Stanford HEALTH CARE

MedStaff Update

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MEDSTAFF SPOTLIGHT

Dr. Natalya Hasan



Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

Departmental Well-Being Director

Dr. Natalya Hasan pursued a career in anesthesiology to help relieve human suffering and is passionate about helping both her patients and her colleagues achieve health, fulfillment and connection. As the Departmental Well-Being Director for Anesthesiology faculty and residents, Dr. Hasan utilizes the Stanford Professional Fulfillment model to engage faculty in the domains of Personal Resilience, Efficiency of Practice, and Culture of Wellness.

Please tell us about your role as Departmental Well-Being Director for faculty and residents. What inspired you to take this on?

For most of my life I've been drawn to understanding what makes human beings feel fulfilled, healthy, peaceful and connected to others. I pursued medicine, and specifically anesthesiology, to have a part in relieving human suffering. Throughout my career, I've been inspired by other doctors' resilience and ability to function at such a high level. I've also been very aware of how the nature of our work affects us mentally, physically, emotionally and spiritually. Upon finishing my

anesthesiology residency in 2013, I began my faculty career with an intention to support resident well-being. My experience in cultivating my own resilience as a resident demonstrated to me the importance of mind-body medicine and also the power of our connection to one another. I was fortunate as a resident to participate in my department's residency wellness program, Peer Support in Resilience Medicine (PRIME), and took on co-directorship of the program as a new attending. I pursued training in Mind-Body Medicine through the Institute of Integrative Medicine, co-founded the Women in Anesthesia group, conducted a study on Operating Room Workplace Culture, and also became connected to what we all know now as the WellMD Center. Collaborating with and learning from kind, health-minded, and compassionate mentors in my own department and also the WellMD pioneers early in my faculty career was hugely impactful. When offered the opportunity to expand my role from resident well-being director to departmental well-being director I was a bit intimidated as I was just about to have my second child. That was over two and a half years ago, and I've learned so much since then. Prior to taking on the Well-Being Director role, my focus was mainly on Personal Resilience and Culture of Well-Being, whereas now I have more tools to engage faculty and residents in the Efficiency of Practice domain as well.

When you think about your work at Stanford what are you most proud of?

Clinical care and teaching are truly my passions - I have great pride in the long-term relationships and wonderful friendships I've built over the past ten years through these endeavors.

Why do you work at Stanford?

I lived in New York City for nine years prior to coming to Stanford for residency. I remember running across the Manhattan and Brooklyn Bridges on my way to work and visualizing being in a more green (and warm) place. I applied to Stanford for residency because of its excellent reputation. What solidified my decision to come here for residency and stay here as an attending are the people who work here, the beauty of the campus, and the opportunities I've had to cultivate my interests both within and outside of traditional clinical anesthesiology practice.