

Physician Burnout: Integrated Strategies for Diverse Stakeholders **May 10-11, 2018**

Thursday, May 10

7:00 am – 8:00am	Registration & Breakfast
8:00 am – 8:05 am	Welcome & Opening Remarks <i>Deborah Saint-Phard, MD</i>
8:05 am – 9:05 am	Keynote Address: The Epidemic of Physician Burnout <i>Kathleen Gibney, PhD</i>
9:05 am – 9:35 am	Surgeon Burnout <i>Orthopedic Surgeon, TBD</i>
9:35 am – 10:00 am	Introduction to the Use of Ethics-Based Case Model to Physician Burnout <i>Matthew Wynia, MD</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Relationship-Centered Communication for Healthcare Transformation <i>Patrick Kneeland, MD</i>
11:30 am – 1:00 pm	Lunch Break <ul style="list-style-type: none">• Yoga – <i>Katrina Gustafson</i>• Walk 2 Connect – <i>Jonathon Stalls</i>• Meditation – <i>Cierra McNamara</i>• Nutrition – <i>Amanda Turner, RD</i>
1:00 pm – 2:00 pm	Evidence for Self-Compassion & Strategies for Personal Resilience <i>Doris Gundersen, MD</i>
2:00 pm – 2:45 pm	Breakouts <ul style="list-style-type: none">• <i>Kathleen Gibney, PhD</i>• <i>Doris Gundersen, MD</i>• <i>Patrick Kneeland, MD</i>• <i>Matthew Wynia, MD</i>
3:00 pm – 3:45 pm	Breakouts <ul style="list-style-type: none">• <i>Kathleen Gibney, PhD</i>• <i>Doris Gundersen, MD</i>• <i>Patrick Kneeland, MD</i>• <i>Matthew Wynia, MD</i>
4:30 pm – 6:30 pm	Networking Reception, Maya Restaurant at the Westin Riverfront Resort & Spa



University of Colorado Anschutz Medical Campus

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7:00 am – 8:00am	Registration & Breakfast
8:00 am – 8:05 am	Welcome <i>Deborah Saint-Phard, MD</i>
8:05 am – 9:00 am	Keynote Address: Steps Forward <i>Christine Sinsky, MD</i>
9:00 am – 10:00 am	The Reading Cure for Physician Resiliency <i>Abraham Nussbaum, MD</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Moral Distress, Giving Voice to Values <i>Heather Fitzgerald, RN</i>
11:30 am – 1:00 pm	Lunch Break <ul style="list-style-type: none">• Yoga – <i>Katrina Gustafson</i>• Walk 2 Connect – <i>Jonathon Stalls</i>• Meditation – <i>Cierra McNamara</i>• Nutrition – <i>Amanda Turner, RD</i>
1:00 pm – 2:00 pm	Panel Discussion <i>Christine Sinsky, MD</i>
2:00 pm – 2:45 pm	Breakouts <ul style="list-style-type: none">• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i>• <i>Heather Fitzgerald, RN</i>• <i>Christine Sinsky, MD</i>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i>
3:00 pm – 3:45 pm	Breakouts <ul style="list-style-type: none">• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i>• <i>Heather Fitzgerald, RN</i>• <i>Christine Sinsky, MD</i>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i>
4:00 pm – 4:30 pm	Close & Call to Action <i>Deborah Saint-Phard, MD</i>

Deborah Saint-Phard, MD; Course Director

Dr. Saint-Phard is board-certified in physical medicine and rehabilitation, electro diagnostic medicine, and pain medicine. As the director of CU Women's Sports Medicine, her clinical interests are providing expert sports and spine care to active and athletic women and girls. She also conducts research on stress fractures in female athletes. Dr. Saint-Phard is also a former elite athlete. She was co-captain of the Princeton University track and field team. She competed in the shot put at the 1987 World Championships in Rome, Italy and in the 1988 Olympic Games in Seoul, Korea. She was ranked top 20 in the world.

Heather Fitzgerald, RN

Heather is an Ethicist at Children's Hospital. She speaks to the volumes of literature that have directly correlated "moral distress" as a high indicator of burnout in nurses. She will speak to this body of evidence and correlate the environments shared between nurses and physicians to help us learn from a vast body of literature on "moral distress."

Kathleen Gibney, PhD, ABPP, Psychologist

Kathy is the Director of the Center for Physician Wellbeing at Florida Hospital. She has enjoyed redesigning an expanded direction for the previous Physician Support Services Department with a focus on Prevention of Burnout and Building Resiliency. She received her doctoral training in psychology at Northeastern University and her clinical training at BU Medical Center and the Center for Multicultural Psychology where she was a clinician and teaching fellow. Kathy's early work focused on trauma in families, specifically when someone was murdered. Since those beginnings she has worked in a variety of clinical settings as a psychologist and clinical supervisor. Kathy has taught psychology at several universities: University of Notre Dame, University of Arizona, and University of New Hampshire. Her past experiences have increased her passion and appreciation for the personal and professional journeys of individuals and the stories those adventures write on peoples' hearts. She is dedicated to walking with physicians and administrators during this time of change in healthcare.

Doris Gundersen, MD

Doris is the Medical Director of the Colorado Physician Health Program. She will speak to the actual experience of physicians and the culture in which they find themselves around balancing hydration, nutrition, sleep, and self-care as a basic necessity to maintaining the resilience that physicians have always had. She sees resilience as a given for anyone who has achieved becoming a physician. She will provide a paradigm of positivity in supporting physician's strengths and discuss strategies for bolstering these basic strengths of physicians.

Patrick Kneeland, MD

Patrick Kneeland, MD, is the Executive Medical Director for Patient and Provider Experience at UHealth. In this role, Patrick develops and promotes organizational strategies and improvement efforts that enhance patient and provider experience and engagement. Patrick also serves as Director of Quality, Safety, and Experience for the Hospital Medicine Group at University of Colorado Hospital and is a founding faculty member of the Institute for Healthcare Quality, Safety, and Efficiency (IHQSE). After completing residency in internal medicine at the University of California - San Francisco, Patrick completed a fellowship in Academic Hospital Medicine where he focused on transformation of clinical delivery systems and the role of culture in improving patient safety. He subsequently completed a health systems leadership fellowship through the Institute for Physician Leadership at the Center for the Health Professions in San Francisco, CA. He is a certified Patient Safety Officer.



Abraham Nussbaum, MD

Abraham M. Nussbaum, MD is the Chief Education Officer at Denver Health and an Associate Professor of Psychiatry at the University of Colorado School of Medicine. He received a grant from the University of Chicago to study alienation among physicians. He has authored or co-authored four books, including *The Finest Traditions of My Calling: One Physician's Search for the Renewal of Medicine*, which the New York Times called "dazzling and instructive".

Debra Parsons, MD

Deb is a Clinical Professor in the Department of Medicine and the University of Colorado School of Medicine. She specializes in Internal Medicine and Geriatrics and served as president of the medical staff and chair of the medical executive committee at Saint Joseph Hospital. She also served as medical director for the Medicaid Accountable Care Collaborative and currently serves as medical director for eQHealth Solutions, a nonprofit population health management and technology solutions company. As a member of CMS' Physician Wellness Committee, she is exploring real solutions to increase resiliency in medical professionals and decrease burnout.

Christine Sinsky, MD

Dr. Sinsky is the 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. Dr. Sinsky has worked to elevate national awareness of health professional well-being as an important driver of health system performance. From 2011 to 2012 she led "In Search of Joy in Practice: A Report of 23 High-Functioning Primary Care Practices," a project of the ABIM Foundation. She also co-authored the 2013 paper "From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider." At the AMA she leads the development of initiatives to improve clinician well-being and reduce burnout.

Matthew Wynia, MD

Dr. Wynia's career has included developing a research institute and training programs focusing on bioethics, professionalism and policy issues (the AMA Institute for Ethics) and founding the AMA's Center for Patient Safety. His research has focused on novel uses of survey data to inform and improve the practical management of ethical issues in health care and public policy. Dr. Wynia is the author of more than 140 published articles, chapters and essays, co-editor of several books, and co-author of a book on fairness in health care benefit design. He is a past president of the American Society for Bioethics and Humanities (ASBH), and has chaired the Ethics Forum of the American Public Health Association (APHA) and the Ethics Committee of the Society for General Internal Medicine (SGIM).