The Foundation for Medical Excellence presents

Promoting Clinician Vitality & Well Being

Friday, October 14, 2016
Portland Hilton Hotel

www.tfme.org
Creating A Positive Work Environment

Practical Tools for Self-Care

Reconnect with your personal definition and vision of a good day

Train your brain to efficiently and effectively tackle priorities and problems

Adopt new practices for inciting higher levels of performance and engagement

Tait Shanafelt, M.D., DISTINGUISHED FACULTY

This conference will provide knowledge, skills and a framework for you to thrive in the midst of all the changes and challenges currently taking place in healthcare. This conference is dedicated to providing healthcare professionals with the skills to manage change in their personal and professional lives. It is also an opportunity to interact with others who are doing similar work, to exchange program and curriculum ideas and to develop positive methods of re-engineering healthcare work settings in order to promote professional satisfaction, well-being, personal growth and sense of purpose.

Who should attend:

This program is designed to educate physicians, physician assistants, nurse practitioners and other healthcare clinicians by providing the knowledge and skills to better understand and cope with the professional as well as personal changes in the workplace, their changing clinical roles, and the potential for burnout. The conference will provide clinicians with practical methods for achieving balance in their professional and personal lives, for recognizing burnout in themselves and their colleagues, and for navigating new roles in a changing healthcare delivery environment.

All individuals involved in healthcare are encouraged to attend. Spouses and partners are also welcome.

Planning Committee: Dr. Barry Egener, Dr. John Christensen, and Dr. Ronald Stock

Accreditation: The Foundation For Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit: The Foundation For Medical Excellence designates this live activity for a maximum of 6 AMA PRA Category 1 credits™. Physicians who claim the credit commensurate with the extent of their participation in the activity.

DISTINGUISHED FACULTY

Tait Shanafelt, M.D., is a medical oncologist, Dr. Shanafelt has distinguished himself as a leading researcher on physician well-being and its impact on patient care. He is the director of the Mayo Clinic Program on Physician Well-being, a clinical laboratory evaluating personal and organizational factors affecting physician satisfaction and performance. He is currently completing a 3 year term as the president of the Mayo Clinic Voting Staff. He will discuss personal and organizational factors that can be modified to promote the well-being of health professionals. Dr. Shanafelt’s clinical and scientific interests are focused on the treatment of patients with chronic lymphocytic leukemia (CLL). His research on CLL spans the continuum from the laboratory to the clinic. He has published >250 peer reviewed manuscripts in addition to more than 100 abstracts and book chapters. He received his M.D. from University of Colorado Health Sciences, completed an Internal Medicine Residency at the University of Colorado and a fellowship in Hematology/Oncology at the Mayo Clinic. He is a Professor of Medicine at the Mayo Clinic College of Medicine. Dr. Shanafelt is the 2016 TFME William B Webber Lecturer.

Finding Meaning & Professional Satisfaction in the Practice of Medicine

Distress is common among physicians and can have substantial personal and professional implications. An extensive body of research has demonstrated a strong link between physician well-being and the quality of care they provide patients. Several decades of research have identified many of the factors that contribute to physician distress. More recently, studies have begun to define the personal and professional characteristics that contribute to physician well-being and satisfaction. Dr. Shanafelt will review the literature on physician satisfaction and burnout. This will include discussion of the professional dimensions of physician distress and why addressing this challenge is the shared responsibility of both individual physicians and health care organizations. Individual and organizational strategies to promote meaning and professional satisfaction will be highlighted.

Friday, October 14, 2016

7:00-7:30a Registration/Continental Breakfast Galleria Suite

7:30-8:00a Welcome and Introductions Dr. Egener and Tim Goldfarb

8:00-8:55 Plenary 1 Tait Shanafelt, M.D., Finding Meaning & Professional Satisfaction in the Practice of Medicine

Participants will practice compassionate communication and enhance their personal and professional skills for relating more skillfully and authentically to both themselves and their patients.

11:00-11:45 Plenary 2 Tait Shanafelt, M.D., Productivity & Wellbeing

In the 21st century the idea you can “manage time” is a bit of a myth. Instead, productivity and wellbeing is more about choices, actions, attention and energy undergirded by personal workflow systems and behaviors. This session will take a brief look at the science around productivity and promote conversation and ideas toward mindfulness and wellbeing.

11:45-12:45p Hosted Lunch Galleria Ballroom Level

12:50-2:00 Breakout Session 2 – All sessions on 3rd floor

Tait Shanafelt, M.D., From Burnout to Balance – 3rd floor

Dr. Shanafelt will review the literature on physician satisfaction and burnout. This will include discussion of the professional dimensions of physician distress and why addressing this challenge is the shared responsibility of both individual physicians and health care organizations. Individual and organizational strategies to promote meaning and professional satisfaction will be highlighted.

Creating a Culture of Health: Building Physician Communities That Protect Against Burnout and Promote Wellbeing

Director’s Suite – 3rd floor

Physicians face high rates of burnout due to multiple stressors including isolation and lack of access to meaningful, positive, and supportive relationships with peers. How can we create changes within physician culture that reduce burnout, build resiliency, and deepen shared positive emotions and values related to the practice of medicine? This talk will focus on concrete mindfulness and compassion-based skills to create and sustain physician cultures of health and well-being.

Jeffrey Honebeck, M.D.

Compression and Connection to Improve Resilience and Quality of Care

Studio Suite – 3rd floor

This breakout will focus on the importance of developing skills of compassion for ourselves and those for whom we care. Recalling the deep history of compassionate care within our field of medicine, we will link the current research in self compassion and empathic connections with the transformative power of presence within the patient encounter. Participants will practice compassionate communication and enhance their personal and professional tools for relating more skillfully and authentically to both themselves and their patients.
When was the last time you had a good day at work? Having a good day has become increasingly difficult in a rapidly complex and changing environment. Juggling new regulations, technology and workflows is causing record rates of burnout and change fatigue. The good news is providers and organizations can thrive by adopting new skills and mindsets for rediscovering professional passion, tackling priorities, and sustaining higher levels of performance, even within an industry that is transforming at a record pace. Engaging deeply and meaningfully in work no longer needs to be elusive, rather it can be a daily practice making ‘more good days’ a reality.

2:00-2:15 Refreshment Break Galleria Ballroom Level

2:15-2:25 Introduction to the World Café Method

2:25-2:50 Round Table 1

2:50-3:10 Round Table 2

3:10-3:30 Round Table 3

3:30-4:00 Group Discussion

4:00-4:30 Commitment to Change and Evaluations