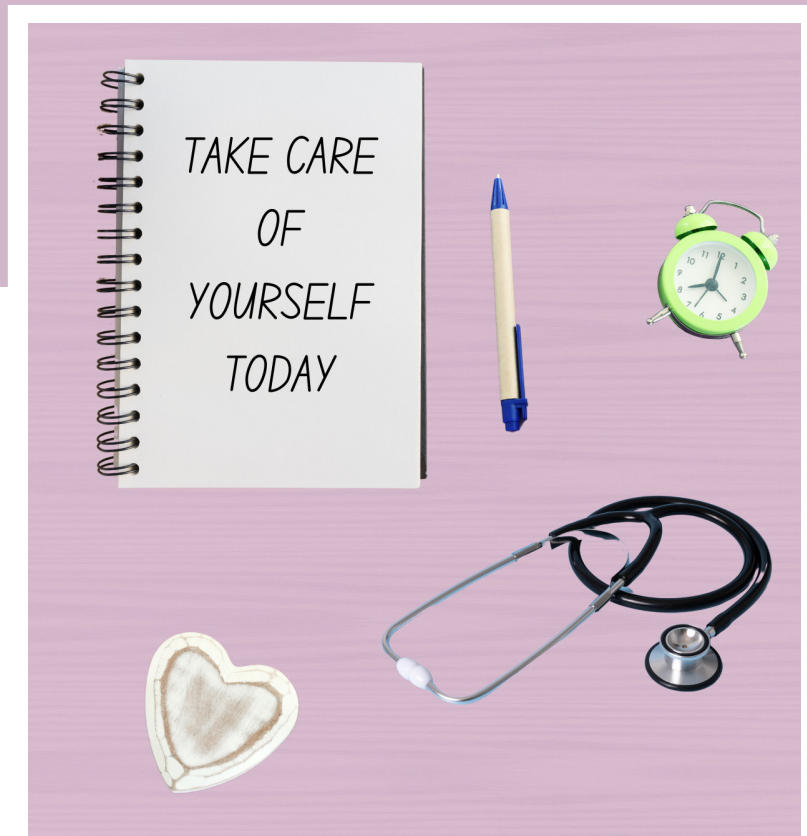




FIRST ANNUAL PHYSICIAN WELL-BEING SYMPOSIUM



APRIL 24, 2024
THE WARREN ALPERT MEDICAL SCHOOL
OF BROWN UNIVERSITY

Overview

Description

This symposium will bring together leaders in physician well-being to provide the opportunity to cultivate resilience and renewed purpose and connect with fellow leaders in innovative wellness strategies. Attendees will gain insights, skills, and resources to address burnout through individual and systems-level solutions, collaborate and align efforts, and create a culture that values physician well-being. Physicians and physician well-being leaders will leave energized, equipped, and empowered to drive positive change in themselves and their healthcare community. Together, we can reinvent our practices to thrive.

Target Audience

This conference is designed for healthcare professionals, advocates for physician well-being, and physicians of all specialties in Rhode Island.

Learning Objectives

After participating in this conference, the learner should be better able to:

- Describe the systemic and individual challenges that affect healthcare worker resilience and well-being.
- Describe current efforts to mitigate healthcare worker burnout through an individual and systems-based perspective.
- Formulate recommendations for individuals and well-being leaders in departments/units on best practices to address and improve healthcare worker well-being.

Accreditation

The Warren Alpert Medical School of Brown University is accredited by the Accreditation Council of Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Physicians: The Warren Alpert Medical School designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Allied Healthcare Professionals: Participants will receive a Certificate of Attendance stating this program is designated for 5.0 *AMA PRA Category 1 Credit*[™]. This credit is accepted by the AAPA and AANP.

How to Claim Credit

Participants will receive an email with the link to the course survey and credit claiming at the conclusion of the conference.

Going Paperless

In our commitment to sustainable practices, we are going paperless this year. As part of this initiative, we will not be distributing conference materials, including the program, folders, or notebooks. Instead, we invite you to bring your own tablets, laptops, or other electronic devices for note-taking and accessing conference materials. QR codes will be displayed at the registration desk and in the meeting room, providing easy access to the program for resources and information. Signing in will also be facilitated via QR codes at the registration desk, streamlining the process and reducing paper waste. Thank you for joining us in our efforts.

For More Information, Contact Brown CME:

Phone: 401-863-2871 | Email: cme@brown.edu | Web: cme-learning.brown.edu

Schedule

Time	Presentations	Speaker
1:00 - 1:10 pm	Welcome and Opening Remarks	Kelly D. Holder, PhD
1:10 - 2:10 pm	Taking the "Me" out of Empathy to Help Clinicians Move from Burnout to Compassion (and Build Resilience)	Judson Brewer, MD, PhD
2:10 - 2:20 pm	Break	
2:20 - 3:20 pm	Meeting the Messy in Moral Distress: Narrative Strategies to Create Understanding and Connection	Jay Baruch, MD
3:20 - 3:30 pm	Break	
3:30 - 4:30 pm	How to Build a Wellness Program: Creating a Well-Being Menu to Meet Different Appetites	Lauren Allister, MD
4:30 - 4:40 pm	Break	
	Brief Presentations	
4:40 - 4:50 pm	Innovation in Mentorship Among Medical Trainees: Pilot Virtual Peer Support Groups for Resident Physicians During On-boarding Transition	Alaa Elnajjar, MD
4:50 - 5:00 pm	GROW: A trainee-led Emotional Debriefing Group	Jenna Lillemoe, MD
5:00 - 5:05 pm	CIPS - Burnout Prevention through Peer Support in the Emergency Department	Hannah Chason, MD
5:05 - 5:15 pm	Our Body is Our Only Home: 24/7!	My-Tien Vo
5:15 - 5:25 pm	When Life Hands You a Lemon: Protect It At All Costs	Shideh Shafie, MD
5:25 - 5:35 pm	Value of Medical Humanities Education in Medical Student Wellness	Diana Wang, BA Kelsey Bogdan, MFA Ashley Knebel, BA
5:35 - 5:45 pm	Student Health Council: A Medical Student Wellness Initiative	Asghar Shah, BA
5:45 - 5:50 pm	Maintaining Mobility in Medicine	Michael Pimentel, MS, SCCC, CSCS, USAW
6:00 - 7:00 pm	Networking Reception *Reception will include refreshments and light dinner, networking opportunities, and a celebration of the day's accomplishments	

Speakers

Kelly D. Holder, PhD (Course Chair)

Chief Wellness Officer
Division of Biology and Medicine
Assistant Professor of Medical Science
Warren Alpert Medical School of Brown University

Lauren Allister, MD

Associate Professor of Emergency Medicine and Pediatrics
Warren Alpert Medical School of Brown University
Director of Wellness
Brown Emergency Medicine

Jay Baruch, MD

Professor, Department of Emergency Medicine
Director, Medical Humanities and Bioethics
Scholarly Concentration
Warren Alpert Medical School of Brown University

Kelsey Bogdan, MFA

Medical Student
Warren Alpert Medical School of Brown University

Judson Brewer, MD, PhD

Associate Professor of Behavioral and Social Sciences, School of Public Health and Psychiatry
Director of Research and Innovation
Mindfulness Center
Warren Alpert Medical School of Brown University

Hannah Chason, MD

Clinical Instructor, Department of Emergency Medicine
Warren Alpert Medical School of Brown University

Alaa Elnajjar, MD

Clinical Assistant Professor of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University
Child & Adolescent Psychiatry Attending
Emma Pendleton Bradley Hospital

Ashley Knebel, BA

Medical Student
Warren Alpert Medical School of Brown University

Jenna Lillemoe, MD

Pediatric Emergency Medicine Fellow
Warren Alpert Medical School of Brown University

Michael Pimentel, MS, SCCC, CSCS, USAW

Associate Head Strength & Conditioning Coach
Brown University

Ashgar Shah, BA

Warren Alpert Medical School of Brown University

My-Tien Vo

Brown University, Class of 1987
Wellness Coach with an East-West Approach

Diana Wang, BA

Medical Student
Warren Alpert Medical School of Brown University

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Maria Sullivan

Director, Office of Continuing Medical Education
Warren Alpert Medical School of Brown University

Disclosures

Faculty Disclosure

The Warren Alpert Medical School is committed to presenting CME activities that promote improvements and/or quality in health care and are developed free of the control of ineligible companies. It is our policy to ensure that our activities are balanced, independent, objective, scientific, and in compliance with ACCME and other regulatory requirements. Anyone who is in a position to control the content of a CME presentation is expected to disclose all financial relationships with ineligible companies he/she has had within the past 24 months. All disclosures have been reviewed and any potential conflicts of interest have been mitigated prior to this presentation by the Brown University CME Office.

This activity may include discussion of off-label or investigative drugs uses. Speakers are aware that it is their responsibility to disclose to the audience this information.

These speakers/planners* have disclosed the following relevant financial relationships:

Judson Brewer, MD, PhD

Consultant: Sharecare

Stockholder: Sharecare

Royalties: Avery: An imprint of Penguin Random House, LLC, Yale University Press

Jay Baruch, MD

Royalties: The MIT Press, Kent State University Press

All other speakers and planners have no financial relationships to disclose.