AMISHA SINGH DDS

PROPOSAL

Health and Wellness

Fourth Leg of the Quadruple Aim



PREPARED FOR :
Virginia Dental Association

AMISHA SINGH DDS

Clinical Assistant Professor
Director of Diversity and Inclusion - University of Colorado
Editorial Director of Dental Academy of Continuing Education

ABOUT ME

Bio

Dr. Amisha Singh is a Denver native and loves living in beautiful Colorado. She is a dentist and has dedicated her career to wellbeing, equity and inclusion in higher education and healthcare. She is faculty at the University of Colorado School of Dental Medicine and serves as the Director of Diversity and Inclusion. It is here that she pioneered the inaugural use of the Restorative Justice process for the Anschutz Medical Campus. She serves on the Colorado Dental Association (CDA) and American Dental Association (ADA) House of Delegates, on the ADA Dental Wellbeing Advisory Committee, the ADA Council for Health Literacy, and the ADA Women in Leadership Thinktank. She has been the CDA New Dentist Committee Chair for Colorado. She is also a blogger and professional speaker who travels the country to inspire other healthcare professionals. She writes for numerous publications, serves on the editorial board for Dental Entrepreneur Women's magazine, the Dental Economics Editorial Advisory Board and as co-editor of the MDDS Articulator. She is also the Editorial Director of the Dental Academy of Continuing Education. She has also served as a Workforce Diversity Consultant for the Colorado Department of Public Health and worked to help recruit underrepresented minorities to the professions of dentistry and medicine. She currently serves as an ADA Success Speaker, participates in the ADA Institute of Diversity in Leadership and is the founder of the CDA Diversity in Leadership program. She was recognized as one of the 2017 10 Under 10 Top ADA Dentists nationally. Her passion is encouraging entrepreneurial spirit, inspiring others and she wants to dedicate her life to helping create equitable paths to success for all. When not practicing dentistry, she loves to get lost in a good book, cook, and do all things creative.

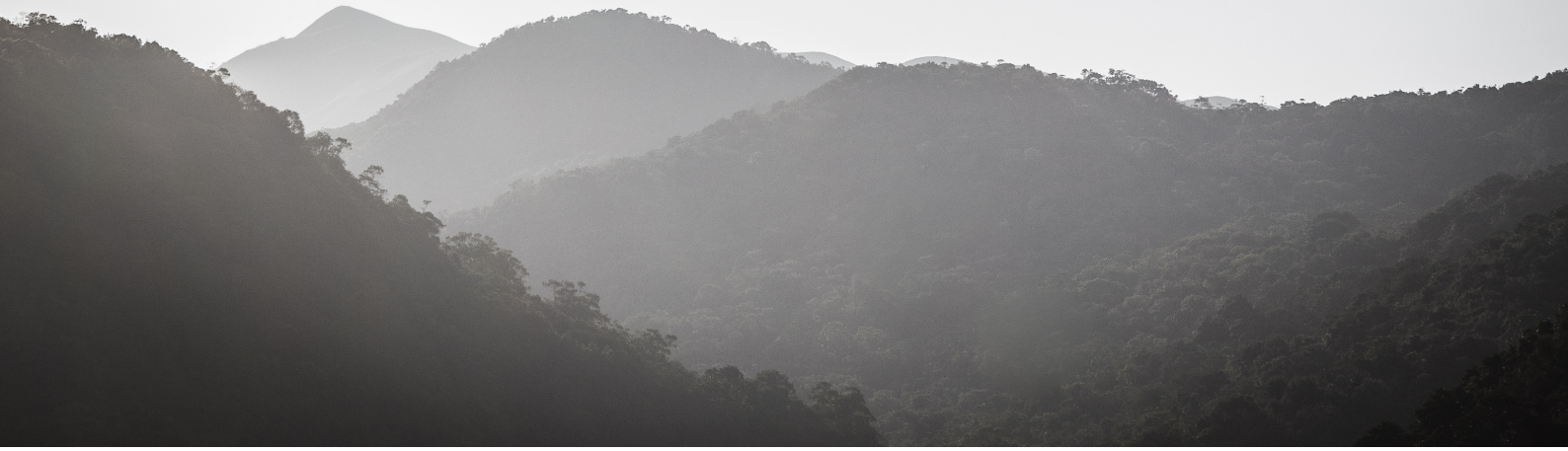


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COURSE OVERVIEW

Health and Wellness
Fourth Leg of the Quadruple Aim



COURSE DESCRIPTION

The wellness of a provider is directly related to the wellness of their patients. In this course, we will unpack wellness trends in healthcare and discuss the challenges of wellness that we have experienced, before and after the pandemic, as a profession and as individuals. We will explore the dynamic of mental wellness and identify methods of prevention and practice that create meaningful solutions across the spectrum of wellness.

OBJECTIVES

At the conclusion of this course, participants will be able to:

1. Define wellness, wellbeing, and health in the context of professional and personal lives.
2. Summarize wellness trends and emerging topics in the arena of healthcare and dentistry.
3. Identify resources available to dentists to maintain and reattain wellness.
4. Articulate tangible and accessible ways to integrate wellness into practice and personal life which adapt to individual needs.
5. Summarize the concept of the Triple Aim and reflect on how wellness fits into this framework.