

Building well-being into culture: The Sanford clinician experience



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webinar series

On Jan. 26, 2021, the AMA held a webinar in the AMA STEPS Forward™ series: "Building well-being into culture."

Sanford Health is proud to be a physician-led integrated health system. An emphasis has been placed on promoting a culture of wellness, resiliency, growth, and family throughout its organization. In this webinar, the co-directors of their clinician experience office, Dr. Heather Spies and Aaste Campbell, share how Sanford Health clinicians are supported to help optimize work-life integration across the entire spectrum of their careers.

Webinar recording

Sandford toolkit

View or download the toolkit (PDF).

Speakers

Luis Garcia, MD, FACS, MBA, FASMB, president, Sanford Health Clinic



As president of Sanford Clinic, Dr. Garcia oversees clinic governance, mergers and acquisitions, and overall clinic integration. He is a board-certified surgeon who specializes in advanced laparoscopic

and bariatric surgeries & has been employed by Sanford since 2002. Dr. Garcia attended medical school at LaSalle University.

He completed his general surgery residency at the University of North Dakota and did a mini-fellowship in bariatric surgery at the University of Pittsburgh Medical Center; he also holds a health care MBA from the University of St. Thomas.

Heather Spies, MD, FCOG, medical director of clinician experience, Sanford Health



Dr. Spies is a board-certified OB/GYN physician and has been employed by Sanford since 2006. She attended medical school at the University of South Dakota & completed her OB/GYN residency at Creighton University in Omaha, NE. Dr. Spies devotes .8 of her FTE to clinical practice & the other .2 is dedicated to Clinician Experience.

She is also a clinical associate professor of OB/GYN for the USDSSOM, teaching students and residents.

Aaste Campbell, director of clinician experience, Sanford Health



Ms. Campbell has been employed by Sanford since 1999. She received her bachelor's degree from North Dakota State University and her master's degree from the University of Mary.

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