

# CALIFORNIA PUBLIC PROTECTION & PHYSICIAN HEALTH, INC.

PRESENTS

## Keys to Physician Wellness: From Burnout to Professional Satisfaction Personal and Organizational Stories and Solutions

*As the delivery of healthcare undergoes fundamental shifts and the rate of burnout among physicians skyrockets, more and more attention is being given to how to reach wellness and professional satisfaction.*

*People want to know:*

*Am I at risk?*

*What is being done?*

*How do these efforts work?*

*What do the data show?*

*How much do they cost?*

*What can be done in my institution?*

**Wednesday, August 24, 2016**

**8:30 am - 4:30 pm**

**Anaheim Marriott**

**700 Convention Center Way, Anaheim**



**Keys To  
Physician  
Wellness**

*Offered by:*

**California Public Protection & Physician Health (CPPPH)**

*In collaboration with:*

**California Society of Addiction Medicine (CSAM)**

# Keys to Physician Wellness: From Burnout to Professional Satisfaction

## Personal and Organizational Stories and Solutions

### Educational Objectives

At the conclusion of this workshop, participants should be able to:

- ▲ Recognize the key components of and barriers to creating an institutional program to support a respectful, professional work environment and apply strategies for overcoming those barriers.
- ▲ Apply the latest research on physician burnout, physician mental health, and disruptive behavior to address these issues on an individual and system level.
- ▲ Utilize tools for interactive screening for issues relating to physician wellness.
- ▲ Develop programs on an institutional level to increase peer support.
- ▲ Explain different approaches to coaching and apply these in practice.

### Who Should Attend

- ▲ Leadership teams from medical staffs, medical groups, medical centers
- ▲ Educators about and advocates for physician health and wellness
- ▲ All physician health committee members
- ▲ Medical school and residency program directors and faculty

### Continuing Medical Education

This activity is jointly provided by California Public Protection and Physician Health and the California Society of Addiction Medicine.

The California Society of Addiction Medicine (CSAM) is accredited by the Institute for Medical Quality/California Medical Association to provide continuing medical education for physicians. CSAM takes responsibility for the content, quality and scientific integrity of this CME activity.

CSAM designates this live educational activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education. CEU Credit is available for psychologists, therapists, drug abuse counselors, nurses and physician assistants.

### Registration Information

#### ▲ FEE: \$350

**Registration is limited; early registration is recommended.** To register, please visit [www.cppph.org](http://www.cppph.org)

The fee includes all conference materials and continental breakfast. Conference materials will be sent to each registrant electronically, in advance of the workshop for review.

To register by check or purchase order please contact Ashley Burke at [aburke@cppph.org](mailto:aburke@cppph.org)

Cancellations received in writing on or before August 14 are subject to a **\$50 cancellation fee.**

**No refunds for cancellations received after August 20.** Substitutions or credit may be arranged for future workshops.

## Program Schedule

8:30 Keynote: The Big Picture - Karen Miotto, MD

9:00 The Many Faces of Burnout - Matthew Goldenberg, DO

9:20 Developing an Interactive Screening Program for Physicians - Christine Moutier, MD

10:20 Break

10:35 Building a Culture of Professionalism and Peer Support – Part 1 - Jo Shapiro, MD

11:35 Building a Culture of Professionalism and Peer Support – Part 2: Discussion / application

12:25 Break for lunch / lunch on your own

1:30 Building a Culture of Professionalism with Data Tools - Jim Pichert, PhD

2:25 Practice exercises / application

2:50 Comparing Different Approaches to Coaching - Rebecca Wilkinson, MSPH

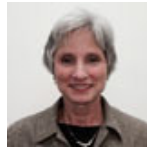
3:15 Application of Coaching Techniques - Jim Pichert, PhD

3:45 Questions to All Speakers

4:10 The Elements of Resilience: How It Makes The Difference - David Pating, MD

4:30 Adjournment

## Faculty



### **Karen Miotto, MD**

Dr. Miotto is Director of the UCLA Addiction Medicine Service and Professor in the Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine. She has chaired the Medical Staff Health Committee at UCLA since 2008 and is Chair of the Board of CPPPH. She is a frequently a invited speaker at local and national meetings on physician health.



### **Matthew Goldenberg, DO**

Dr. Goldenberg is an Addiction Psychiatry Fellow at UCLA San Fernando Valley with a special interest in wellness.



### **Christine Moutier, MD**

Dr. Moutier is Chief Medical Officer of the American Foundation for Suicide Prevention. She knows the impact of suicide firsthand. After losing colleagues to suicide, she dedicated herself to fighting this leading cause of death. Already a leader in the field of suicide prevention, she joined AFSP in 2013 from UCSD where she was professor of psychiatry. At AFSP she has revitalized AFSP's Education team, and re-launched its Loss & Healing department.



### **David Pating, MD**

Dr. Pating is Chief of Addiction Medicine and Chair of the Physician Wellbeing Committee at Kaiser Medical Center-San Francisco. He is Assistant Clinical Professor, UCSF Department of Psychiatry; Governor's Appointee to the California Mental Health Services Oversight and Accountability Commission (Prop 63). Since 2014, he has served as a Health Commissioner for the City and County of San Francisco.



### **James W. Pichert, PhD**

Dr. Pichert is Co-Founder of the Vanderbilt Center for Patient and Professional Advocacy. He is Professor, Medical Education and Administration at Vanderbilt University Medical Center. He is an educational psychologist with longstanding research experience on promoting health professionals' patient-related interactions. He is a member of the team that developed the PARS® program for training "peer messengers" to use profiled patient complaint data during interventions with high-risk colleagues.



### **Jo Shapiro, MD**

Dr. Shapiro, Associate Professor of Otolaryngology at Harvard Medical School, is the founding Director of the Center for Professionalism & Peer Support, Brigham and Women's Hospital in Boston. Her leadership has been recognized well beyond Brigham and Boston, with hospitals nationally asking to learn more about the Brigham model.



### **Rebecca Wilkinson, MSPH**

Ms. Wilkinson is the Program Coordinator for the UCLA Medical Staff Health Program.

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## Personal and Organizational Stories and Solutions

### California Public Protection & Physician Health (CPPPH)

CPPPH was formed in 2009 jointly by the California Medical Association, the California Hospital Association, California Society of Addiction Medicine, and the California Psychiatric Association to address the need for focused education, technical advice and consultation for medical staffs and medical groups to support their physician health activities. Full information about its activities is on the website

**[www.CPPPH.org](http://www.CPPPH.org)**.

CPPPH activities are based on the understanding that supporting physician health contributes to public safety by providing services for physicians who face medical, substance use, psychological, behavioral and/or emotional issues that, if left unaddressed, could adversely impact their ability to deliver safe patient care.

### LOCATION AND DATE

▲ **ANAHEIM: Wednesday, August 24, 2016, 8:30 am - 4:30 pm**

ANAHEIM MARRIOTT

700 Convention Center Way • Anaheim • CA 92802  
714-750-8000

The conference rate of \$149 for a single or double room will be available until August 8, 2016. To reserve a room at that rate, call 1-714-750-8000 or 1-877-622-3056 and mention the “CSAM Addiction Medicine Review Course,” because this CPPPH program is offered in conjunction with the CSAM conference taking place August 24-27.

### NOTES

This workshop is designed for physicians, medical leadership, medical staff administrators and others interested in improving physician wellbeing on an individual and organizational level. Local and national experts will present the latest research on physician mental health, burnout and disruptive behavior. They will provide useful and implementable tools, demonstrate techniques and describe system-wide solutions to the challenges of creating a supportive working environment that fosters collegiality and professionalism.

### QUESTIONS

▲ Contact CPPPH via email at [aburke@cppph.org](mailto:aburke@cppph.org) or call **Ashley Burke** at **415-764-4822**.