

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Wellbeing 2.0 – for Health Care Professionals



in partnership with
Washington Physicians Health Program

Friday, October 28, 2016
Virginia Mason • Seattle, Washington



Virginia Mason™

Faculty

COURSE DIRECTOR:

Nancy Isenberg, MD, MPH, FAAN

Director, Center for Healthy Aging, The Neuroscience Institute
Virginia Mason, Seattle, Wash.
Clinical Associate Professor of Neurology
University of Washington, Seattle, Wash.

KEYNOTE SPEAKER:

James R. Doty, MD, FACS, FICS, FAANS

Professor of Neurosurgery
Founder and Director, Center for Compassion and Altruism Research
and Education (CCARE)
Stanford University School of Medicine, Palo Alto, Calif.

GUEST FACULTY:

Leah Adams

Soma Yin Yoga, Seattle, Wash.

David Hanscom, MD

Orthopedic Spine Surgeon
Swedish Neuroscience Specialists
Seattle, Wash.

Scott Hansen, MD

Psychiatry and Psychosomatic Medicine
Section Head, Virginia Mason Hospital
Psychiatry Consultation Service
Virginia Mason, Seattle, Wash.

Carroll Haymon, MD

Medical Director & Geriatrician
Iora Primary Care, Seattle, Wash.

Carrie A. Horwitch, MD, MPH, FACP

Key Clinical Faculty Internal Medicine,
Virginia Mason
Clinical Associate Professor in Medicine
and Public Health
University of Washington, Seattle, Wash.

David J. Kearney, MD

VA Puget Sound Health Care System
– Seattle Division
Professor of Medicine
University of Washington, Seattle Wash.

Charles Meredith, MD

Psychiatric Medicine Associates
Clinical Assistant Professor of Psychiatry
University of Washington
Former Medical Director, WPHP
Seattle, Wash.

Cynda Hylton Rushton, PhD, RN, FAAN

Anne and George L. Bunting Professor
of Clinical Ethics
Professor of Nursing & Pediatrics
Berman Institute of Bioethics and the School
of Nursing at Johns Hopkins University
Baltimore, Maryland

Christine A. Sinsky, MD, FACP

Vice President, Professional Satisfaction
American Medical Association, Chicago, Ill.
Sinsky Healthcare Innovations
Dubuque, Iowa

Thomas A. Sinsky, MD, FACP

Sinsky Healthcare Innovations
Dubuque, Iowa

Bartja Wachtel, MSW, LICSW, MHP, CMHS

Clinical Social Worker & Mindful
Self-Compassion Trained Teacher
Engaging Mindfulness | Forging Meaning
Seattle, Wash.

Wellbeing 2.0 – for Health Care Professionals

in partnership with Washington Physicians Health Program

In our daily work as health care professionals, we understand our patients seek our expertise as well as compassionate care. More specifically, they want us to be present with them; be empathetic, listen carefully to them as individuals, and engage them in language they understand as we deliver the highest quality care.

Unfortunately, the experience of clinicians who devote great effort to delivering high quality, compassionate care is presently challenged. Professional training has in many cases not adequately prepared clinicians to manage stressors that place their emotional and physical wellbeing at risk. Consequences include burnout, empathy fatigue, and negative impacts upon personal and professional relationships.

There is extensive evidence that wellbeing can be cultivated; training in its constituents can improve the health and experience of patients and professionals, transform institutional culture, and significantly reduce health care costs.

This program will explore a variety of evidence-based tools to support and promote clinician resilience to deliver the highest quality care. We will offer a framework for advancing collaborative care and increasing team building and communication skills.

We have assembled a dynamic and outstanding faculty and program to stimulate your interests, strengthen your skills, and provide you with useful tools and approaches to support your daily practice. Teaching methods include lectures, panel discussion, experiential small group breakout sessions and question-and-answer sessions with faculty.

TARGET AUDIENCE: This course is designed for physicians and advanced practice providers across all disciplines.

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

- Summarize the present science of compassion and its related health benefits
- Use teamwork and planning to ease the physician burden and provide better, more efficient patient care
- Describe the broaden-and-build theory of positive emotions and its relationship to loving-kindness meditation
- Apply the elements of moral resilience to clinical practice
- Describe the Iora Health team-based model for primary care
- Discuss situations that provoke suffering in clinicians
- Relate the role of unprocessed anxiety and anger in chronic pain and practice strategies for processing
- Identify potential strategies to prevent or alleviate burnout and facilitate provider engagement
- Review evidence for health benefits of laughter and practice laughter techniques for wellness
- Employ the tools used in yin yoga to manage pain and enhance whole-body wellness, mental resilience, memory, cognitive function, and feelings of compassion
- Review and highlight different approaches to burnout prevention, and promote greater support structures within and across institutions

Agenda

- 7:00 a.m.** Registration opens, breakfast selection available
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**
The Compassion Imperative | James Doty, MD
- 8:30 a.m.** Break
- 8:45 a.m.** **Introduction, Overview of Course Objectives** | Nancy Isenberg, MD
- 9:00 a.m.** **In Search of Joy in Practice** | Christine Sinsky, MD and Thomas Sinsky, MD
- 10:00 a.m.** Break
- 10:15 a.m.** **Loving Kindness in Veteran Care** | David Kearney, MD
- 11:15 a.m.** **Transcending Moral Distress by Cultivating Moral Resilience**
Cynda Rushton, PhD
- 12:15 p.m.** Lunch (provided)
- 1:30 p.m.** **Joy in Practice: Better Outcomes Using Effective Team-Based Care**
Carroll Haymon, MD
- 2:30 p.m.** **AFTERNOON WORKSHOP SESSIONS** (select one)
Being with Suffering | Cynda Rushton, PhD
Back in Control | David Hanscom, MD
Physician Resilience | Charles Meredith, MD
Laughter | Carrie Horwitch, MD
Mindful Yin | Leah Adams
- 3:30 p.m.** **PANEL DISCUSSION**
Championing Renewable Resilience within Self and Systems
Panel: Charles Meredith, MD; Carrie Horwitch, MD; David Kearney, MD; Scott Hansen, MD; Bartja Wachtel, LICSW; and Nancy Isenberg, MD
- 4:30 p.m.** Adjourn



Accreditation with Commendation: The Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Virginia Mason Medical Center designates this live activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). **Determination of credit is pending.**

Location: This course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) Please note the Terry Street entrance into Lindeman Pavilion is Level Two. For information, contact the CME Department at (206) 341-0142 or email cme@virginiamason.org.

If you are a person with a disability or dietary restriction, please e-mail or call the office so we may assist in accommodating your needs.

To register, complete the form below and send via:



MAIL:

Virginia Mason CME Dept.
1100 Ninth Ave., D3-CME
Seattle, WA 98101



PHONE: (206) 341-0142



FAX: (206) 341-1480



E-MAIL: cme@virginiamason.org

WEB: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

Registration

Wellbeing 2.0 – for Health Care Professionals

Friday, October 28, 2016



Please print clearly

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Select your afternoon workshop:

- Being with Suffering* | Cynda Rushton, PhD
- Back in Control* | David Hanscom, MD
- Physician Resilience* | Charles Meredith, MD
- Laughter* | Carrie Horwitch, MD
- Mindful Yin* | Leah Adams

- Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.

PAYMENT:

Tuition: \$195.00

- Check enclosed. Make check payable to Virginia Mason CME
- Please charge my: VISA MasterCard American Express Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE