.
- Measurement entities see the EHR as a way to **automate the collection of measurement data**, reducing their reliance on chart abstraction.
- Government entities see it as a way to **observe and enforce compliance** regulations.

BeWell brings University resources together
BeWell Program
Focus on your wellness while you earn incentives!

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A Culture of Wellness
Your wellness journey is unique, and ultimately only you can decide which path to go down. But you don’t have to go alone. BeWell is here to guide and empower the Stanford community to live healthy lifestyles and create a vibrant culture of wellness. Together with our campus partners, BeWell offers services and programs that educate, empower, and inspire the pursuit of well-being — no matter your age, health status or goals. So let’s journey together toward a higher quality of life.

BeWell.Stanford.edu
University Wellness Resources

Athletic Facilities
$580 in Incentives (Plus up to $240 for Spouse or Domestic Partner)
The Health Improvement Program (HIP)

Classes & Programs

• Fitness
• Healthy Living
• Behavior Change
• Mind Body
• Environmental
Health Improvement Program (HIP) Classes

HIP offers 1,000 classes every year.

Health education
Physical activity
Stress management
Mind/body
Safety, first aid, and CPR
Ergonomics
Health and fitness testing
Health advising and coaching
Lifestyle behavior modification
Disease prevention and management

Meditation
Tai Chi
Chi Qigong
Mindful Yoga
Jungshin Fitness
Shaolin Kung Fu
Chen Family Taijiquan
24 Forms, Yang Style Tai Chi
Plus ‘WOW’ Classes!
Nutrition and weight management

HIP.Stanford.edu
Doctors who take care of themselves:

- Are better role models for their patients.
- Are better role models for their children.
- Have higher patient satisfaction and safety scores.
- Experience less stress and burnout.
- Live longer.

Use this Web site to find what works for you.
WellMD.Stanford.edu

Stanford Medicine WellMD

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HealthySteps: For all SHC & SHC employees

Wellness.HealthyStep4U.org
For More Information:

- BeWell.Stanford.edu
- HIP.Stanford.edu
- WellMD.Stanford.edu