

## Handout Instructions

***Title, Date and Location:***

UPMC Physician Well-Being Symposium  
January 22, 2020  
Virtual Event

***Program overview:***

A full day of programming consisting of lectures and workshops to discuss ways to address personal well-being and resilience, enhance our culture of wellness, and develop systems level solutions.

***Learning objectives:***

- Educate physicians on the definition of physician burnout as well as the extent of this problem nationally. Educate our physicians about the causes of physician burnout both nationally
- Educate physicians about the national initiatives, most notably those of the National Academy of Medicine, to address physician burnout and promote physician wellness.
- Teach the attendees about ongoing initiatives to improve physician burnout at UPMC. These include education about strategies to integrate wellness into their work, workshops with strategies to improve their resilience. We will also present exciting, ongoing work on revolutionizing the electronic health record at UPMC.

***Target Audience:***

UPMC Physician Faculty

***Faculty listing:***

1. Jennifer Berliner, MD  
Clinical Assistant Professor of Medicine  
Medical Director, Office of the Chief Medical and Scientific Office
2. Stuart Slavin, MD  
Senior Scholar for Well-Being at the ACGME
3. Anantha Shekhar, MD  
Senior Vice Chancellor for the Health Sciences  
John and Gertrude Petersen Dean, School of Medicine  
Professor of Psychiatry  
University of Pittsburgh

4. Jim Withers, MD  
Assistant Clinical Professor of Medicine  
University of Pittsburgh  
Medical Director and Founder of  
Pittsburgh Mercy's Operation Safety Net and the Street Medicine Institute  
Teaching Faculty UPMC Mercy Hospital Dept of Internal Medicine
5. Leslie Davis  
Senior Vice President  
Executive Vice President and Chief Operating Officer, Health Services Division
6. Kristian Feterik, MD, MBA, FACP, SFHM  
Hospitalist and Physician Informaticist  
eRecord Medical Director – Interoperability  
Associate Director, Clinical Documentation Integrity
7. Anthony Fiorillo, MD  
Medical Director Ambulatory eRecord, UPMC  
Clinical Associate Professor of Medicine  
Adjunct Associate Professor of Biomedical Informatics
8. Gary Fischer, MD  
Associate Chief Medical Information Office, UPMC  
Medical Director, eRecord Population Health and Ambulatory Decision Support  
Medical Director of General Internal Medicine Ambulatory Care
9. Simone Frerk  
Executive Director Food and Nutrition Health Services Division
10. Dena Hofkosh, MD, MEd  
Vice Chair for Faculty Development  
Department of Pediatrics
11. John J Howey  
Executive Chef
12. Sansea Jacobson, MD  
Associate Program Director, Office of Residency Training  
Program Director, Child and Adolescent Psychiatry Fellowship  
Program Director, Triple Board Program  
Co-Chair, UPMC GME WELL (Well-Being, Environment, Learning and Living) Subcommittee
13. Jane M. Liebschutz, MD, MPH, FACP  
Chief, Division of General Internal Medicine  
Professor of Medicine  
Director, Center for Research on Health Care
14. Joseph E. Losee, MD, FACS, FAAP  
Dr. Ross H. Musgrave Endowed Chair in Pediatric Plastic Surgery  
Associate Dean for Faculty Affairs, University of Pittsburgh School of Medicine  
Professor and Executive Vice Chair, Department of Plastic Surgery

Division Chief, Pediatric Plastic Surgery, Children's Hospital of Pittsburgh of UPMC

15. Cristin Mcdermott, MD  
Assistant Professor of Psychiatry and Pediatrics  
Associate Program Director, Triple Board Program
16. Lisa Podgurski, MD MS  
Medical Director, Magee Palliative Care Service  
Co-director, Longitudinal Alliance Program
14. Jeffrey Rixe  
Clinical Assistant Professor of Emergency Medicine  
Emergency Department Attending Physician
15. Steven D. Shapiro, MD  
Executive Vice President, UPMC  
Chief Medical and Scientific Officer  
President, Health Services Division
16. Felicia Snead, MD  
Clinical Assistant Professor in the Department of Radiation Oncology
17. Deborah Snyder, DO  
Family and Lifestyle Medicine  
UPMC Hermitage Community Medicine  
Shared Savings POD Leader- Horizon
18. Ann E. Thompson, MD, MCCM  
Vice Dean  
Professor, Critical Care Medicine  
University of Pittsburgh School of Medicine
19. Michelle Thompson, DO  
Chair, Family Medicine, UPMC Horizon

**2021 UPMC Physician Well-Being Symposium January 22nd, 2021**

| 8:00 - 11:20 AM  | MORNING SESSION   |
|--|---|
| 8:00-8:05:<br>Introduction                                       | <b>Dr. Jennifer Berimer, MD</b><br>Co-Chair of UPMC Physician THRIVE<br>Medical Director, Office of the Chief Medical and Scientific Officer, UPMC<br>Clinical Assistant Professor of Medicine, Heart and Vascular Institute  |
| 8:05-8:20:<br>Executive Champion Welcome Remarks                 | <b>Dr. Steve Shapiro, MD</b><br>Executive Vice President<br>Chief Medical and Scientific Officer<br>President, Health Services Division   |
| 8:20-8:35:<br>Speaker #1   | <b>Anantha Shekhar, MD, PhD - Physician Well-Being: An Academic Medical Center Perspective</b><br>Senior Vice Chancellor for the Health Sciences<br>John and Elizabeth Pearson Dean, School of Medicine<br>Professor of Psychiatry<br>University of Pittsburgh  |
| 8:35-8:40:<br>Break  |   |
| 8:40-8:45:<br>Guided Meditation                                  | <b>Erin Commandatore</b><br>M.D. M.P.H.<br>Program Manager, UPMC/UPMC EAP   |
| 8:45-9:00:<br>Break  |   |
| 9:00-9:45:<br>Diversity Panel                                    | <b>What does the intersection of Wellness and Diversity Mean to You?</b><br><b>Aida Gonzalez, MD, MEd</b><br>Associate Dean for Student Affairs<br>University of Pittsburgh School of Medicine<br><b>Joseph Losca, MD, FACS, FAAP</b><br>Dr. Ross M. Shargare Endowed Chair in Pediatric Plastic Surgery<br>Associate Dean for Faculty Affairs, University of Pittsburgh School of Medicine<br>Professor and Executive Vice Chair, Department of Plastic Surgery, UPMC<br>Division Chief, Pediatric Plastic Surgery, Children's Hospital of Pittsburgh<br><b>Steven Evans, MD, FACS</b><br>Clinical Professor of Surgery<br>Division of Surgical Oncology<br><b>Moderated by: Rockwell Trapp, MD MPH, CDR USN</b><br>Vice Chair of Diversity & Inclusion for UPMC Medical Education<br>Clinical Assistant Professor, Department of Emergency Medicine<br>Hospitalist Physician, UPMC St. Margaret's & UPMC Magee<br>Command Physician M.D./J.D., UPMC Communication Center<br>UPMC Medical Director, UPMC Psychologist  |
| 9:45-9:55:<br>Break  |   |
| 9:55-10:10:<br>Speaker #2  | <b>Dr. Jane Liebschultz, MD, speaking on our 2020 UPMC Physician and APP Well-Being Survey Results</b><br>Chief, Division of General Internal Medicine<br>Professor of Medicine (Gold Family)<br>UPMC Executive Chair of Translational Medicine and Research<br>University of Pittsburgh School of Medicine, UPMC Health System   |
| 10:10-10:20:<br>Break  |   |
| 10:20-11:20:<br>Workshops Round 1                                | <b>Physician Fitness 101: How to stop making excuses and achieve your fitness goals</b><br>Jeffrey Katz, Nancy Pines, and Steve Mendelsohn<br><b>Discover Joy in Using Epic Care: Hands On Workshop for Customization and Personalization</b><br>Kathleen Arnold, Anthony Flax-Stein, Gary Fischer<br><b>Wellbeing and Resilience in the Time of COVID-19</b><br>Susan M. Tompler<br><b>Write It Out: Reflective Writing as a Burnout Tool for Physicians</b><br>Tara Sanford<br><b>Beyond the Basics: Tips and Tricks for Success with Cerner</b><br>Kristian Pearce, Michael Curran, Rajesh Parvath, Louis Loff, Ann Parvath<br><b>Improving Your Health One Bite at a Time</b><br>Elizabeth Sawyer, Simon A. Frank, John Mowry<br><b>Mind Body Medicine for Physicians - Healing the Healer</b><br>Michelle Thompson and Steve Stone   |
| 11:20-11:45:<br>Lunch Preparation                                |   |
| 11:45-12:45:<br>Speaker #3                                       | <b>"Resident and Faculty Well-Being: Finding a Path Forward"</b><br>Dr. Stuart Slavin, MD, MEd, ACGME senior scholar  |
| 12:45-1:00:<br>Break   |   |
| 1:00-4:30 PM   | AFTERNOON SESSION   |
| 1:00-1:10:<br>Break  |   |
| 1:10-1:30:<br>Speaker #4   | <b>Dr. Joseph Losca co-chair of UPMC Physician THRIVE</b><br><b>Dr. Jim Withers, MD, FACP - "How Street Medicine Can Humanize and Improve Healthcare"</b><br>Assistant Clinical Professor of Medicine<br>University of Pittsburgh<br>Medical Director and Founder of<br>Pittsburgh Street's Operation Safety Pin and the Street Medicine Institute<br>Pittsburgh Faculty UPMC Mercy Hospital Dept of Internal Medicine  |
| 1:30-1:40:<br>Break  |   |
| 1:40-2:00:<br>Speaker #5   | <b>Leslie C. Davis - "The UPMC Experience"</b><br>Senior Vice President, UPMC<br>Executive Vice President & COO<br>UPMC Health Services Division  |
| 2:00-2:10:<br>Break  |   |
| 2:10-3:00:<br>Executive Panel                                    | <b>Executive Leadership Q+A</b><br><b>Steven D. Shapiro, MD</b><br>Executive Vice President<br>Chief Medical and Scientific Officer<br>President, Health Services Division<br><b>Leslie Davis</b><br>Senior Vice President<br>Executive Vice President and Chief Operating Officer, Health Services Division<br><b>Anantha Shekhar, MD, PhD</b><br>Senior Vice Chancellor for the Health Sciences<br>John and Elizabeth Pearson Dean, School of Medicine<br>Professor of Psychiatry<br>University of Pittsburgh<br><b>Moderated by: Sensea Jacobson, MD and Cristin McDermott, MD</b><br>Dr. Jacobson - Program Director, CHM Fellowship & Triple Board<br>Co-Chair, UPMC CARET WELL Subcommittee<br>Co-Chair, ACGME Training and Education Committee<br>Associate Professor, University of Pittsburgh<br>Dr. McDermott - Associate Training Director, Triple Board Program<br>Assistant Professor, Dept of Psychiatry & Psychology<br>Paul C. Dineley, Division of Pediatric Hospital Medicine<br>Behavioral Health & Sciences Division, Child and Adolescent Communication & Liaison Psychiatry<br>UPMC Children's Hospital of Pittsburgh |
| 3:00-3:10:<br>Mindful Eating<br>*Bring any food items to session | <b>Dr. Michelle Thompson, DO, AOBFP, ABOIM, DPAABLM</b><br>Chief Medical UPMC Pediatric<br>Board Certified Integrative & Lifestyle Family Medicine  |
| 3:10-3:20:<br>Break  |   |
| 3:20-4:20:<br>Workshops Round 2                                  | <b>Feel Well Arts - Art Based Self-Care Strategies</b><br>Dr. Patricia Sordani and Sharon K. Pines<br><b>Visual Thinking Strategies to Enhance Virtual Patient Provider Relationship</b><br>Diana M. Kish and David Dixon<br><b>WorkFlow Yoga: How to Integrate Yoga into a Busy Day</b><br>Marisa Luvier and Nicole Semkin<br><b>Wellbeing and Resilience in the Time of COVID-19</b><br>Susan M. Tompler<br><b>Write It Out: Reflective Writing as a Burnout Tool for Physicians</b><br>Tara Sanford<br><b>Beyond the Basics: Tips and Tricks for Success with Cerner</b><br>Kristian Pearce, Michael Curran, Rajesh Parvath, Louis Loff, Ann Parvath<br><b>Improving Your Health One Bite at a Time</b><br>Elizabeth Sawyer, Simon A. Frank, John Mowry<br><b>Mind Body Medicine for Physicians - Healing the Healer</b><br>Michelle Thompson and Steve Stone  |
| 4:20-4:30:<br>Concluding Remarks                                 | <b>Dr. Jennifer Berimer and Dr. Joseph Losca, co-chairs of UPMC Physician THRIVE</b>  |

\*Adjournment at 4:30

### **CME Accreditation and Designation Statement**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### **Physician (CME)**

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Other Healthcare Professionals**

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### **Faculty Disclosure:**

All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

|                      |   |                        |
|----------------------|---|------------------------|
| Anthony Fiorillo     | Cerner  | Stockholder            |
| Robert Arnold        | Board member Vital Talk                                 | Other                  |
| Robert Arnold        | Editor Up-to-Date                                       | Other                  |
| Vu Nguyen            | Allergan Foundation                                     | Grant/Research Support |
| Joseph Maroon, MD    | Author of Square One- A Simple Guide to a Balanced Life | Other                  |
| Anatha Shekhar, MD   | Anagin, Inc.  | Other                  |
| Anatha Shekhar, MD   | Gate Pharmaceuticals                                    | Other                  |
| Anatha Shekhar, MD   | Karuna Pharmaceuticals                                  | Other                  |
| Anatha Shekhar, MD   | Vaculonics  | Other                  |
| Anatha Shekhar, MD   | Mindx   | Other                  |
| Kristian Feterik, MD | Cerner Physician Advocate                               | CE Speakers' Bureau    |
| Kristian Feterik, MD | Allscripts  | CE Speakers' Bureau    |

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

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