

Audience Disclosure Instructions for Course Contacts

UPMC Well-Being Symposium February 9, 2024 Auditorium/Meeting Rooms – Magee Women’s 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.	
<ul style="list-style-type: none">• 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:	
<ol style="list-style-type: none">1. Jennifer Berliner, MD, Director of Physician Well-being, Co-Chair - Physician THRIVE, UPMC2. Donald M. Yealy, MD, Senior Vice President, and Chief Medical Officer, UPMC3. Anantha Shekhar, MD, PhD, Dean, University of Pittsburgh School of Medicine and Senior Vice Chancellor for Health Sciences, University of Pittsburgh, UPMC4. Elizabeth Harry, MD, Chief Wellness Officer for Michigan Medicine, University of Michigan Medical School – Michigan Medicine5. Fred Hargett, MS, Executive Vice President, Chief Financial Officer, UPMC6. Osar Marroquin, M.D. Senior Vice President, President, Physician Services Division, UPMC7. Sansea Jacobson, MD, Co-Chair, UPMC GMEC WELL Subcommittee, UPMC8. Kristin Ondecko Ligda, MD, Department of Anesthesiology and Perioperative Medicine, University of Pittsburgh School of Medicine & UPMC Mercy Hospital, UPMC9. Denise Hall-Burton, MD, Assistant Professor, Medical Student Coordinator, UPMC Children’s Hospital of Pittsburgh10. Alyssa Vigliotti, MD, General Academic Pediatrics Medical Education Fellow, Clinical Instructor of Pediatrics, UPMC11. 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	

- 12. Jose Abad, MD, Community Medicine**, Department of Medicine, University of Pittsburgh School of Medicine, UPMC
- 13. Michael Curren MD, MS**, Cardiologist, Clinical Instructor, UPMC
- 14. Felicia Snead, MD, FASTRO**, Dept of Radiology Oncology, Hillman Cancer Center, UPMC
- 15. Ian Barbash, MD, MS**, Assistant Professor of Medicine (Division of Pulmonary, Allergy, Critical Care, and Sleep Medicine) and Critical Care Medicine, UPMC
- 16. Anna White, MD, FAAP, FACP**, Medical Director, Street Medicine at Pitt; Clinical Assistant Professor of Medicine and Pediatrics, UPMC
- 17. 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
- 18. Raymond Truex, MD**, Medical Director, Health Programs at The Foundation of the Pennsylvania Medical Society (PAMED)
- 19. Joe Losee, MD**, Associate Dean for Faculty Affairs, Co-Chair - Physician THRIVE, UPMC

Agenda

Friday, February 9, 2024

7:30-8:00: Breakfast

8:00-8:10: Welcome Remarks –

Jennifer Berliner, MD, Director of Physician Well-being, Co-Chair - Physician THRIVE, UPMC
Donald M. Yealy, MD, Senior Vice President, Chief Medical Officer, Chair, Emergency Medicine, UPMC

Anantha Shekhar, MD, PhD, John and Gertrude Petersen Dean, School of Medicine and Senior Vice Chancellor for Health Sciences, University of Pittsburgh School of Medicine, UPMC

8:15-9:15: Balancing Cognitive Load and Wellbeing: Enhancing Human Factors for Healthcare Workers

Elizabeth Harry, MD – Chief Wellness Officer for Michigan Medicine, University of Michigan Medical School – Michigan Medicine

9:20-10:20: Executive Panel – Physician Q&A

Featuring:

- **Osar Marroquin, M.D.** Senior Vice President, President, Physician Services Division, UPMC
- **Donald M. Yealy, MD**, Senior Vice President, Chief Medical Officer, Chair, Emergency Medicine, UPMC
- **Fred Hargett, MS**, Executive Vice President, Chief Financial Officer, UPMC

Moderated by:

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

10:25-11:25: Workshops

Virtual Workshops

- **Time is On Your Side: Finding Balance, Establishing Priorities**
Dr. Kristin Ligda OndECKo and Denise Hall-Burton
- **Narrative Medicine: Inspiring Creativity and Reflection in Health Care**
Dr. Alyssa Vigliotti
- **Make EpicCare Work for You: Hands-on Workshop for Customization and Personalization**
Dr. Jose Abad & Dr. Jon Arnold
- **Using Conversational Artificial Intelligence to Generate Clinical Notes--UPMC's Experience**
Dr. Michael Curren and Dr. Salim Saiyed

In-Person Workshops

- **Promoting Personal Resilience for Physicians Using Balint Group**
Dr. Sylvia Choi, Shari Holland, MA, LPC, Dr. Evelyn Reis, Phil Phelps, MS
- **Feel Well Arts-Art based Self-Care Strategies**
Dr. Felicia Snead and Veronica Corpuz
- **Financial Literacy Essentials for Physicians**
Dr. Ian Barbash
- **In One Word: A Debrief Tool To Build Team Trust And Mitigate Vicarious Trauma**
Dr. Anna White

11:30-11:40: Ergonomics

Dennis Martin – OT Program Director

11:40-12:15: Substance Use In Physicians - Safety and Stigma

Jane Liebschutz, MD – Chief, Division of General Internal Medicine, Professor of Medicine, Falk Chair in Ambulatory Medicine, , University of Pittsburgh School of Medicine, UPMC
Raymond Truex, MD – Medical Director, Health Programs at The Foundation of the Pennsylvania Medical Society (PAMED)

12:15-1:00: Lunch

1:00: Closing Remarks –

Joe Losee, MD, Vice Dean for Faculty Affairs, University of Pittsburgh School of Medicine, Co-Chair - Physician THRIVE, UPMC

1:15: Adjournment

Accreditation and Credit Designation:

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 **4.0 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.

Faculty Disclosure

All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All of the relevant financial relationships for the individuals listed below have been mitigated

Joe Losee, MD	Elsevier and Thieme	Other: Academic Publishing Company
Jane Liebschutz, MD	BioMotivate, Inc.	Consultant

Disclaimer Statement

The information presented at this 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.

PHYSICIAN THRIVE

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