



*The Foundation for Medical Excellence presents*

# Promoting Clinician Vitality & Well Being

**Friday, October 14, 2016**

**Portland Hilton Hotel**

[www.tfme.org](http://www.tfme.org)

# Promoting Clinician Vitality & Well Being

- **Creating A Positive Work Environment**
- **Practical Tools for Self-Care**
- **Reconnect with your personal definition and vision of a good day**
- **Train your brain to efficiently and effectively tackle priorities and problems**
- **Adopt new practices for inciting higher levels of performance and engagement**

This conference will provide knowledge, skills and a framework for you to thrive in the midst of all the changes and challenges currently taking place in healthcare. This conference is dedicated to providing health professionals with the skills to manage change in their personal and professional lives. It is also an opportunity to interact with others who are doing similar work, to exchange program and curriculum ideas and to develop positive methods of re-engineering healthcare work settings in order to promote professional satisfaction, well-being, personal growth and sense of purpose.

## Who should attend:

This program is designed to educate physicians, physician assistants, nurse practitioners and other healthcare clinicians by providing the knowledge and skills to better understand and cope with the professional as well as personal changes in the workplace, their changing clinical roles, and the potential for burnout. The conference will provide clinicians with practical methods for achieving balance in their professional and personal lives, for recognizing burnout in themselves and their colleagues, and for navigating new roles in a changing healthcare delivery environment.

All individuals involved in healthcare are encouraged to attend. Spouses and partners are also welcome to participate and benefit from this program. Planning Committee: Dr. Barry Egener, Dr. John Christensen, and Dr. Ronald Stock

**Accreditation:** The Foundation For Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit:** The Foundation For Medical Excellence designates this live activity for a maximum of 6 AMA PRA Category 1 credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## DISTINGUISHED FACULTY

**Tait Shanafelt, M.D.**, is a medical oncologist, Dr. Shanafelt has distinguished himself as a leading researcher on physician well-being and its impact on patient care. He is the director of the Mayo Clinic of Medicine Program on Physician Well-being, a clinical laboratory evaluating personal and organizational factors affecting physician satisfaction and performance. He is currently completing a 3 year term as the president of the Mayo Clinic Voting Staff. He will discuss personal and organizational factors that can be modified to promote the well-being of health professionals. Dr. Shanafelt's clinical and scientific interests are focused on the treatment of patients with chronic lymphocytic leukemia (CLL). His research on CLL spans the continuum from the laboratory to the clinic. He has published >250 peer review manuscripts in addition to more than 100 abstracts and book chapters. He received his M.D. from University of Colorado Health Sciences, completed an Internal Medicine Residency at the University of Washington and Hematology and Oncology fellowship at the Mayo Clinic. He is a Professor of Medicine at the Mayo Clinic College of Medicine. **Dr. Shanafelt is the 2016 TFME William B Webber Lecturer.**

**Tracy Parks, Director & Productivity Ninja, Think Productive USA** Tracy is the founder and owner of five successful businesses who now corrals the learning and expertise of those experiences to offer tangible insight, support and solutions for the often overwhelmed professional. This has included one on one work with industry leaders as well as work at a team level for local government municipalities and a host of Fortune 500 employees and executives such as The Bill & Melinda Gates Foundation, Boeing, Xerox, Mercedes Benz, Novartis Pharmaceuticals, OHSU and T-Mobile.

## WORKSHOP FACULTY

**Lisa Goren, MS**, is an experienced healthcare leader, coach and advisor working with physicians and executives on developing their abilities to lead change and remain relevant within a transforming industry. Her work with hospitals, health systems, physician boards and private practices focuses on successfully implementing large-scale cultural and organizational changes including accountable care, physician-administration compacts, electronic health records and physician leadership development. Through creating and implementing practical engagement strategies, Lisa helps physicians participate meaningfully in the changes that directly impact their work. Lisa teaches in healthcare master's programs at Oregon Health Sciences University and Pacific University. Her work on physician engagement has been featured in several publications, including Becker's Hospital Review, American Hospital Association.

**Jeff Horacek M.D.** graduated from University of Oklahoma Health Science Center, did his residency at Providence Portland Medical Center and has been practicing Internal Medicine since 1995. While focusing on improving the quality of diabetes care when serving as medical director of a local clinic, Jeff discovered first hand the power of compassion and connection for healing. He then led a monthly support group for patients with diabetes which continued for a decade. Over the past 10 years, he has cultivated both a personal and professional practice of mindfulness, and co-founded the non-profit Mindful Medicine here in Portland (<http://mindfulmedicinepdx.org>). Mindful Medicine hosts weekend workshops and monthly community practice groups to teach mindfulness and compassion skills, provide resilience training, and create community amongst local providers.

**Dan Rubin, PsyD.**, is a clinical psychologist specializing in mindfulness-based interventions and physician wellness. He has a private practice in Portland, OR and is an adjunct professor of psychology at Maitripa College. Dr. Rubin is also a founding member of and teacher for Mindful Medicine, an organization of physicians and mindfulness educators dedicated to providing evidence-based mindfulness, wellness, and resiliency skills training that benefit physicians and the communities they serve. **Dr. Rubin is the 2016 TFME John Alsever, M.D., Lecturer**

## Friday, October 14, 2016

**7:00-7:30a** **Registration/Continental Breakfast** Galleria Suite

**7:30-8:00** **Welcome and Introductions**  
*Dr. Egener and Tim Goldfarb*

**8:00-8:55** **Plenary 1**  
*Tait Shanafelt, M.D.*  
**Finding Meaning & Professional Satisfaction in the**

## Practice of Medicine

Distress is common among physicians and can have substantial personal and professional implications. An extensive body of research has demonstrated a strong link between physician's personal well-being and the quality of care they provide patients. Several decades of research have identified many of the factors that contribute to physician's distress. More recently, studies have begun to define the personal and professional characteristics that contribute to physician well-being and satisfaction. Dr. Shanafelt will review the literature on physician satisfaction and burnout. This will include discussion of the professional repercussions of physician distress and why addressing this challenge is the shared responsibility of both individual physicians and health care organizations. Individual and organizational strategies to promote meaning and professional satisfaction will be highlighted.

**9:00-9:30** **Reactor Panel**  
*What is your System doing to Prevent Burnout?*

**9:30-9:45** **Refreshment Break**

**9:45-10:55** **Breakout Session 1** – All sessions on 3rd floor

*Tait Shanafelt, M.D.*

**From Burnout to Balance** Council Suite – 3rd floor

*Tracy Parks*

**Stress Less Achieve More** Forum Suite – 3rd floor

This workshop takes a practical approach toward a workflow method and principals fundamental to productivity with ideas on how to integrate them in your practice. You'll leave equipped with a framework to create a personalized productivity system (which we call your "second brain") as an approach to organize and define work, feel more in control of important actions and reduce stress.

*Dan Rubin, PsyD*

**Creating a Culture of Health: Building Physician Communities That Protect Against Burnout and Promote Wellbeing**

Director's Suite – 3rd floor

Physicians face high rates of burnout due to multiple stressors including isolation and lack of access to meaningful, positive, and supportive relationships with peers. How can we create changes within physician culture that reduce burnout, build resiliency, and deepen shared positive emotions and values related to the practice of medicine? This talk will focus on concrete mindfulness and compassion-based skills to create and sustain physician cultures of health and wellbeing.

*Jeffrey Horneck, M.D.*

**Compassion and Connection to Improve Resilience and Quality of Care** Studio Suite – 3rd floor

This breakout will focus on the importance of developing skills of compassion for ourselves and those for whom we care. Recalling the deep history of compassionate care within our field of medicine, we will link the current research in self compassion and empathic connections with the transformative power of presence within the patient encounter.

Participants will practice compassionate communication and enhance their personal and professional tools for relating more skillfully and authentically to both themselves and their patients.

**11:00-11:45** **Plenary 2**

*Tracy Parks*

**Productivity & Wellbeing**

In the 21st century the idea that you can "manage time" is a bit of a myth. Instead, productivity and wellbeing is more about choices, actions, attention and energy undergirded by personal workflow systems and behaviors. This session will take a brief look at the science around productivity and promote conversation and ideas toward mindfulness and wellbeing.

**11:45-12:45p** **Hosted Lunch** Galleria Ballroom Level

**12:50-2:00** **Breakout Session 2** – All sessions on 3rd floor

*Tracy Parks*

**Stress Less Achieve More** Forum Suite – 3rd floor

This workshop takes a practical approach toward a workflow method and principals fundamental to productivity with ideas on how to integrate them in your practice. You'll leave equipped with a framework to create a personalized productivity system (which we call your "second brain") as an approach to organize and define work, feel more in control of important actions and reduce stress.

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*Lisa Goren, MS*

**More Good Days: Engaging on Purpose** Council Suite – 3rd floor

When was the last time you had a good day at work? Having a good day has become increasingly difficult in a rapidly complex and changing environment. Juggling new regulations, technology and workflows is causing record rates of burnout and change fatigue. The good news is providers and organizations can thrive by adopting new skills and mindsets for rediscovering professional passion, tackling priorities, and sustaining higher levels of performance, even within an industry that is transforming at a record pace. Engaging deeply and meaningfully in work no longer needs to be elusive, rather it can be a daily practice making 'more good days' a reality.

- 2:00-2:15**      **Refreshment Break** Galleria Ballroom Level
- 2:15-2:25**      **Introduction to the World Café Method**
- 2:25-2:50**      **Round Table 1**
- 2:50-3:10**      **Round Table 2**
- 3:10-3:30**      **Round Table 3**
- 3:30-4:00**      **Group Disussion**
- 4:00-4:30**      **Commitment to Change and Evaluations**

## Registration Information

*Registration is online at [www.tfme.org](http://www.tfme.org). Hotel arrangements are made directly with the Portland Hilton Hotel. If you have questions, call the Foundation at (503) 222-1960. Space is limited; we would encourage you to register early.*

*In consideration of your fellow attendees and the faculty, the Foundation would respectfully ask that participants not bring infants or children to any of the sessions or lunch. Spouses and guests are welcome to register for the conference at a reduced registration fee of \$150.*

**Registration Fee:** \$275 (\$150 rate for spouses or residents) The event is being held at the Portland Hilton Hotel, 921 SW Sixth Avenue, Portland

**Refund Policy:** Refunds prior to September 1, 2016 will be charged a \$50 fee. No refunds after September 1, 2016

**Special Needs:** The Foundation For Medical Excellence fully complies with the legal requirements of the Americans with Disabilities Act. If any participant attending this educational activity is in need of accommodation, please contact the Foundation.

