

## UPMC Physician Well-being Symposium 2023

January 20, 2023

Herberman Conference Center, Shadyside Hospital

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.

- 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.

### Faculty Listing:

1. **Jennifer Berliner, MD**, Director of Physician Well-being, Co-Chair - Physician THRIVE, UPMC
2. **Donald M. Yealy, MD**, Senior Vice President, and Chief Medical Officer, UPMC
3. **Anantha Shekhar, MD, PhD**, Dean, University of Pittsburgh School of Medicine and Senior Vice Chancellor for Health Sciences, University of Pittsburgh, UPMC
4. **Mark Geraci, MD**, Associate Vice Chancellor for Interdisciplinary Research, Health Sciences Interim Chair, Department of Medicine Professor of Medicine, UPMC
5. **Gary Fischer, MD**, Professor of Medicine and Biomedical Informatics, Associate Chief, Division of General Internal Medicine, University of Pittsburgh School of Medicine, Medical Director, Clinical Decision Support and Analytic Tools, Ambulatory eRecord, UPMC
6. **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
7. **Edward Karlovich**, Executive Vice President, Chief Financial Officer, UPMC
8. **Mark Sevco, MBA, MHA**, Executive Vice President, UPMC President, UPMC Hospitals
9. **Donald M. Yealy, MD**, Senior Vice President and Chief Medical Officer, UPMC
10. **Sansea Jacobson, MD**, Co-Chair, UPMC GMEC WELL Subcommittee, UPMC
11. **Michelle Thompson, DO, AOBFP, ABOIM, DipABLM, FACLM** Medical Director Lifestyle Medicine Institute, Vice Chief of Staff of Staff UPMC Horizon & Jameson, Clinical Assistant Professor of Family Medicine University of Pittsburgh School of Medicine

- 12. Lucy Hone, Ph.D.** – Adjunct Senior Fellow, University of Canterbury, Co- Director of New Zealand Institute of Wellbeing & Resilience, New Zealand
- 13. Michael J. Curren Jr., MD, MS** , Diplomate, Clinical Informatics, ABPM, Clinical Assistant Professor of Medicine, UPMC eRecord Medical Director Provider Documentation and EHR Optimization
- 14. S Gillianne DeFoe, MD**, Clinical Assistant Professor, Department of Radiation Oncology, Hillman Cancer Center St. Margret
- 15. Kavita Fischer, MD, DFAPA**, Regional Medical Director, Community Care Behavioral Health Organization Insurance Services Division
- 16. Jose Abad, MD**, Community Medicine, Department of Medicine, University of Pittsburgh School of Medicine, UPMC
- 17. Jonathan Arnold, MD MSE MS**, Director, CMI eRecord Initiatives, Director for Research and QI, UPMC McKeesport IM Residency, Assist. Professor of Medicine, University of Pittsburgh DGIM
- 18. James Gordon, MD**, Founder & CEO of The Center for Mind-Body Medicine, Washington, DC
- 19. Kristin Ondecko Ligda, MD**, Department of Anesthesiology and Perioperative Medicine, University of Pittsburgh School of Medicine & UPMC Mercy Hospital, UPMC
- 20. Felicia Snead, MD, FASTRO**, Dept of Radiology Oncology, Hillman Cancer Center, UPMC
- 21. Deborah Nicklas Snyder, DO**, Board Certified in Family Medicine and Lifestyle Medicine, Shared Savings POD Leader – Horizon, UPMC Family & Lifestyle Medicine Partners
- 22. Simone Frerk**, Vice President, Environmental, Food and Clinical Nutrition Services
- 23. Joe Losee, MD**, Associate Dean for Faculty Affairs, Co-Chair - Physician THRIVE, UPMC

### **Faculty Disclosure**

No 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 with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

### **Accreditation and Credit 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 4.75 *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.

# Agenda

Friday, January 20, 2023

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**7:30-8:00: Breakfast**

**8:00-8:15:** Welcome Remarks –

**Jennifer Berliner, MD**, Director of Physician Well-being, Co-Chair - Physician THRIVE

**Donald M. Yealy, MD**, Senior Vice President, and Chief Medical Officer, UPMC

**Anantha Shekhar, MD, PhD**, Dean, University of Pittsburgh School of Medicine and Senior Vice Chancellor for Health Sciences, University of Pittsburgh

**8:15-8:30:** “One Person’s Story”

**Mark Geraci, MD** – Associate Vice Chancellor for Interdisciplinary Research, Health Sciences Interim Chair, Department of Medicine Professor of Medicine

**8:30-8:45:** “Conquering Burn-Out by Improving EHR Proficiency”

**Gary Fischer, MD** – Professor of Medicine and Biomedical Informatics, Associate Chief, Division of General Internal Medicine, University of Pittsburgh School of Medicine, Medical Director, Clinical Decision Support and Analytic Tools, Ambulatory eRecord, UPMC

**8:45-9:00:** “Highlights from the 2022 Physician THRIVE UPMC Well-being Survey”

**Jane Liebschutz, MD** – Chief, Division of General Internal Medicine, Professor of Medicine (with Tenure), Falk Chair in Ambulatory Medicine, University of Pittsburgh School of Medicine, UPMC Health System, Co-Chair - Physician THRIVE

**9:00-9:45:** Executive Panel – Physician Q&A

Featuring:

- **Edward Karlovich**, Executive Vice President, Chief Financial Officer, UPMC
- **Mark Sevco, MBA, MHA**, Executive Vice President, UPMC President, UPMC Hospitals
- **Donald M. Yealy, MD**, Senior Vice President and Chief Medical Officer, UPMC

Moderated by:

- **Sansea Jacobson, MD**, Co-Chair, UPMC GMEC WELL Subcommittee
- **Jennifer Berliner, MD**, Director of Physician Well-being, Co-Chair - Physician THRIVE

**9:45-9:55:** Meditation –

**Michelle Thompson, DO, AOBFP, ABOIM, DipABLM, FACLM** Medical Director Lifestyle Medicine Institute, Vice Chief of Staff of Staff UPMC Horizon & Jameson, Clinical Assistant Professor of Family Medicine University of Pittsburgh School of Medicine

**9:55-10:10:** Break

**10:10-11:10:** “Resilience: How can we build it in ourselves and others? Lessons from science and life”

**Lucy Hone, Ph.D.** – Adjunct Senior Fellow, University of Canterbury, Co- Director of New Zealand Institute of Wellbeing & Resilience

**11:10-11:20: Move to Workshops**

## 11:20-12:10: Workshops

### Virtual Workshops

- Michael Curren, MD, MS – How to Train Your Dragon: Optimizing Dragon Voice to Text Software to Give Time Back
- S Gillianne Defoe, MD – End the Burnout Cycle: Regain Control of Your Time
- Kavita Fischer, MD, DFAPA – “Do We Fight, Take Flight, or Flourish? Developing Resilience to Battle Burnout and Compassion Fatigue
- Tara Sunder, MD – Words for Well-being: A Poetry Reading

### In-Person Workshops

- Jose Abad, MD, Jonathan Arnold, MS MSE MS, Gary Fischer, MD – Make EpicCare Work for You: Hands on Workshop for Customization and Personalization
- James Gordon, MD – Practical Tools for Healing Our Patients’ and Our Own Trauma
- Kristin Ondecko Ligda, MD – There is NOT an Imposter Among Us: Recognizing Self-Doubt and Arming against Saboteurs
- Deborah Nicklas Snyder, DO, Simone Frerk, Robert Miller, John Howey – Plant Strong, Doctor Strong

## 12:10-12:35: Lunch Preparation

**12:35-1:35:** "Transforming Trauma: The Path to Hope and Healing"  
**James Gordon, MD** – Founder & CEO of The Center for Mind-Body Medicine

**1:35-1:45:** Closing Remarks –  
**Joe Losee, MD**, Associate Dean for Faculty Affairs, Co-Chair - Physician THRIVE

**1:45:** **Adjournment**

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# PHYSICIAN THRIVE

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