

MEDICAL EDUCATION

SPEAKERS NETWORK

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Trending Topics in Physician Wellness

Burnout has been a problem among physicians for well over a decade. Tragically, burnout and depression have led to many suicides in the profession. The recent COVID-19 pandemic has exacerbated an already serious problem, and data suggests that up to 40% of physicians are considering leaving the profession or changing their practices. Medical practitioner mental health is now front and center in the discussion of healthcare, and physicians need to have access to skills and resources that can increase wellbeing and reduce stress and burnout.

If your medical staff would like an update on any of these valuable topics in physician wellness, do not hesitate to contact our office to schedule a lecture at 877-505-4777 or info@speakersnetwork.com.

"When Will it End? – Coping with the Chaos of COVID-19"

Learning Objectives:

1. Recognize the neurobiology of the stress response
2. Identify the connection between the COVID-19 pandemic and acute and chronic stress
3. Describe and implement specific tools to reduce and prevent stress amid a pandemic

"Physician Burnout Syndrome and the Epidemic of Physician Suicide"

Learning Objectives:

1. Define physician burnout syndrome
2. Evaluate evidence-based interventions for identifying variables associated with depression and physician suicide
3. Identify ways of improving access to care for physicians to reduce the suicide rate
4. Incorporate coping skills related to the loss of a colleague to suicide

"Emotional Intelligence: Using Emotional Intelligence to Enhance Physician Attitudes and Behaviors to Improve Patient Care, Relationships, and Satisfaction"

Learning Objectives:

1. Gain better insight into the environmental, organizational, and personal factors affecting individual values, biases, thoughts, and behaviors
2. Utilize the principles of Emotional Intelligence that focus on the importance of self-awareness, social awareness, self-management, and relationship management and how they may affect patient care
3. Utilize techniques to manage care relationships that improve care delivery, team engagement, satisfaction, and patient outcomes of care
4. Help develop strategies to address stress and burnout to help physicians better adjust to the pressures of today's health care environment

"Healthcare Providers' Wellness: Addressing Stress/ Burnout"

Learning Objectives:

1. Recognize causes and prevention of provider burnout
2. Discuss how stress contributes to burnout
3. List ways to become a "Balanced Provider"
4. Identify interventions to improve provider wellness
5. Describe how fatigue and burnout can be a threat to patient safety

"Physician Resilience"

Learning Objectives:

1. Use a definition of resilience that addresses the professional experience of clinicians
2. Experience a mindful practice designed to enhance resilience by building awareness that is linked with self-compassion
3. Commit to incorporating one of the mindful practices into everyday work and life

"Wellbeing During the COVID-19 Crisis: Ensuring that We Take Care of Ourselves"

Learning Objectives:

1. Review two skills that will guarantee a decrease in anxiety and stress in your life
2. Identify skills that will help people around you deal with uncertainty
3. Describe the importance of learning new skills
4. Provide optimal clinical care while working from home

"COVID Burnout Among Clinicians"

Learning Objectives:

1. Describe the likely effects of the COVID pandemic on clinicians exposed to COVID stress
2. Identify community resources for seeking help for COVID-burnout affected clinicians

"Physician Wellness"

Learning Objectives:

1. Explain the components of clinician burnout
2. Discuss how to identify signs of burnout
3. Detail at least three practices an individual clinician can use to mitigate burnout

"Physician Wellbeing"

Learning Objectives:

1. Describe burnout and medical workplace challenges
2. List ways work time conflicts with wellness needs
3. Explore tools available to improve time spent at work and time spent fulfilling personal wellness

"Promoting and Supporting Physician Well-Being to Combat High Stress and Burnout"

Learning Objectives:

1. Gain a better understanding of the factors affecting physician thoughts, attitudes, feelings, and emotions toward medical practice
2. Learn how to develop effective strategies and interventions to address frustration, dissatisfaction, disengagement, stress, and burnout
3. Focus on the importance of both organizational and individual commitment and intent to provide appropriate resources and support programs designed to enhance overall physician resilience, satisfaction, and engagement
4. Promote the importance of physician well-being and the joy of practice

"Physician Burnout and Wellbeing: Addressing Human Factors in the Delivery of Care"

Learning Objectives:

1. Describe key human factors involved that affect the clinician from the healthcare environment
2. Apply neurocognitive principles of reducing extraneous cognitive load as a means of improving the joy of practice and reduction of burnout in medicine

"Physician Burnout and Resiliency"

Learning Objectives:

1. Discuss factors contributing to physician stress and burnout and its impact on physician psychological, emotional, and physical well-being
2. Provide effective organizational and individual solutions to address physician barriers and enhance physician resilience
3. Identify action steps, tools, and resources to improve physician satisfaction, engagement, and well-being

"Enhancing Physician, Staff, and Patient Satisfaction in Today's High-Stress Complex Healthcare Environment"

Learning Objectives:

1. Gain a better understanding of the factors influencing physician thoughts, attitudes, feelings, and behaviors and how these relate to physicians, staff, and patient satisfaction
2. Discuss strategies designed to help physicians and staff better adjust to the stress and pressures of today's practice environment
3. Recognize the importance of satisfaction, joy, and engagement and its impact on care relationships that affect patient outcomes of care
4. Discuss what steps the organization should take to enhance physician and staff satisfaction and well-being

"Imagination and Play Yourself Back to Happiness, Health, and Prosperity"

Learning Objectives:

1. Define Play and explain how it's important
2. Discuss the pitfalls associated with negative imagination
3. Explain what is meant by the beginner's mind
4. Describe the monkey mind and a method to calm it
5. Define neuroplasticity and list several activities that can stimulate it
6. Explain the Super Mario Effect

References:

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