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 Buis
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 Dharwal
  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
  Please use this time to view your colleagues’ abstract displays and speak with the available resources.
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

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<tr>
<td>1:05</td>
<td>Dr. Esra Karslioglu French</td>
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<td>Dr. Martin Johns</td>
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1:55p.m. Guided Meditation (no CME credit awarded)

**Erin Commenatore**

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. Adjourment
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.

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