INCREASING JOY IN MEDICINE

INTERNATIONAL CONFERENCE ON PHYSICIAN HEALTH™

September 18–20, 2016 | Renaissance Boston Waterfront Hotel
Dear Colleagues:

On behalf of the American Medical Association, the Canadian Medical Association and the British Medical Association, welcome to the International Conference on Physician Health™ (ICPH).

The AMA is delighted to host this year’s conference in Boston, a renowned center of American medicine, and a perfect backdrop for this year’s meeting.

The success of this always informative, always stimulating international gathering is a result of the collective experience, wisdom, research and insights from colleagues like you. We thank you in advance for your commitment to promoting and preserving physician health and well-being, and to making a meaningful difference for doctors and patients in 21st century health care.

The theme of this year’s conference, “Increasing joy in medicine,” underscores that which we as physicians and healers seek every day. We, as thought-leaders of our profession, have both a vision and responsibility to remove the obstacles and solve those challenges that steal time from our patients, undermine quality care and drive physician burnout.

Increased bureaucracy, administrative burdens, red tape, poor technological interfaces—these are universal frustrations that are contributing to alarming rates of physician burnout around the world. During this three-day conference we will explore the depths of these issues and discuss the latest thinking and research on physician health to help you adapt and thrive in the modern health care landscape.

The seminars will help you develop ways to improve your well-being, enhance your professional satisfaction, achieve greater work-life balance, and promote a positive work environment in your hospital, clinic or practice.

It is our sincere hope you use the opportunity of this year’s ICPH to connect with colleagues, to share your personal stories of strength, and to reflect on why we chose this noble and important work.

Sincerely,

Andrew W. Gurman, MD
President
American Medical Association

Pali Hungin, OBE, MD
President
British Medical Association

Granger Avery, MD
President
Canadian Medical Association
Increasing joy in medicine: Workshops, oral and poster presentations highlight what's new

In exploring the theme of how to increase joy in medicine for physicians, the research and perspectives presented at this year’s ICPH focus on four primary areas of interest:

Individual Learn how to develop a personal action plan to enhance your health, job satisfaction and personal resilience.

Organizational Learn to promote a healthy workforce and positive work-life balance—both within the health care environment and within the organization—by improving organizational processes, focusing on health and lifestyle modifications, and lowering burnout.

Innovation Explore creative, novel ways to promote wellness, strengthen personal resilience and combat professional burnout.

Burnout Explore what causes burnout in physicians while learning about solutions to decrease burnout’s impact on physicians, their practices and their patients.

Number of AMA-PRA Category 1 credit™ per session indicated in brackets [1.0 or 1.5 CME credits].

Sunday, September 18

8–9 a.m. Registration and continental breakfast Atlantic Ballroom

9–9:15 a.m. Presidential welcome Pacific Good Ballroom

9:15–10 a.m. Keynote address: The healing and transformative power of mindfulness: Embodied joy and well-being in the practice of medicine and life Pacific Good Ballroom J. Kabat-Zinn [1.0 CME credit]

10–10:15 a.m. Workshops, oral and poster presentations highlight what’s new

10:30–11:30 a.m. Poster viewing: Group A Pacific Good Ballroom 4-5

11–11:15 a.m. Refreshment break and exhibitor visits

11:30–12:30 p.m. Plenary session: Exploring the impact of positive emotions on health and well-being Pacific Good Ballroom

12:30–1:30 p.m. Lunch Atlantic Ballroom

1:30–2:30 p.m. Breakout sessions

### Oral presentations: Research

#### Workshops

<table>
<thead>
<tr>
<th>Topic</th>
<th>Presenter(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>Pacific, 3rd fl. [1.0 CME credit]</td>
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<td>The relationship between support and surveillance: A randomized controlled trial evaluating the effect of COMPASS (Collaborative Multidisciplinary Program for Promoting Physician Well-being) on physician well-being, meaning and job satisfaction</td>
<td>I. Vithayathil, A. M. Shuman</td>
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### Monday, September 19

**Registration and continental breakfast** Atlantic Ballroom

#### Plenary session
- Highlighting innovative changes in American, British and Canadian medical school curricula and their potential to positively impact physician health in the future [Pacific Grand Ballroom]

**O. Cohen, L. Dyrbye, G. Moineau, W. Tierney** [1.5 CME credits]

**Poster viewing:** Group B

#### Individual

**Burnout**

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<th>Time</th>
<th>Location</th>
<th>Workshop</th>
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<td>9–10 a.m.</td>
<td>Pacific, 1st fl.</td>
<td>Atlantic Ballroom 1, 3rd fl.</td>
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<td>10–10:30 a.m.</td>
<td>Spectacle, 4th fl.</td>
<td>Atlantic Ballroom 2 &amp; 3, 3rd fl.</td>
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- *Feeling burned out? Using sciences and wisdom of contemplative practices to manage your stress and reduce burnout* [L. Loeb]
- *Joy to the word: Combining emotional and intellectual engagement to build workplace pleasure among physicians* [L. Levine, W. Wurth Balderer]

#### Innovation

<table>
<thead>
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<td>10:30 a.m.</td>
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- *Resilience: Building individuals and culture to keep the joy in the job: A train the trainer workshop* [C. Ong, W. Swigart]
- *The resilient physician: Institutional changes to promote whole physician health* [J. Barret, J. Lawrence, C. Cheng]

- *Social neuroscience-based strategies to enhance the rewards of practice through compassion and collaboration in complex organizations* [B. Lewis, M. Golding, A. Shen]

**Refreshment break and exhibitor visits**

**Lunch** Atlantic Ballroom

**Breakout sessions**

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<td>12 noon–1 p.m.</td>
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<td>1–2 p.m.</td>
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- *Oral presentations: Research*
  - Integrated personal and clinical health promotion in undergraduate medical education curricula [J. F. Darnell, J. Y. Yi, E. H. Doh, R. Viswanath]
  - Clinical anxiety—... or just amnesia but well... Self-report scales vs. clinical interviews: Do we overpathologize? [D. Cohen, W. Hart]
  - Strategies for putting the JOT back into practice after complaints [J. Hart]

- *Oral presentations: Perspective*
  - Toward preventing physician suicide: Incorporating the insights of those they leave behind [R. Myers]
  - Integrating physician and personal clinical health promotion in undergraduate medical education curricula [J. F. Darnell, J. Y. Yi, E. H. Doh, R. Viswanath]

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- *Decrease physician burnout, improve performance and job satisfaction with coaching* [J. Horbert]

**Oral presentations: Research**

- *A tale of two countries: Innovation and collaboration aimed at changing the culture of medicine in Uruguay* [I. Suepka, M. Viera, C. Sarre, W. Swigart, J. Greger]

**Oral presentations: Perspective**

- *Physician storytelling forum* [M. Enguad, J. Schneider, J. Zhang, T. Arora]

### Tuesday, September 20

**Continental breakfast** Atlantic Ballroom

#### Plenary session
- My life as a guitarologist [Pacific Grand Ballroom]

**S. Brown** [1.0 CME credit]

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- *Life by design: Realigning our priorities and values—reconnecting to well-being and fulfillment in medicine* [R. Clurman]

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- *Building a compassionate health care system: Through creativity, communication and connection* [J. Clurman, R. Karsian]

**Oral presentations: Research**

- *Integrating physician and personal clinical health promotion in undergraduate medical education curricula* [J. F. Darnell, J. Y. Yi, E. H. Doh, R. Viswanath]

**Oral presentations: Perspective**

- *Compassion, presence and resilience training (CPM™): Revitalizing the hearts of caregivers* [M. Ouellet, W. Scott, M. Coyle]

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- *Experiencing joy in medicine* [B. Feldstein, R. Smith-Coggins, A. Johnson]

- *Changing the face of health care through a leadership imperative* [A. Johnson, M. T. C. M. L. T..]

**Refreshment break and exhibitor visits**

#### Conference adjourned

**Atlantic Ballroom**

(Seat-and-go lunch boxes available.)
Time spent in direct patient care among Norwegian doctors from 1994 to 2014: A panel study
J. Rosta, O. Aaslund

Use of primary medical care by resident physicians: A cross-sectional study of University of Toronto trainees
S. Ratnapalan, E. Yeboah

What do we mean by physician wellness? A systematic review of its definition and measurement
K. Brody, M. Tuckel, C. Khan, K. Rig, M.L. Murphy, B. Bohman, E. Frank, A. Louie, J. Roberts

Wisdom and burnout in medical students

AMA PRA Category 1 CreditTM information

The American Medical Association has an agreement of mutual recognition of activities under Section 1 of the Royal College of Physician and Surgeons of Canada’s Maintenance of Certification (MOC) Program.

The American Medical Association and the European Union of Medical Specialists (UEMS) at mutual recognition under the Mutual Recognition of CME credits (ECMECs) should contact the UEMS at mutualrecognition@uems.eu.

AMA PRA Category 1 Credit

The American Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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We would like to thank the following individuals for their contribution to the planning of this conference

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The Physicians Foundation

Empowering Physicians
Improving Healthcare

Thank you to our exhibitors

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RecoveryTrek-Farley Center

A message from the World Medical Association

The World Medical Association (WMA) is proud to announce the recent adoption of new guidance on physician wellbeing. As an international organization with 112 medical association members from all over the world, the WMA was created to ensure the highest standards of ethical medical care for all people and the autonomy and unity of the medical profession.

Patient health matters to us, and so does physicians’ health. Visit wma.net to learn more about the WMA and their activities and policies.
Conference evaluation
We want to hear from you! Please complete the online evaluation form at ama-assn.org/go/physicianhealth. A reminder will be sent to you via email after the conference. Hardcopies of the evaluation copies will be available at the registration desk upon request.

Mark your calendar
Plan to join us October 11–13, 2018, in Toronto, Ontario. Email PhysicianHealthConference@cma.ca to receive conference updates.