

## JULY 2014 UPDATE



**From Bryan Bohman, MD**  
 Chair, Physician Wellness Committee

### WELCOMING NEW RESIDENTS WITH SUPPORTIVE PROGRAMS

As our new residents join us in July, we are promoting increased support for self-care and resiliency in our trainees.

Dedicated formal programs can be found for residents in the departments of [Pediatrics](#), [Surgery](#), and [Anesthesiology](#), and a program is just getting started in Internal Medicine. Several other departments provide informal support such as periodic protected time off for group retreats. These various programs aim to help guide residents in taking care of themselves by focusing on self-awareness, mindful communication, social connectedness, knowledge of stressors in medical training and practical skills to decrease stress and improve self-care. It is hoped that these experiences will protect residents from the known burnout risk both in training and throughout their medical careers.

In addition, our dedicated and confidential 24/7 HealthConnect resident hotline at 650-724-1395 is directly available to residents for immediate psychological care and is also a resource for faculty who may be concerned about a resident. A program is also in the works to provide timely practical aid and peer support for residents involved in critical incidents. Dr. Laurence Katznelson, interim Associate Dean for Graduate Medical Education, is very supportive of all of these efforts.

These programs and processes all represent a significant culture shift from the traditional stoic mentality of the past to the ACGME-mandated (and evidence-based) realization that taking care of one's physical and mental health translates into greater career satisfaction, improved patient care, and greater longevity in the profession. We can all best welcome the new residents by participating personally in an enlightened training environment, starting with taking care of ourselves and serving as role models to our junior colleagues.

### Calendar:

For details of these and more events/classes, plus CME wellness courses, see [WellMD Calendar](#)

- 7/1 - [Compassion with Sri Sri Ravi Shankar](#)
- 7/1 - [Mindfulness-Based Stress Reduction](#) Class
- 7/8 - [Mindfulness-Based Stress Reduction at Work](#) Class
- 7/10 - [Intro to HeartMath](#)
- 7/10 - [Safe and Confident Bike Skills](#)
- 7/10 - [Pegasus Physician Writers on Bad News and Death in Medicine](#)
- 7/10-7/24 - [International Human Rights Film Festival](#)
- 7/12 - [Drawing for the Traveler](#)
- 7/12 - [Stanford Summer Symphony Orchestra](#)
- 7/14 - [Partner Head & Neck Shiatsu](#)
- 7/16 - [Work, Life and Wellness: Managing Your Energy for Success](#)
- 7/16 - [Using Mindfulness to Regulate Your Sleep](#)
- 7/17 - [Breathe to Relax](#)
- 7/25 - [Organic Vegetable and Herb Gardening Basics](#)
- 7/26 - [Arbor Tour: Explore the Trees on Campus](#)
- 7/26 - [Dance Party with Lavay Smith and Red Hot Skillet Lickers](#)
- 7/31 - [Introduction to CARES: Compassion Awareness and Relationship Skills](#)

### News Item:

[Bill and Melinda Gates 2014 Stanford Commencement Speech](#)

[Dr. Abraham Verghese 2014 Stanford Medical School Commencement Speech](#)

### Recent Research:

**The phantom limb of the triple aim.** Spinelli WM. Mayo Clin Proc. 2013 Dec;88(12):1356-7. PMID: [24290108](#)

Commentary that physician well-being metrics should be elevated to the same level of importance as financial, quality, and patient satisfaction metrics; and that designs for systems and processes should include intentional plans for physician and staff well-being.

**Interventions to reduce the consequences of stress in physicians: a review and meta-analysis.** Regehr C, et. al. J Nerv Ment Dis. 2014 May;202(5):353-9. PMID: [24727721](#)

From a research review, interventions incorporating psychoeducation, interpersonal communication, and mindfulness meditation were associated with decreased burnout in physicians and medical students.