Tracy Parks, Director & Productivity Ninja, Think Productive USA

Tracy is the owner and successful business who now curtails the learning and expertize of those experiences to offer tangible insight, support and solutions for the often overwhelmed professional. This has included one on one 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, physicians 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, Dr. Horacek served 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’s cultivated both a personal and professional practice of mindfulness, and co-founded the non-profit Mindful Medicine here in Portland (http://mindfulmedicinexp.org). Mindful Medicine hosts weekend workshops and more 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 Multnomah 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 resilience skills training that benefit physicians and the communities they serve. Dr. Rubin is the 2016 TFME John Aplee, M.D., Lecturer

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 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 reviewed 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.

Promoting Clinician Vitality & Well Being

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 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 distress. More recently, health care systems and clinicians 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 dimensions 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

Tait Shanafelt, M.D.
From Burnout to Balance Council Suite – 3rd floor

Promoting Clinician Vitality & Well Being

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 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 distress. More recently, health care systems and clinicians 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 dimensions 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

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 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 distress. More recently, health care systems and clinicians 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 dimensions 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

Thursday, October 14, 2016

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

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

8:00-8:55 Plenary 1

Tait Shanafelt, M.D.
Finding Meaning & Professional Satisfaction in the Practice of Medicine

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 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 reviewed 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.

Promoting Clinician Vitality & Well Being

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 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 distress. More recently, health care systems and clinicians 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 dimensions 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

Finding Meaning & Professional Satisfaction in the Practice of Medicine

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 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 reviewed 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.

Promoting Clinician Vitality & Well Being

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 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 distress. More recently, health care systems and clinicians 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 dimensions 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

Finding Meaning & Professional Satisfaction in the Practice of Medicine

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 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 reviewed 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.
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 Discussion

4:00-4:30 Commitment to Change and Evaluations

Registration Information

Registration is online at 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.