

Handout Instructions

Title, Date and Location:

UPMC Well-Being Symposium
January 31, 2020
Herberman Conference Center, Shadyside Hospital

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. Robert Bart, MD
Associate Professor of Critical Care Medicine
Chief Medical Information Office, UPMC Health Services Division
2. Jennifer Berliner, MD
Clinical Assistant Professor of Medicine
Medical Director, Office of the Chief Medical and Scientific Office
3. Lori Bigi, MD
Assistant Professor of Medicine
Department of Medicine
4. Deepa Burman, MD
Co-Director, Pediatric Sleep Evaluation Center, UPMC Children's Hospital of Pittsburgh
Visiting Associate Professor of Pediatrics, University of Pittsburgh School of Medicine
5. Neil Busis, MD
Clinical Professor, Department of Neurology, University of Pittsburgh School of Medicine
Director, Community Neurology, UPP Department of Neurology
Director, General Teleneurology, UPP Department of Neurology
Chief of Neurology – UPMC Shadyside
Director, Neurodiagnostic Laboratory – UPMC Shadyside
6. Deepinder Dhaliwal, MD, L.Ac
Professor of Ophthalmology
Director, Cornea, Cataract and External Disease Service
Director, Refractive Surgery Service
Medical Director, UPMC Laser Vision/Aesthetic Center
Director and Founder, Center for Integrative Eye Care
Associate Medical Director, Charles T. Campbell Ocular Microbiology Laboratory
Director, Cornea, External Disease and Refractive Surgery Fellowship
University of Pittsburgh School of Medicine
7. Kristian Feterik, MD, MBA, FACP, SFHM
Hospitalist and Physician Informaticist
eRecord Medical Director – Interoperability
Associate Director, Clinical Documentation Integrity
8. Anthony Fiorillo, MD
Medical Director Ambulatory eRecord, UPMC
Clinical Associate Professor of Medicine
Adjunct Associate Professor of Biomedical Informatics
9. 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

10. Jessica M. Gannon, MD (gannonjm@upmc.edu)
Medical Director of WPH Ambulatory eRecord
Medical Director of the CRS Ambulatory Clinics
Assistant Professor, University of Pittsburgh
11. Rex Gatto, Ph.D., BCC
Gatto Associates, LLC.
Counselor, coach, facilitator, and presenter
12. Esra Karlioglu French, MD
Endocrinology and Metabolism
Clinical Associate Professor of Medicine
Endocrine Medical Director
13. Simone Frerk
Executive Director Food and Nutrition Health Services Division
14. Dena Hofkosh, MD, MEd
Vice Chair for Faculty Development
Department of Pediatrics
15. Kerry Horvath, DO
UPMC Community Medicine Inc
16. John J Howey
Executive Chef
17. 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
18. Martin Johns, MD
UPMC Community Medicine Inc.
19. Naudia Jonassaint, MD, MHS
Gastroenterology
Vice Chair for Diversity and Inclusion, Department of Medicine
20. Kate Kernan, MD, MFA
Assistant Professor of Critical Care Medicine
21. Andrew Klein, MD
General Internal Medicine
Academic Clinician-Educator Scholars (ACES) General Internal Medicine Fellow
Clinical Instructor of Medicine

22. Jane M. Liebschutz, MD, MPH, FACP
Chief, Division of General Internal Medicine
Professor of Medicine
Director, Center for Research on Health Care
23. 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
24. Andrew McCormick, MD, FAAP
Associate Professor of Pediatrics
Medical Director, Vascular Anomalies Center of UPMC
Director Healthy Transitions Program, Down Syndrome Cent
25. Cristin Mcdermott, MD
Assistant Professor of Psychiatry and Pediatrics
Associate Program Director, Triple Board Program
26. Melissa McNeil, MD
Professor of Medicine and Obstetrics, Gynecology and Reproductive Sciences
Vice Chair of Education
27. Olga Milgrom, MD
Assistant Professor of Psychiatry
28. Charissa Pacella, MD
Chief of Emergency Medicine Services, UPMC Presbyterian
Associate Professor of Emergency Medicine
Vice Chair of Clinical Operations Department of Emergency Medicine
Emergency Department Attending Physician
29. Andrew Peitzman, MD
Executive Vice-Chair and Vice-Chair for Clinical Services
Distinguished Professor of Surgery
Mark M. Ravitch Chair in Surgery
Chief, Division of General Surgery
Vice-President for Trauma and Surgical Services, UPMC
30. Lisa Podgurski, MD MS
Medical Director, Magee Palliative Care Service
Co-director, Longitudinal Alliance Program
Clinical Assistant Professor of Medicine
31. Ana Radovic, MD, MSc
Assistant Professor of Pediatrics, University of Pittsburgh School of Medicine

32. Jeffrey Rixe
Clinical Assistant Professor of Emergency Medicine
Emergency Department Attending Physician
33. Steven D. Shapiro, MD
Executive Vice President, UPMC
Chief Medical and Scientific Officer
President, Health Services Division
34. Felicia Snead, MD
Clinical Assistant Professor in the Department of Radiation Oncology
35. Deborah Snyder, DO
Family and Lifestyle Medicine
UPMC Hermitage Community Medicine
Shared Savings POD Leader- Horizon
36. Ritu Thamman
Clinical Instructor in Medicine
University of Pittsburgh School of Medicine
37. Ann E. Thompson, MD, MCCM
Vice Dean
Professor, Critical Care Medicine
University of Pittsburgh School of Medicine
38. Michelle Thompson, DO
Chair, Family Medicine, UPMC Horizon
39. Rachel Vanderberg, MD
Department of Medicine, Internal Medicine

Agenda

Friday, January 31, 2020

Herberman Conference Center

Morning Session

7:30a.m.	Registration and Breakfast
8:00a.m.	Introduction Dr. Jennifer Berliner
8:05a.m.	Executive Champion Welcome Remarks Dr. Steven Shapiro and Dr. Ann Thompson
8:20a.m.	Establishing Clinician Well-Being as a National Priority: An Updated on the National Academy of Medicine's Progress Dr. Neil Busis
8:35a.m.	The Contribution of Diversity to Wellness Dr. Naudia Jonaissant
8:50a.m.	No, I'm Not Trying to Make You Miserable: Trying to Make the EHR Work for You Dr. Robert Bart
9:05a.m.	Panel Discussion Moderators: Dr. Jennifer Berliner and Dr. Dena Hofkosh
9:15a.m.	Guided Meditation (no CME credit awarded) Erin Commendatore
9:20a.m.	Break/Move to Workshops
9:30a.m.	Workshop Session #1
10:30a.m.	Move to Main Auditorium
10:40a.m.	Coaching Exercise Dr. Jane Liebschutz
10:50a.m.	Grants for Change Presentations Timeslot Name 10:50 Dr. Deepinder Dhaliwal 11:00 Dr. Charissa Pacella 11:10 Dr. Lisa Podgurski 11:20 Dr. Olga Milgrom 11:30 Dr. Jeffrey Rixe 11:40 Dr. Deepa Burman 11:50 Dr. Ana Radovic
12:00p.m.	Lunch/Abstract Display/Resource Display <i>Please use this time to view your colleagues' abstract displays and speak with the available resources.</i>

Friday, January 31, 2020

Herberman Conference Center

Afternoon Session

12:00p.m.

Registration

For those joining for only the afternoon session

1:00p.m.

Introduction

[Dr. Dena Hofkosh](#)

1:05p.m.

Grants for Change Presentations

Timeslot Name

1:05 Dr. Esra Karslioglu French

1:15 Dr. Andrew McCormick

1:25 Dr. Martin Johns

1:35 Dr. Sansea Jacobson

1:45 Dr. Lori Bigi

1:55p.m.

Guided Meditation (no CME credit awarded)

[Erin Commendatore](#)

2:05p.m.

The Yin and Yang of Life in Medicine

[Dr. Andrew Peitzman](#)

2:25p.m.

Do We Really Care About Physician Well-Being? Reflections on Optimism and Challenges

[Dr. Dena Hofkosh](#)

2:45p.m.

Question/Answer Session

[Moderators: Dr. Jennifer Berliner and Dr. Dena Hofkosh](#)

2:55p.m.

Coaching Exercise

[Dr. Rex Gatto](#)

3:05p.m.

Break/Move to Workshops

3:15p.m.

Workshop Session #2

4:15p.m.

Closing Remarks

[Dr. Joseph Losee](#)

4:30p.m.

Adjournment

Featured Workshops

Culture of Wellness

[Creating the Culture of Wellness: Physicians as Readers and Poets](#)

Presented by: Kate Kernan

[#MeToo: Practical Strategies to Respond to Sexual Harassment in Medicine](#)

Presented by: Emmanuelle Yecies and Melissa McNeil

[The Perfect Pitch - Gaining Buy-in for Systems Level Change](#)

Presented by: Sansea Jacobson and Cristin McDermott

Efficiency of Practice

[Discover Joy in Using EpicCare: Hands On Workshop for Customization and Personalization](#)

Presented by: Gary Fischer and Anthony Firoillo

Personal Resilience

[Burnout is Out, Grit is In: Cultivating Trainee Grit and Engagement to Enhance Wellbeing and Diminish Burnout](#)

Presented by: Andrew Klein, Brianna Rossiter, Rachel Vanderberg, and Melissa McNeil

[Doctor's In The Kitchen](#)

Presented by: Deborah Snyder, Simone Frerk, and John Howey

[Feel Well Arts-Art based Self-Care Strategies](#)

Presented by: Felicia Snead

[Narrative Medicine to Prevent Burnout](#)

Presented by: Ritu Thamman

[Things I Didn't Know Until I Married a CERTIFIED FINANCIAL PLANNER™](#)

Presented by: Kerry Horvath

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 6.75 *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.

Disclaimer Statement

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

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	VitalTalk	Board member
Robert Arnold	Up-to-Date	Editor
Vu Nguyen	Allergan Foundation	Allergan Foundation: Grant Support
Deepinder Dhaliwal, MD	Avedro	Grant Research Support
Deepinder Dhaliwal, MD	Noveome	Grant Research Support
Deepinder	Novartis	Consultant

Dhaliwal, MD		
Deepinder Dhaliwal, MD	Allergan	Consultant
Deepinder Dhaliwal, MD	Trefoil	Consultant
Deepinder Dhaliwal, MD	Staar Surgical	CE Speakers' Bureau
Deepinder Dhaliwal, MD	Ocular Therapeutix	CE Speakers' Bureau
Deepinder Dhaliwal, MD	CorneaGen	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.