



ACPH 2017 | AMERICAN CONFERENCE ON PHYSICIAN HEALTH

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



Stanford
MEDICINE



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.

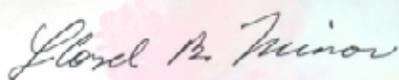
Our organizations have joined forces to counter the national trend of increasing physician burnout and to reignite the joy in medicine. This conference is one example of the work we are engaged in nationally to promote physician health and wellness.

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.

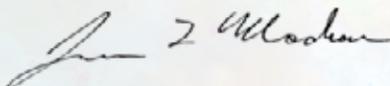
The ACPH 2017 theme "Creating an organizational foundation to achieve joy in medicine" focuses on structuring organizations so that they contribute to, rather than detract from, physician health and professional fulfillment. The conference's goal is to provide attendees with the data and tools they need 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.

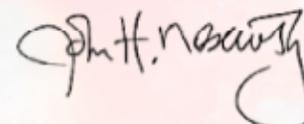
In good health,



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.

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.

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.

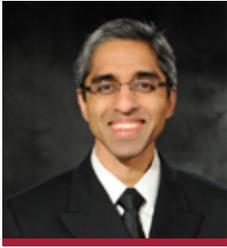
Networks: **PalaceMeetingRooms**, **PalaceGuestrooms** or **PalaceLobby**

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.

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

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)

Holly Smith Distinguished Professor in Science and Medicine Benioff 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.; 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.

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 Gunderson 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*.

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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.

Things to do in San Francisco

Explore San Francisco from the convenience of our downtown location. Just minutes away from the lobby you'll find the city's icons, such as the Embarcadero Ferry Building, Chinatown, Union Square, cable cars, the San Francisco Museum of Modern Art and many more!

highlights about sessions, speakers and other conference happenings.

Agenda at-a-glance

Thursday, Oct. 12

7–8 a.m.	Registration and continental breakfast
8–8:10 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

Friday, Oct. 13

7–8 a.m.	Registration and continental breakfast
8–8:45 a.m.	Opening keynote: Healing the healer Abraham Verghese, MD
8:45–9:30 a.m.	Plenary session: Self-compassion—why it's vital to your personal resilience (theme: Personal Resilience) Kelly McGonigal, PhD
9:30–10 a.m.	Break
10–11:30 a.m.	Concurrent breakout sessions (choose one theme) • Culture of Wellness • Efficiency of Practice • Personal Resilience
11:30 a.m.–12:30 p.m.	Poster session: Research
12:30–1:30 p.m.	Lunch
1:30–2:30 p.m.	Keynote: Building a culture of joy in medicine: challenges and opportunities Christine Sinsky, MD
2:30–2:45 p.m.	Break
2:45–3:45 p.m.	Closing panel: An action agenda: How organizations are promoting joy in practice Lloyd Minor, MD; Sarah Krevans, MBA, MPH; Tina Shah, MD; Steve Strongwater, MD Moderated by Andrea Sikon, MD
3:45–4:15 p.m.	Closing remarks Tait D. Shanafelt, MD

Note: This agenda is subject to change.

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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 organizational approach to physician health (Grand Ballroom) Bryan Bohman, MD, clinical professor, Stanford University
8:40–9:40 a.m.	One nation under stress: Improving emotional well-being in America (Grand Ballroom) 19th U.S. Surgeon General Vivek Murthy, MD
9:40–10:40 a.m.	Plenary: Organizational approaches to promoting physician well-being (Grand Ballroom) Tait D. Shanafelt, MD, associate dean and chief wellness officer, Stanford University School of Medicine
10:40–11:10 a.m.	Break (upstairs, Sunset Court)

11:10 a.m.–12:40 p.m. Concurrent breakout sessions (choose one theme)		
Culture of Wellness (Twin Peaks)	Efficiency of Practice (Pacific Heights)	Personal Resilience (Sea Cliff)
Medical student mental health: A longitudinal cross-sectional survey <i>M. Grade, B. Wong, M. Trockel, R. Smith-Coggins</i>	Rebooting the joy of practice = clinical/operational leadership + workflow standardization + technology <i>C. Joseph, E. Ross, L. Tuyen</i>	The OASIS Project: A 12-month resilience initiative in the MICU <i>V. Downing, H. Farley</i>
Depression and the toxic learning environment in graduate medical education <i>N. Yaghmour, D. Baldwin, P. Rocky, T. Brigham</i>	Fostering physician wellness: The role of operational tactics and efficiency <i>E. Sullivan, J. Alpert</i>	The integration of a cognitive reframing curriculum in medical school: Can we lessen anxiety among medical students? <i>P. Marin-Nevarez, L. Osterberg, M. Trockel, J. Bankman, I. Russell, R. Smith-Coggins</i>
A team-based and organizational framework for fostering resilience and well-being in academic hospital medicine <i>R. Pierce, D. Anoff, E. Cumbler, H. Fordyce, J. Glasheen, P. Kneeland, D. Tady, B. Wolfe</i>	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 <i>S. Connolly, R. Smith-Coggins, R. Manber, L. Blaylock, G. Seeland, J. Walker, M. Trockel</i>

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 contributes to burnout—and why it just might be the cure (Grand Ballroom) Robert Wachter, MD, professor of medicine, University of California, San Francisco

2:50–4:20 p.m. Concurrent breakout sessions (choose one theme)		
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 <i>D. Welle, M. Trockel, M. Hamidi, S.E. Lesure, G. Hickson, W. Cooper</i>	Clinician perception of team support, burnout and “doability” of primary care <i>R. Willard-Grace, M. Knox, B. Huang, T. Bodenheimer, K. Grumbach</i>	Health living program for physicians <i>D. Hensrud, W. Thompson</i>
Toward a culture of wellness: Addressing spiritual and moral distress <i>B. Feldstein</i>	How has EHR implementation affected the patient-practitioner relationship in the United States and abroad? <i>E. Toll, R. Hilliard</i>	Professionalism and peer support: Drivers of wellness <i>J. Shapiro</i>
The dose-response effect of positive rounding in health care work settings: Associations with health care worker burnout, burnout climate, and work-life balance <i>K. Adair, J. B. Sexton, A. Frankel, M. Leonard, J. Profit</i>	Reducing physician burnout through the implementation of patient one-piece-flow: A quantitative analysis <i>M. Tankus, C. Eseonu, S. McCabe, G. Alhejji</i>	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>

(Continues on next page)

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 (Gold Ballroom)

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 (Grand Ballroom) 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 (Grand Ballroom) Kelly McGonigal, PhD, health psychology lecturer, Stanford Graduate School of Business
9:30–10 a.m.	Break (Sunset Court, upstairs)

10–11:30 a.m.	Concurrent breakout sessions (choose one theme)		
	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 <i>M. Rosenberg, R. Hawkins</i>	Evaluating the impact of clinical librarians on inpatient rounds <i>R. Brian, N. Orlov, D. Werner, S. Martin, V. Arora, M. Alkureishi</i>	A residency-driven physician wellness program creates success in resiliency building <i>A. Dave, S. Chandra, N. Sthalekar, R. Smith</i>
	Prevalence of work-related musculoskeletal disorders among at-risk physicians: A systematic review and meta-analysis <i>S. Epstein, E. Sparer, B. Tran, Q. Ruan, J. Dennerlein, B. Lee</i>	The economic cost of physician turnover attributable to burnout <i>M. Hamidi, B. Bohman, C. Sandborg, R. Smith-Coggins, P. de Vries, M. Albert, D. Welle, M.L. Murphy, M. Trockel</i>	The impact of mind-body medicine skills training on health care professional burnout <i>E. Weinlander, E. Darzy, M. Winget</i>
	Reaching the tipping point: Creating momentum for meaningful change <i>E. Morrow, D.R. Davies, A. Armstrong, B. Flaherty, J. Wold, A. Cowan, J. Wanzek, B. Poss</i>	Reducing the stress of regulatory complaints <i>A. Rowland</i>	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 <i>K. Adair, S. Schwartz, K. Rehder, J. Bae, J. B. Sexton, J. Profit</i>

11:30 a.m.–12:30 p.m.	Poster sessions (Sunset Court, upstairs)
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: Challenges and opportunities (Grand Ballroom) Christine Sinsky, MD, vice president, Professional Satisfaction, American Medical Association
2:30–2:45 p.m.	Break (Regency Foyer, downstairs)
2:45–3:45 p.m.	Closing panel: An action agenda: How organizations are promoting joy in practice (Grand Ballroom) Moderator: Andrea Sikon, MD, Cleveland Clinic Panelists: Lloyd Minor, MD, Dean, Stanford University School of Medicine; Sara Krevans, MBA, MPH, president and CEO, Sutter Health; Tina Shah, MD, White House Fellow, VA System; Steve Strongwater, MD, CEO, Atrius Health
3:45–4:15 p.m.	Closing remarks (Grand Ballroom) Tait D. Shanafelt, 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. Dobson, N. Kirst, J. Wong, J. Schneiderhan

A shared vision for pursuit of the Quadruple Aim: The charter on physician well-being

L. Thomas, C. West, H. Bazari, E. Gaufer, J. Ripp

Advancing faculty wellness and well-being: Our workplace, our people

M. Lall, J. O'Shea, K. Heilpern, P. Shayne, S. Heron

Connections between physician burnout and patient safety

M. Janas, A. Babayan, S. Singer, G. Focht, J. Noulanger, G. Schiff, A. Ellner, J. Einbinder, L. Sato, L. Hunt, R. Phillips

Creating learning and practice environments that support resilience: Tips to engage institutional leadership

A. Cedfeldt, P. Chelmiski, D. McNeill, J. Ripp

Designing well-being: The impact of a program using design thinking to engage residents in development of organizational well-being interventions

L. Thomas, R. Nguyen, E. Harleman, C. Lucey

Environments matter: Reconsidering gender, physician burnout and workplace culture

M. Fassiotto, Y. Maldonado

Good grief rounds: Debriefing difficult situations to foster resilience and increased sense of community in care providers

K. Morrison, N. 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

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

S. White, R. Wilson-Zingg, K. Walker, A. Budhathoki, M. Banner, S. Childress, P. Thielking, J. Howell, S. Sample, A. Affiong, A. Horyna, W. Dunson, N. Robinson, J. Mijangos, J. Sweetenham, A. Beck, P. Hansen

Improving the resident primary care experience: Lessons from the academic innovations collaborative

J. Zeidman, L. Hunt

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

N. El-Aswad, R. Nadler, Z. Ghossoub

Mixed-up mindfulness: Using a convergent mixed methods design to assess the impact of mixed patient-physician MBSR classes

R. Lerman, P. Nowak

Peer group support for physicians in malpractice litigation

S. O'Neil, K. Kueppenbender

Physician coaching: Determining the right dose

L. Schwab, D. Dill, K. Kraft

Physician to physician mentorship program

R. Milenkiewicz, K. Miyamoto

Physician wellness: The solution is hidden in plain sight

E. Kporoku

Precision initiatives: Embracing technology, preserving humanness; transforming paradigm of personalized learning by introducing a framework around "what matters to you?"

K. Jahangir

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? And who's doing it?

M. Lall, M. Zdrandzinski, J. O'Shea

Rethinking individual behavioral health support at Colorado Permanente Medical Group

K. Nuffer, K. Richardson, A. Sheridan

Revitalizing joy: Building physician resilience and engagement through peer coaching and mentoring

A. Sikin, E. Schulte, S. Rehm

Self-compassion training for physician well-being

R. Horowitz

Shifting the culture of medicine to foster resilience across the lifespan: Practical solutions

C. Stonnington, L. Worley, 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. Cellini, L. DeCaporale-Ryan, M. Privitera

The less clicks the better: Improving the documentation workflow process for physicians

R. Milenkiewicz

Wellness, inclusion and quality: A systems approach to supporting physician resilience

A. Locke, R. Marcus, M. Call, E. Morrow, A. Lopez

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

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-Hill, P. Tanaka

Assessing the need for culturally competent medical student wellness programs

D. Yang, M. Moore, G. Fassnacht

"Authentic connections groups" for medical professional mothers

S. Luthar, C. Stonnington, J. Engelman

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

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

C. Mueller

Breaking in the emergency department: EM culture presents barriers to self-care

J. O'Shea, J. Siegelman, M. Lall, S. Vu

Build it and they will come: Fostering resilience and professional engagement among academic hospitalists

C. Masters, B. Lichtenstein, E. Bromley, D. Jochai, M. Lazarus

Characteristics and themes from utilization of a clinician peer support program at an academic medical center

N. Sahu, A. Mertens, V. Downing, H. Farley

Evaluation of a formal wellness curriculum to reduce burnout in anesthesia residents: A pilot study

N. Janosy, A. Brainard, J. Zuk, S. Zinief

Expanded mentoring: Cultivating collegiality, inspiration and pride throughout physicians' careers

L. Chui

Factors associated with provider burnout in the neonatal intensive care unit

D. Tawfik, C. Phipps, J.B. Sexton, P.Kan, P. Sharek, C. Nisbet, J. Rigdon, M. Trockel, J. Profit

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. Tai-Seale, Y. Yang, A. Meehan, R. Nordgren, R. Steinberg, J. Chang, E. Dillon, J. Li, D. Frosch

Interventions to promote wellness in emergency medicine physicians: A systematic review

L. McPeake, R. Merchant, E. Severson, O. King

Kaiser Permanente HealthConnect Essentials

D. Clark, K. Robinson

Medical license questions and physician reluctance to seek care for mental health conditions

L. Dyrbye, C. West, C. Sinsky, L. Goeders, D. Satele, T. D. Shanafelt

Multifaceted wellness curriculum to reduce depression and burnout rates among family medicine residents

J. Schneiderhan, K. Baker, L. Lee, M. Dobson, T. Guetterman

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

R. Tyssen

Physician, heal thyself: Depression and burnout in graduate medical education

B. da Silva, D. Livert, M. Krishnamurthy

Physician health program involvement and reduced risk for malpractice claims

D. Gundersen

Predictors of two-year attrition for primary care staff and clinicians

R. Willard-Grace, M. Knox, B. Huang, K. Grumbach

Prevalence and determinants of physician burnout in a large academic health system

A. Windover, K. Martinez, S. Rehm, M. Rothberg

Resident wellness in anesthesiology

V. Danhaki, A. Miltiades, C. Ing, C. Russell, G. Gallos

Strengthen physician well-being

K. Miotto, D. Perrott, 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 health and wellness survey: Building a national dataset

C. Simon

The creation of responsive and accessible physician mental health programs: How do we take care of our own?

S. Meltzer-Brody, N. Charguia, 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. Testa, J. Dennerlein, B. Lee, D. Singhal

The Gold Foundation's mapping the landscape (MTL) initiative: A national model to promote humanism and provider well-being

E. Gauferberg, F. Hafferty, C. West

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

K. Jacob, N. Holt, L. Schuh, P. Jager, K. MacRae, T. Koehler, A. Davis

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

N. Moukaddam, J. Cao, L. French-Rosas, M. Katz, S. Jenks, S. Monsivais, A. Sabharwal, A. Shah, E. Taylor, V. Tucci

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

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physiciansfoundation.org

AMA PRA Category 1 Credit™ information

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

Objectives

- Explore creative ways for individuals to improve an organization's work environment and promote a positive culture that enables self-care, personal growth and compassion for themselves, colleagues and patients.
- Evaluate an organization's efficiency of practice and identify workplace systems that lead to increased health care quality and patient safety.
- Assess current level of personal resilience and interpret results to outline an appropriate action plan for increasing one's physical, emotional and professional wellness.
- Identify mechanisms to develop and implement effective strategies to measure physician wellness; advance leadership support for wellness as a strategic priority within an organization.
- Collect and interpret exciting and innovative ideas from peers, exchange best practices and 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 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 and researchers, health administrators, health educators and consultants who want to showcase their research or to learn from such research.

Statement of need

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

This innovative, first-time forum is designed to inspire organizations throughout the country to seek ways to bring back the joy in medicine and achieve professional fulfillment for all physicians.

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., hospitals, 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 care system and highlight what organizations can do to help combat burnout and promote wellness.

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 relevant financial relationships to disclose.

Full abstracts and author information

All full abstracts including author credentials, affiliations and contact information are listed in the *ACPH 2017 Abstract Book* and can be found on the Stanford University American Conference on Physician Health webpage (cme.stanford.edu/acph) with free download (.pdf) during and after the conference.

Credit designation

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide CME for physicians.

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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

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.

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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.

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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.