

Agenda

Friday, January 20, 2023

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**

PHYSICIAN THRIVE

Powered by UPMC