



WASHINGTON HEALTH SYSTEM

Scientific Day

Well-Being for Health Care Providers

Friday, May 19, 2023
9:00am - 3:00pm

Hilton Garden Inn Southpointe
1000 Corporate Drive | Canonsburg, PA 15317

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Daniel Holt, M.D. CE Speakers' Bureau: Takeda (the following relationship has ended)

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AGENDA

9:00am	Registration Continental Breakfast, Exhibits, Posters	Lobby Parlor C/D
9:30am	Welcome and Introduction, John Six, M.D.	Parlor B
9:35am - 9:50am	Framing the Day and Initiatives at WHS, Caitlin Matthis, D.O.	Parlor B
9:50am - 10:35am	<i>System Wellness: The Cost of Burnout in Health Care</i> Caitlin Matthis, D.O.	Parlor B
10:35am - 10:40am	In-Room Mental Break	Parlor B
10:40am - 11:25am	<i>Culture of Medicine: Helpless and Heartbroken Healthcare Heroes</i> Mindy Hutchinson, M.D.	Parlor B
11:25am - 11:35am	Break, Exhibits, Posters	Parlor C/D
11:35am - 12:20pm	<i>Individual Wellness: Dietary Patterns and Whole-Body Health</i> Natalie Gentile, M.D.	Parlor B
12:20pm - 1:20pm	Lunch Exhibits, Posters	Lobby, Parlor A Parlor C/D
1:20pm - 2:05pm	<i>System Wellness: Mental Health Stigma in Credentialing & Licensing</i> Desiree Yetter, D.O.	Parlor B
2:05pm - 2:15pm	Break, Exhibits, Posters	Parlor C/D
2:15pm - 3:00pm	<i>Individual Wellness: Emotional Toolkit</i> Daniel Holt, M.D.	Parlor B
3:00pm	Concluding Remarks & Adjournment, John Six, M.D.	Parlor B

Learning Objectives:

- Understand the current state of physician burnout and depression at both a national and local level
- Understand the importance of the culture of medicine and how it impacts physician wellness and burnout
- Understand the impact that a well (and unwell) healthcare system plays on physician wellness and burnout
- Cultivate knowledge on individual wellness practices
- Create SMART goals surrounding an individual and system well-being practice

Target Audience: Physician, Physician Assistant, Nurse Practitioner, Nurse, Pharmacist, Pharmacy Technician

PRESENTER BIOGRAPHIES

Caitlin Matthis, D.O. is a board-certified Family Medicine Physician in Washington, Pennsylvania. She received her medical degree from Lake Erie College of Osteopathic Medicine and completed her residency at Washington Hospital. Dr. Matthis is a physician wellness advocate with special interest in burnout and empowering physicians to advocate for their own well-being, as well as for others around them.

Mindy Hutchinson, M.D. received her Bachelor of Science and Medical degrees from Northwestern University. She completed her medical internship and general psychiatry residency at George Washington Hospital. Dr. Hutchinson then completed a two-year fellowship in Child and Adolescent Psychiatry at Children's National Medical Center, where she also served as Chief Resident. She has served on several quality improvement teams, and she is a Board Member at the Jewish Healthcare Foundation. In addition to treating adults and children in Pittsburgh's South Hills for over 25 years, Dr. Hutchinson teaches family practice residents and medical students.

Natalie Gentile, M.D. is board-certified in both Family Medicine and Lifestyle Medicine. She received a Medical Degree from University of Pittsburgh School of Medicine and completed her Family Medicine residency at the Mayo Clinic in Rochester, MN. Dr. Gentile is a proud Pittsburgh native from Mt. Lebanon and is grateful to serve the community through the direct primary care (DPC) model. As an attending physician at Mayo Clinic, she saw that the current primary care model in the U.S. lacks continuity, access, and time with patients. Therefore, when she moved back to Pittsburgh in 2019, she founded Gentile Family Direct Primary Care. In 2023, Dr. Gentile opened Rebel Wellness in Pittsburgh's East End – a lifestyle medicine-oriented wellness space that offers teaching kitchen classes, personal training sessions, group fitness classes and educational workshops, along with an on-demand library of resources.

Desiree Yetter, D.O. specializes in Family Medicine and Hospice and Palliative Care. She is certified by the American Board of Family Medicine. Dr. Yetter is a physician wellness advocate and is affiliated with UPMC McKeesport and UPMC East. She completed her medical degree at Lake Erie College of Osteopathic Medicine, residency at UPMC St. Margaret, and fellowship at Washington Health System.

Daniel Holt, M.D. is a board-certified Family Practice Physician. He earned his medical degree from Pennsylvania State University College of Medicine and completed his residency at UPMC St. Margaret. Dr. Holt has been the Medical Director of the Centerville Clinics Network since 2010.

Accreditation and Credit Designation Statement: In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and Washington Health System. 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.

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Nursing (CNE) - The maximum number of hours awarded for this Continuing Nursing Education activity is **4** contact hours.

Pharmacy (CPE) - This knowledge-based activity provides **4** contact hours of continuing pharmacy education credit.

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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Watchman Left Atrial Appendage Closure Device - One Time Procedure for Lifetime of Stroke Prevention

Edwards Lifesciences

Edwards Lifesciences is the global leader in patient-focused medical innovations for structural heart disease, as well as critical care and surgical monitoring. Driven by a passion to help patients, the company collaborates with the world's leading clinicians and researchers to address unmet healthcare needs, working to improve patient outcomes and enhance lives. We are committed to helping identify and address the causes of inequity in treatment of structural heart disease by being a trusted partner with customers, colleagues, and patients.

Pulmonx Corporation

Pulmonx Corporation is a global leader in minimally invasive treatments for severe lung disease. Pulmonx's Zephyr® Endobronchial Valve, Chartis® Pulmonary Assessment System and StratX® Lung Analysis Platform are designed to assess and treat patients with severe emphysema/COPD who, despite medical management, are still profoundly symptomatic. Pulmonx received FDA pre-market approval to commercialize the Zephyr Valve following its designation as a "breakthrough device."

WHS EAP Services

Washington EAP Services has supported employers, their employees, and families for the past 30 years. Assistance is provided through individual and group counseling, consultation, education, and caring.

WHS Wellness Center

WHS Wilfred R. Cameron Wellness Center, a medically based fitness center - we integrate with the Washington Health System to provide a physician referred Medical Membership and Cancer and Integrative Care Program as well as several clinically based classes for members with chronic conditions. Corporate, Senior and Scholarship options available for discounts on membership.

WHS forYOU

The WHS forYOU program is a group of clinical peer supporters from within the health system. This team is educated on how to help support one another during/after an unanticipated event.