



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

**PHYSICIANS AS ROLE MODELS**

[Dr. Erica Frank](#) is an internationally recognized public health advocate and education innovator, with a particular interest in physician health. In several research studies she has shown a strong and consistent [relationship between physician health and patient health](#). Not only do healthy physicians and medical students serve as role models for their patients, but they are significantly more likely to counsel patients on healthy behaviors if they practice those behaviors themselves.

As part of our committee's ongoing outreach and collaboration goals, recently we invited Dr. Frank for a two day visit, during which she met with a number of interested groups. Dr. Frank, MD, MPH is a former research fellow at the Stanford Prevention Research Center and presently a professor at the University of British Columbia as well as the Canada Research Chair in Preventive Medicine and Population Health.

While here Dr. Frank discussed ideas for interventions relating to physician sleep health, resident and medical student health, and lifestyle medicine curriculum options. As the founder and president of [www.NextGenU.org](http://www.NextGenU.org), the world's first free university now in use in 128 countries, she was also interested in collaborations to make preventive medicine and physician self-care education available internationally.

As we look ahead to 2015, our committee is very excited about the many new programs for our medical staff and trainees that are just being implemented, and which we will detail in coming newsletters. We send our best wishes for a year ahead of health, wellness and professional fulfillment.

**Calendar:**

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

- 1/1 - [2015 Race to End World Hunger](#)
- 1/9 - [Stanford Global Health Conf.](#)
- 1/12 - [Lantern - Online Program for Reducing Anxiety](#)
- 1/12 - [400 Years of Opera](#)
- 1/13 - [Cheryl Strayed, author of Wild](#)
- 1/13 - [Mindfulness Class](#)
- 1/14 - [The Line Between Discipline and Child Abuse](#)
- 1/15 - [Tincture of Humor: The Lighter Side of Medicine](#)
- 1/15 - [The Psychology of Guilt](#)
- 1/15 - [Conversations on Compassion with Jeff Weiner, CEO of LinkedIn](#)
- 1/21 - [All the Little Things Add Up: Identifying and Eliminating Microaggressions in the Workplace](#)
- 1/26 - [Maria Bamford, Comedian](#)
- 1/26 - [Healthy Eating Made Delicious](#)
- 1/27 - [What Women Want](#)
- 1/27 - [Windhover Labyrinth Walk](#)
- 1/29 - [Hope When You Need it Most](#)
- 1/31 - [Stanford Symphony Orchestra](#)

**Winter quarter registration:**

- [Stanford Cont. Studies](#) – Dec 1
- [Rec Classes](#) – Jan 5
- [HIP Classes](#) – Jan 7

**News Item:**

[Wellness Network](#) – searchable online resource directory for Stanford community with over 150 resources for mental health and well-being

**Recent Research:**

**From triple to quadruple aim: care of the patient requires care of the provider.**

Bodenheimer T, Sinsky C. Ann Fam Med. 2014 Nov;12(6):573-6. PMID: [25384822](#)  
 "The positive engagement, rather than the negative frustration, of the health care workforce is of paramount importance in achieving the primary goal of the Triple Aim—improving population health. Leaders and providers of health care should consider adding a fourth dimension—improving the work life of those who deliver care—to the compass points of better care, better health, and lower costs."

**Promoting Resident Wellness: Evaluation of a Time-Off Policy to Increase Residents' Utilization of Health Care Services.** Cedefeldt AS, Bower E, Flores C, Brunett P, Choi D, Girard DE. Acad Med. 2014 Oct 28. [Epub ahead of print] PMID: [25354073](#)

At one academic medical facility, a policy of four ½ days off per academic year for residents to attend to personal and family healthcare needs was utilized by almost 50% of residents. The largest barrier to use was concern about effect on peers.