

Physician Health Committee Newsletter



MESSAGE FROM THE CHAIR Laurie Reynard, MD

A recent prospective controlled study showed that doctors who regularly met together in small groups to discuss topics relevant to medical practice had less reports of burnout and increased sense of meaning and empowerment at work compared to a control

group. *Intervention to Promote Physician Well-being, Job Satisfaction and Professionalism* (JAMA Intern Med. Feb 2014.)
<http://hss.semel.ucla.edu/Programs/vitalists-2.html>.

The feeling of isolation and importance of developing a strong support system of colleagues was also voiced at the February 27 Roundtable discussion held in CSS-1 over lunch "Physician Stress: Causes and Coping Strategies." For a complete list of the stressors identified and coping strategies with references see page 2. Andrea Stein, MD led the discussion, "How to Deal with the Difficult Patient in 15 minutes" at the second roundtable lunch on April 17. See page 3 for the list of tips that participants found helpful and references and handouts supplied by Dr. Stein.

We welcome you to join us at the next scheduled Physician Health Luncheon led by members of the Physician Health Committee

SAVE THESE DATES: 12:30

June 26, 2014: Recognizing Signs and Symptoms of Depression in our Patients, Colleagues, and Self

August 28, 2014: Mindfulness Training

October 23, 2014: Physician Burnout: Signs, Symptoms and Treatment

What is the Physician Wellness Committee?

This committee is available to help educate the Medical Staff regarding physician well-being and compromise.

The committee also assures patient safety by providing a mechanism to identify and treat staff members with conditions that compromise their ability to provide optimal patient care.

In addition, the committee encourages and monitor physician treatment and rehabilitation.

Committee Members

Howard Chait, MD	Scott Reiter, MD	Lisa Stern, MD
Caroline Close, MD	Robert Shain, MD	Andrea Stein, MD
Timothy Hayes, MD	Jane Spiegel, MD	



**THU
JUN
26**

Roundtable discussion topic:
**RECOGNIZING SIGNS AND SYMPTOMS OF DEPRESSION
IN PATIENTS, COLLEAGUES, & SELF** 12:30 PM,
PAULA KENT MEEHAN CONFERENCE ROOM

Walk-with-a-Doc

Join colleagues and community members for an hour walk on a Saturday morning:

For information about the Santa Monica walk (second Saturday monthly):

<http://www.meetup.com/Walk-with-a-Doc-Santa-Monica/>

For information about the Culver City walk (third Saturday monthly):

<http://www.meetup.com/Culver-City-Walk-With-a-Doc-Meetup/>

What is Mindfulness?

Paying attention to the present moment physical, mental and emotional experiences with openness, curiosity and a willingness to be with what is.

What are the benefits of Mindfulness?

Mindfulness reduces stress, improves attention, boosts the immune system, reduces emotional reactivity and promotes a general sense of health and wellbeing.

Want to learn more?

MARC (Mindfulness Awareness Research Center)

Thursdays, 12:30

Free guided meditation at the Hammer Museum

Podcast can be downloaded (<http://marc.ucla.edu>)

Mindfulness Meditation in Santa Monica

Donation-based medication workshop the first and third

Sundays of each month in a private studio

<http://meetup.com/Santa-Monica-Mindfulness-Meditation>

For questions and referral, contact
Laurie Reynard, MD, Chair
(310) 453-1266

How to Deal With the Difficult Patient in 15 Minutes

The following are a list of tips that the participants found helpful:

1. Realize you don't have to solve the problem alone: Give responsibility back to the patient, team approach.
2. Plan ahead and prepare before you see the patient: review chart, think about what to say.
3. Breathe.
4. Listen attentively and understand their expectation what the problem really is.
5. Have patient bring in list of concerns.
6. Draw boundaries early: call back (limit time or fee for long calls) or suggest follow-up appt.
7. Increase positive energy. Mindfulness
8. Dwell on the positives: Negative events of the day are small.
9. OK to refer patient for second opinion.

Further References:

N ENGL J Med 2014; 370: 1283-1285: April 3 2014 **The Virtues of Irrelevance**

Obstetrics & Gynecology: vol.123, No. 2 Part 1, February 2014 p.389-392 **Effective Patient-Physician Communication.**

Virtual Mentor, July 2006-Vol.8 P. 464. Clinical Pearl: **Ten rules for keeping the art of Medicine alive in daily practice** by Edward C. Rosenow III, MD, MS.