Professional Wellness
SARASOTA CAMPUS
Professional Wellness

Developing a sense of strengths, skills, values and interests for one’s career.
29% of physicians would not choose to become a physician again

Source: Physicians Foundation Survey 2014.
Why is it important for physicians?

- Physician well-being is crucial to the health of our entire system of medical care delivery
- Burnout leads to:
  - Decreased dedication
  - Decreased professionalism
  - Reduced quality of care
  - Increased medical errors
  - Increased risk of suicide
ACGME mandates competency in professionalism, stating that residents must demonstrate:

“Responsiveness to patient needs that supersedes self-interest”
How to change this culture?

- Finding meaning in work
- Protecting time away from work/school with family, friends, spouse, etc.
- Focusing on what is most important in life
- Surround yourself with positivity
- Remind yourself why you chose medicine
- Peer support groups: You are not alone!
Resources for Physicians

- Proven strategies that improve practice efficiency
- Help physicians reach the quadruple aim:
  - better patient experience
  - better population health
  - lower overall costs
  - improved professional satisfactions
- CME credits provided
Resources for Physicians

- Group of physicians who meet regularly
- Present clinical cases to better understand the clinician-patient relationship
**Example: Vanderbilt Internal Medicine Residency Program**

### Internal Medicine Resident Wellness Support Services

The well-being of our residents is of paramount importance to our program. We encourage healthy lifestyles, healthy choices and healthy living. The Vanderbilt community and specifically the Vanderbilt office of GME support resident physician wellness with many support services for residents.

#### A. Wellness

The Department of Health and Wellness offers a variety of integrated services to support house staff and is composed of four programs:

1. Vanderbilt Occupational Health Clinic (VOHC)
   The VOHC serves as a point of evaluation and treatment of work-related and non work-related illnesses and injuries. Surveillance exams and preventive services are also provided to protect against work related hazards. Immunization and screening requirements may be found on our web site.
   - For more information about services provided contact VOHC at (615) 936-0955
   - Web site: http://www.vanderbilt.edu/hr/RS/wellness/occhealth.htm
   - Suite #640 Medical Arts Bldg. – 201 25th Avenue South atop Kensington Garage.
   - Hours: Mon-Fri, 5:00 a.m.-9:00 p.m. and Sat. 8:00a.m. - 2 p.m.
   - Hours: Mon-Fri 7:30 a.m.-6:30 p.m.

2. Health Plus
   Health Plus is a comprehensive worksite wellness and fitness program for full-time faculty and staff including residents. The program consists of exercise facilities, health risk assessments and numerous programs aimed at helping faculty and staff develop a healthy lifestyle. Go For The Gold is a health incentive program designed to reward faculty and staff for completing their health risk assessment, participating in healthy actions, and learning about becoming wise healthcare consumers.
   - For more information contact Health Plus at (615) 343-8943
   - Web site: http://www.vanderbilt.edu/hr/RS/wellness/healthplus.htm
   - 201 25th Avenue South atop Kensington Garage.
   - Hours: Mon-Fri, 5:00 a.m.-9:00 p.m. and Sat. 8:00a.m. - 2 p.m.

3. Faculty and Physician Wellness Program (FPWP) of Work/Life Connections-EAP (formerly known as the Employee Assistance Program)
   The FPWP offers a range of services to help staff and faculty address personal or work related problems. For more information of problem areas frequently addressed and services available:
   - Contact FPWP/EAP at: (615) 936-1327 (24-hour answering service)
   - or 1(800)-999-1824
   - (24/7 free anonymous screening for depression and/or alcohol/drug abuse for house staff and immediate family members)
   - Web site: http://www.vanderbilt.edu/hr/RS/wellness/FPWP

3. Vanderbilt Child and Family Center
   The Vanderbilt Child and Family Center provides programs that support the health and productivity of the Vanderbilt community by providing resource and referral services, quality childcare and early childhood education to the children of faculty, staff and students.
   - Web site: http://www.vanderbilt.edu/hr/RS/wellness/cfc.html

#### B. Stress Management

Stress management programs for house staff are available as needed for work related stress issues that include, but are not limited to, the following: women physicians, residents cited for malpractice, minority physicians, and foreign medical graduates. In addition, a "Medical Marriages" support group is available for house staff and their spouses. Information about this support group network is available from the Physicians Wellness Committee at their:

- Center for Professional Health
- 1107 Oxford House
- Phone: (615) 936-0678

The following advisors have access to other resources if special problems need to be addressed:

**Graduate Medical Education**
Donald W. Brady, M.D.
Patricia Craft, M.S.
Charlene Dewey, M.D. - Physician Wellness Committee - Chairman
Resources for Medical Students

- Student-run wellness programs and initiatives
- Support Groups
- OHSU School of Medicine Wellness Resources: http://www.ohsu.edu/xd/education/schools/school-of-medicine/gme-cme/gme/resident-fellow-wellness-program/wellness-resources.cfm
- Mindful Practice programs: https://www.umc.rochester.edu/family-medicine/mindful-practice/our-approach/outcomes.asp
- Mindfulness-Based Stress Reduction: http://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/
Counseling Services: Dr. Carol Painter and Dr. Cheryl Porter

To schedule an appointment please contact Ms. Sharica Hayes

sharica.hayes@med.fsu.edu

Psychiatrist: Dr. Fasil Munafasi - (850) 877-0635

FSU Crisis Management Unit (850)-644-1234

24 hour crisis hotline- (877)-211-7005

Resources: http://med-fsu.libguides.com/mentalhealthforproviders
Helpful books

- Attending: Medicine, Mindfulness, and Humanity by Ronald Epstein, M.D.
- Present Perfect by Pavel Somov, Ph.D.
- Finding Balance in a Medical Life by Lee Lipsenthal, M.D.
- Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine by Starla Fitch, MD
- Heal Thy Self: Lessons on Mindfulness in Medicine by Saki Santorelli