

## Handout Instructions

**Title, Date and Location:** UPMC Physician Well-Being Symposium  
January 21, 2022  
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. Jose Abad, MD, FAAFP
2. Priyanka Amin, MD  
Assistant Professor of Psychiatry
3. Jonathan Arnold, MD
4. Jennifer Berliner, MD  
Assistant Professor of Medicine  
Medical Director, UPMC Physician Well-being
5. Erin Commendatore

6. Madeleine Courtney-Brooks  
Assistant Professor, Department of Obstetrics, Gynecology and Reproductive Sciences, and  
Division Director, Gynecologic Oncology
7. Michael Curren, MD
8. Victoria Deans, LCSW  
Program Manager, Physician Assistance Program, Resident, and Fellow, Assistance Program
9. Kristian Feterik, MD, MBA, FACP, SFHM  
Hospitalist and Physician Informaticist  
eRecord Medical Director – Interoperability  
Associate Director, Clinical Documentation Integrity
10. Anthony Fiorillo, MD  
Medical Director Ambulatory eRecord, UPMC  
Clinical Associate Professor of Medicine  
Adjunct Associate Professor of Biomedical Informatics
11. 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
12. Jordan Frey, MD  
Assistant Professor of Plastic Surgery, Erie County Medical Center, University of Buffalo School of  
Medicine  
Founder of “The Prudent Plastic Surgeon”
13. Rex Gatto, Ph.D., BCC  
Gatto Associates, LLC.  
Counselor, coach, facilitator, and presenter
14. Jesse A. Goldstein, MD  
Associate Professor of Plastic Surgery
15. Gregory Bump, MD  
General Internal Medicine  
Professor of Medicine  
Associate Dean for Graduate Medical Education  
Designated Institutional Official  
Chair, Graduate Medical Education Committee
16. Judy Chang, MD, MPH  
Associate Professor, Department of Obstetrics, Gynecology & Reproductive Sciences, and Internal  
Medicine  
Associate Professor, Clinical and Translational Science Institute, University of Pittsburgh School of  
Medicine  
Assistant Dean of Medical Student Research, University of Pittsburgh School of Medicine  
Director of the Clinical Scientist Training Program, University of Pittsburgh Institute of Clinical  
Research Education

17. Victoria Deans, LCSW  
Program Manager, Physician Assistance Program
18. Melinda Hamilton, MD, MS  
Associate Professor of Critical Care Medicine
19. Robert Handzel, MD  
Assistant Professor of Surgery
20. 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
21. Darrell Kirch, MD  
President Emeritus, Association of American Medical Colleges and Adjunct Professor of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
22. Dennis Martin, OTR/L, CHT
23. Joon Lee, MD  
Senior Vice President, UPMC  
President, Physician Services, UPMC Health Service Division  
Vice Dean for Clinical Affairs in the School of Medicine  
Professor of Medicine, Department of Cardiology  
University of Pittsburgh School of Medicine
24. Jane M. Liebschutz, MD, MPH, FACP  
Chief, Division of General Internal Medicine  
Professor of Medicine  
Director, Center for Research on Health Care
25. 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
26. Dennis Martin, OTR/L, CHT
27. Julie McCausland, MD, MS, FACEP  
Associate Professor of Emergency Medicine  
Co-Chair, Program Director Leadership Development Committee  
Director of Transitional Residency Program  
Emergency Department Attending Physician
28. Cristin Mcdermott, MD  
Assistant Professor of Psychiatry and Pediatrics  
Associate Program Director, Triple Board Program

29. C. Reed Natali, CFA, CFP, CAP  
Managing Director, Shorebridge Wealth Management, LLC
30. 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
31. Christina Pisani-Conway, MD  
Assistant Professor, Department of Obstetrics, Gynecology & Reproductive Sciences
32. Lisa Podgurski, MD MS  
Medical Director, Magee Palliative Care Service  
Co-director, Longitudinal Alliance Program
33. John Rozel, MD  
Associate Professor of Psychiatry  
Adjunct Professor of Law  
Medical Director, resolve Crisis Network
34. Salim Saiyed, MD  
Vice President and Chief Medical Information Officer, UPMC Pinnacle
35. Karen Schoedel, MD  
Professor of Pathology, Division of Anatomic Pathology  
Director of the Bone and Soft Tissue Fellowship  
University of Pittsburgh School of Medicine
36. Gaeten Sgro, MD  
General Internal Medicine  
Academic Hospitalist, VA Pittsburgh Healthcare System  
Clinical Assistant Professor of Medicine, University of Pittsburgh School of Medicine
37. Anantha Shekhar, MD  
Senior Vice Chancellor for the Health Sciences  
John and Gertrude Petersen Dean, School of Medicine  
Professor of Psychiatry  
University of Pittsburgh
38. Deborah Snyder, MD  
Family and Lifestyle Medicine  
UPMC Hermitage Community Medicine  
Shared Savings POD Leader- Horizon
39. Andrew Thurston, MD  
General Internal Medicine  
Clinical Assistant Professor of Medicine  
Medical Director of Palliative Care, UPMC Mercy
40. Rickquel Tripp, MD, MPH, LCDR, USNR

Clinical Assistant Professor of Emergency Medicine  
EMS Medical Director, Penn Hills, SouthEast Regional, Lower Valley and Foxwall  
Emergency Department Attending Physician

41. Donald Yealy, MD, FACEP  
Senior Vice President and Chief Medical Officer, UPMC  
Professor and Chair of Emergency Medicine, Department of Emergency Medicine  
Professor of Medicine and Clinical and Translational Sciences, University of Pittsburgh School of  
Medicine  
Vice President of Emergency and Urgent Care, UPMC Physician Services

# Agenda

Friday, January 22, 2021

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## *Morning Session*

- 8:00-8:05:** Introduction/Opening Remarks  
**Jennifer Berliner, MD**, Assistant Professor of Medicine, Medical Director, UPMC Physician Well-being
- 8:05-8:25:** Welcome Remarks
- **Donald M. Yealy, MD**, Senior Vice President and Chief Medical Officer, UPMC
  - **Anantha Shekhar, MD, PhD**, Dean, University of Pittsburgh Medical School and Senior Vice Chancellor for Health Sciences, University of Pittsburgh
- 8:30-8:45:** “A Personal Success Story with Professional Satisfaction,”  
**Madeleine Courtney-Brooks, MD, MPH**, Assistant Professor, Department of Obstetrics, Gynecology and Reproductive Sciences, and Division Director, Gynecologic Oncology
- 8:50-9:50:** Executive Panel – Physician Q&A  
Featuring:
- **Joon Lee, MD** President, UPMC Physician Services, Health Services Division
  - **Anantha Shekhar, MD, PhD**, Dean, University of Pittsburgh Medical School and Senior Vice Chancellor for Health Sciences, University of Pittsburgh
  - **Donald M. Yealy, MD**, Senior Vice President and Chief Medical Officer, UPMC
- Moderated by:
- **Sansea Jacobson, MD**, Co-Chair, UPMC GMEC WELL Subcommittee
  - **Cristin McDermott, MD**, Assistant Professor, Departments of Pediatrics and Psychiatry
- 9:50-10:00:** Ergonomics with **Dennis Martin, OTR/L, CHT**
- 10:00-10:10:** *Break*
- 10:10-10:40:** “20 Years of Electronic Records and Impact on Providers Well-Being: A Personal Reflection,”  
**Tony Fiorillo, MD**, Retired Clinical Associate Professor of Medicine and Bioinformatics
- 10:40-10:55:** Physician Assistance Overview of Services
- **Victoria Deans, LCSW**, Program Manager, Physician Assistance Program, Resident, and Fellow, Assistance Program
  - **Charissa Pacella, MD**, Chief of Emergency Medicine Services, UPMC Presbyterian, Associate Professor of Emergency Medicine, Vice Chair, Clinical Operations, Department of Emergency Medicine, Emergency Department Attending Physician

**10:55-11:05:** *Break*

**11:05-12:05:** Morning Workshops:

- Discover Joy in Using EpicCare: Hands On Workshop for Customization and Personalization
- Clinic Sprint EHR Optimization
- Physician Peer Coaching
- The Journey to Knowing Thyself & Becoming an Anti-Racist
- Meditation, Mantra, and Pranayama for Self-Care
- The System is Broken and Poetry Won't Fix It (But it Might Save Your Soul)
- Ergonomics

**12:05-12:25:** Lunch Preparation

**12:25-1:25:** “Will 2022 Be the Turning Point in the Parallel Pandemic of Clinician Burnout?”

**Darrell G. Kirch, MD**, President Emeritus, Association of American Medical Colleges and Adjunct Professor of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

**1:25-1:30:** *Break*

### *Afternoon Session*

**1:30-1:35:** Introduction/Opening Remarks,

**Joseph E. Losee, MD**, Ross H. Musgrave Professor of Pediatric Plastic Surgery, Executive Vice Chair, Department of Plastic Surgery, Associate Dean, Faculty Affairs, University of Pittsburgh School of Medicine, Co-Chair, Physician THRIVE

**1:35-1:50:** “Digging Into the 2020 UPMC Physician Survey Results: Lessons for Future Directions,”

**Jane Liebschutz, MD**, Chief, Division of General Internal Medicine, Professor of Medicine (with Tenure), UPMC Endowed Chair of Translational Medicine and Research, University of Pittsburgh School of Medicine, UPMC Health System

**1:50-2:00:** **Meditation with Erin Commendatore, M.A.Ed/CN**

**2:00-2:10:** *Break*

**2:10-3:30:** Financial Well-being Panel

Featuring:

- **Jordan Frey, MD**, Assistant Professor of Plastic Surgery, Erie County Medical Center, University of Buffalo School of Medicine, founder of “The Prudent Plastic Surgeon”  
<https://prudentplasticsurgeon.com/>
- **C. Reed Natali, CFA, CFP, CAP**, Managing Director, Shorebridge Wealth Management, LLC
- **Jesse A. Goldstein, MD**, Associate Professor of Plastic Surgery

**3:30-3:40:** *Break*

**3:40-4:40:** Afternoon Workshops:

- Modernizing Cerner for Physicians – Tools for Success and Efficiency
- Discover Joy in Using EpicCare: Hands On Workshop for Customization and Personalization
- Creating a Culture of Professionalism at UPMC
- Dangerous Liaisons: Common Features of Intimate Partner Violence
- Ayurveda
- Colleague Consult: Strategies for Maximizing Professional Satisfaction
- Getting What You Want (And What You Need): Negotiations and Well-Being

**4:40-4:50:** Concluding Remarks

**Jennifer Berliner, MD, Assistant Professor of Medicine, Medical Director, UPMC Physician Well-being**

**4:50:** Adjournment



## **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), 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 designates this live activity for a maximum of 7.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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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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, MD	Cerner Corporation	Stockholder
C. Reed Natali	Financial Advisor with clients and potential clients employed by UPMC	Other
Vu Nguyen, MD	Gore Medical	Consultant
Vu Nguyen, MD	Allergan Foundation	Grant/Research Support
Joseph Losee, MD	Eksevier and Theime	Other
Anatha Shekhar, MD	Anagin, Inc.	Other
Anatha Shekhar, MD	Gate Pharmaceuticals	Other
Anatha Shekhar, MD	Karuna Pharmaceuticals	Other
Anatha Shekhar, MD	Vasculonics	Other
Anatha Shekhar, MD	Mindx	Other
Kristian Feterik, MD	Cerner	CE Speakers' Bureau
Kristian Feterik, MD	Allscripts	CE Speakers' Bureau
Donald Yealy, MD	NIH/NHLBlon Acute Lung Injury	Grant/Research Support
Donald Yealy, MD	Expert consulting for local malpractice groups	Consultant
Donald Yealy, MD	Editor stipend for texts and journal	Other
Deepinder Dhaliwal, MD	Kowa	Grant/Research Support
Deepinder Dhaliwal, MD	Glaukos	Grant/Research Support
Deepinder Dhaliwal, MD	Trefoil	Consultant
Deepinder Dhaliwal, MD	Johnson and Johnson	Consultant
Deepinder Dhaliwal, MD	Tarsus	Consultant
Deepinder Dhaliwal,	Lenz	Consultant

MD		
Deepinder Dhaliwal, MD	TearSolutions	Consultant
Deepinder Dhaliwal, MD	Haag Streit	Consultant
Deepinder Dhaliwal, MD	Allergan	Consultant
Deepinder Dhaliwal, MD	Novartis	Consultant
Joseph Maroon, MD	Author, Square One - A Simple Guide to a Balanced Life	Other
Carolyn De la cruz, MD	Impedimed	Other: I am on surgeon advisory board for Impedimed

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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