Engaging organizations to achieve cultural change
Dear Colleagues:

On behalf of the American Medical Association, the Canadian Medical Association and the British Medical Association, welcome to the 2022 International Conference on Physician Health™ (ICPH). For the first time, we are using a hybrid format that features both in-person and virtual attendance. We’re confident you’ll find that this format and our three-day lineup of keynote speakers, panel discussions, presentations and research will meet the standards of excellence established by previous ICPH sessions.

Our theme this year, “Engaging organizations to achieve cultural change,” will explore system-level initiatives and resources that reduce burnout and improve professional satisfaction. The need to do so has never been greater. The systemic challenges in health care that have long driven physician burnout were magnified by the COVID-19 pandemic. In response, our conference will offer a wealth of evidence-based solutions for physicians, as well as other health care workers and organizations, backed by the latest studies on physician health and well-being.

Our speakers and panelists will outline concrete strategies to prioritize well-being at the organizational level, examine methods to restore joy and meaning to your work, demonstrate practical steps to improve teamwork and reduce workload intensity, and explain how physicians and administrators can build better relationships with each other rooted in transparency, trust, and shared goals of removing organizational and system-wide drivers of burnout.

These are just a few of the issues we will highlight among the many innovative ideas and resources planned at ICPH this year. And of course, we invite attendees to take advantage of our networking reception, health and wellness activities, and all the other opportunities our conference offers to connect with your colleagues.

We are delighted you are joining us for ICPH 2022, and we are eager to share a collaborative learning experience that will benefit you, your patients, your colleagues and our profession. Let’s get started!

Yours in wellness,

Jack Resneck Jr., MD  
President  
American Medical Association

Arika Lafontaine, MD  
President  
Canadian Medical Association

Martin McKee, CBE, MD  
President  
British Medical Association
The International Conference on Physician Health is sponsored jointly by the American Medical Association, the Canadian Medical Association and the British Medical Association.

American Medical Association
The American Medical Association (AMA) is the physicians’ powerful ally in patient care. As the only medical association that convenes 190+ state and specialty medical societies and other critical stakeholders, the AMA represents physicians with a unified voice to all key players in health care.

The AMA leverages its strength by removing obstacles that interfere with patient care, by leading the charge to confront public health crises and prevent chronic disease, and by driving the future of medicine to tackle the biggest challenges in health care. Helping health systems and clinical practices succeed in their transformation journey is critical to the AMA. That is what drives its development of evidence-based, field-tested solutions to guide physicians and care teams each step of the way. Increasing efficiencies, improving patient care and enhancing professional satisfaction—these are what increase Joy in Medicine™ and make the journey worthwhile. Learn more at ama-assn.org.

Canadian Medical Association
The Canadian Medical Association (CMA) is the national voice of the medical profession. Our focus is on creating strong and accessible health systems, fostering well-being, equity and diversity in medical culture, and ensuring every person in Canada has equal opportunity to be healthy. In partnership with physicians, medical learners, patients, and others, we advance these goals through advocacy, knowledge sharing and granting. Now more than ever, physician wellness is a priority. The CMA aims to drive change in the culture of medicine and promote health and wellness in the medical profession for the benefit of practitioners, the health system and all Canadians. Some of the core initiatives we have undertaken to understand and better support the wellness of physicians across the career life cycle includes CMA National Physician Health Survey, CMA Physician Wellness Hub, CMA Wellness Connection, Wellness Support Line, and Sound Mind. Learn more at cma.ca.

British Medical Association
The British Medical Association (BMA) represents, supports and negotiates on behalf of all UK doctors and medical students. They are member-run and led, fighting for the best terms and conditions as well as lobbying and campaigning on the issues impacting the medical profession. In response to the pandemic, the BMA launched a 24/7 emergency COVID advice line, and represented doctors’ concerns throughout the crisis with everything from PPE to the disproportionate impact of COVID-19 on BAME health care workers to deaths in service. The BMA continues to provide Counselling and Peer support services to all UK doctors and medical students, as well as the Doctor support service for doctors facing General Medical Council (UK regulator) fitness to practice investigations or license withdrawal. DocHealth, the BMA’s confidential psychotherapy service for doctors that is run in partnership with the Royal Medical Benevolent Fund, continues to go from strength to strength. The BMA also delivers a number of talks on doctors’ well-being and hosts a well-being support stakeholder group. This group brings together UK organizations providing well-being support services for doctors and medical students, to learn from each other and identify potential areas for collaboration. One important piece of work to have come out of this group is a well-being support services directory, which maps out all the well-being support services in the UK that are specifically for doctors and medical students. Learn more at bma.org.
General information

CME
The Accreditation Council for Continuing Medical Education requires that CME providers have a mechanism in place to verify physician participation in CME activities. For this conference, please be sure to pick up the CME handout at the registration desk for instructions on how to claim your credit.

Wireless internet
Wireless internet access will be available in conference areas at the Hyatt Regency Orlando.
Network: ICPH2022
Password: 2022icph

Networking
Take advantage of multiple networking opportunities to meet or catch up with your peers, expand your network of contacts, and have a lively exchange of views, experience, knowledge and ideas. Plan to attend the networking reception Thursday, October 13, 6:30–7:30 p.m. Eastern time, sponsored by The Physicians Foundation.

Social media
Follow the hashtag #ICPH22 to join the conference conversation and get highlights about sessions, speakers and other conference happenings.

Install the app

1. Search for “Cvent Events” in the App Store or Google Play and tap either download or install.

2. Find your event. Enter “International Conference on Physician Health 2022” in the search bar.

3. Click download and create a profile.

Things to do in Orlando
Discover many fun adventures during your getaway at the Hyatt Regency Orlando. Located centrally on the International Drive corridor, the luxury Orlando resort gives you easy access to all of the city’s best attractions. Spend the day exploring world-famous theme parks, discovering downtown Orlando or enjoying first-class shopping. At the Hyatt Regency Orlando, enjoy swimming, a variety of pool deck activities and private cabana rentals.
**Engaging organizations to achieve cultural change** is this year’s conference theme. The subtheme, “Building a united front for cultural change while activating systems to improve physician well-being,” tightens the conference’s focus on research and system-level initiatives designed to mitigate burnout and promote professional well-being. The conference will showcase abstracts and presentations focused on the power of relationships and collaborations—and on activating systems and activations within them. The conference will also provide a lively forum for clinicians and researchers to present recent research findings, innovative methods and educational programs in the area of physicians’ professional well-being. The friendly and informal conference environment promotes networking, exchange of experience and information, and leisure activity focused on staying healthy.

Presentations will lay out research findings that identify solutions organizations can implement and/or best practices that can be employed to achieve joy in medicine, which we define as a fundamental redesign of medical practice to restore the healing relationships among patients, physicians and health care systems. Joy in medicine is also distinguished by a high level of physician work-life balance, a low level of burnout and a feeling that medical practice is fulfilling.

The 2022 conference will provide a forum for clinicians and researchers to present recent research findings, innovative methods and educational programs around physicians’ professional well-being, as well as educational programs in the following areas of physician health:
This year’s speakers

Beth Cabrera, PhD
Author | Researcher | Speaker
Plenary speaker

Dr. Cabrera is the author of Beyond Happy: Women, Work, and Well-Being. A writer, researcher and speaker, she helps individuals achieve greater success and well-being. After earning her PhD in industrial/organizational psychology from the Georgia Institute of Technology, Dr. Cabrera joined the faculty of Universidad Carlos III de Madrid. She continued her academic career as a professor of management at Arizona State University and then as a senior research fellow at Thunderbird School of Global Management. Since 2013, Dr. Cabrera has been a senior scholar at George Mason University’s Center for the Advancement of Well-Being.

To help individuals and leaders apply positive psychology for enhanced engagement and performance, Dr. Cabrera founded Cabrera Insights, a leadership development company, in 2009. Her research, published in top academic and professional journals, has received thousands of citations.

Dr. Cabrera has served on numerous editorial boards and was the editor of Management Research. You can find her course “How to Build a Thriving Workplace: A Leader’s Guide” at thegreatcourses.com and audible.com. You can view her TEDx talk and read her blog at cabrerainsights.com.

Paul DeChant, MD, MBA
CEO/principal | Paul DeChant, MD, MBA, LLC
Keynote speaker

Dr. DeChant is a thought leader to C-level executives pursuing organizational well-being. He co-authored the book Preventing Physician Burnout: Curing the Chaos and Returning Joy to the Practice of Medicine.

An experienced physician executive, Dr. DeChant has over 25 years of clinical and management experience in all aspects of medical group leadership. From 2009 to 2014 he served as CEO of Sutter Gould Medical Foundation, where he led a management system and culture transformation based on the theme of “Returning Joy to Patient Care,” which:

• Achieved the highest levels of provider and patient satisfaction in Sutter Health

• Improved physician satisfaction from the 45th to 87th percentile

• Increased profitability while reducing costs

• Was recognized as the highest rated in overall care among 170 California medical groups two years in a row

Dr. DeChant received his medical degree from the Oregon Health and Science University School of Medicine and earned his MBA from the University of Colorado-Denver.

Heather Farley, MD, MHCDS
Chief wellness officer | ChristianaCare™
Keynote speaker/panelist

As the first chief wellness officer for ChristianaCare in Newark, Delaware, Dr. Farley’s focus is on advancing the professional fulfillment and well-being of health care workers. She leads advocacy programs and initiatives aimed at optimizing the caregiver experience and fostering work-life meaning, connection and joy.

Dr. Farley completed residency training in emergency medicine and earned her master’s in health care delivery science from Dartmouth College. She previously served as the assistant chair of the department of emergency medicine at ChristianaCare and was instrumental in establishing the institution’s first freestanding emergency department. In 2014, she developed “Care for the Caregiver,” one of the nation’s earliest and largest peer support programs for health care providers.

Dr. Farley is currently a professor of emergency medicine at Sidney Kimmel Medical College at Thomas Jefferson University. A frequent speaker at local, national and international venues on the topic of clinician well-being, she continues to oversee the transformational work of ChristianaCare’s Center for WorkLife Wellbeing.

Neil Greenberg, MD
Professor | Defense Mental Health
Plenary speaker

Prof. Greenberg is an occupational and forensic psychiatrist and academic consultant based at King’s College London. He served in the United Kingdom Armed Forces for over 23 years and deployed, as a psychiatrist and researcher, to hostile environments including Afghanistan and Iraq. At King’s, Prof. Greenberg leads on military mental health projects and is a principal investigator within a
nationally funded Health Protection Research unit. He chairs the Royal College of Psychiatrists Special Interest Group in Occupational Psychiatry and is leading the World Psychiatric Association position statement on mental health in the workplace. Prof. Greenberg has published more than 300 scientific papers and book chapters and acted as the secretary of the European Society for Traumatic Stress Studies, the president of the UK Psychological Trauma Society and as Specialist Advisor to the House of Commons Defense Select Committee. During the COVID-19 pandemic, he has worked closely with government organizations and published widely on psychological support for health care and other key workers.

Kwadwo Kyeremanteng, MD, MHA  
Assistant professor | University of Ottawa  
Physician | The Ottawa Hospital  
Plenary speaker

Dr. Kyeremanteng is a critical care and palliative care physician at The Ottawa Hospital, where he cares for the sickest of the sick in the ICU. He is also an assistant professor at the University of Ottawa. His research focuses on making the ICU more efficient and improving access to palliative care services. To achieve this, Dr. Kyeremanteng founded the Resource Optimization Network (RON), a multidisciplinary research group working to reduce health spending in this area without compromising care. Dr. Kyeremanteng is a leading contributor helping the department to achieve its vision of shaping the future of medicine.

As the voice of the “Solving Health Care with Dr. Kwadwo Kyeremanteng” podcast produced in association with the RON, he leads interviews and discussions on the topic of improving health care delivery in Canada. Underpinned by the values of cost-effectiveness, dignity and justice, the podcast challenges the status quo while exploring gaps, assumptions and different perspectives in the pursuit of finding solutions to problems in health care systems.

Alisha Lafontaine, MD  
President | Canadian Medical Association  
Plenary speaker/panelist

Dr. Lafontaine is an award-winning physician, social innovator and the first Indigenous doctor listed in Medical Post’s “50 Most Powerful Doctors.” He was born and raised in Southern Saskatchewan with a mixed Indigenous ancestry of Metis, Anishinaabe, Cree and Pacific Islander.

Dr. Lafontaine has served in provincial and national medical leadership positions for almost two decades. In August 2022, he became the first Indigenous physician to serve as president of the Canadian Medical Association.

A respected authority on health systems, change management, social innovation, anti-racism and reflective practice, Dr. Lafontaine co-led from 2013 to 2017 the Indigenous Health Alliance project, one of the most ambitious health transformation initiatives in Canadian history. Led politically by Indigenous leadership representing more than 150 First Nations across three provinces, the alliance successfully advocated for $68 million of federal funding for Indigenous health transformation in Saskatchewan, Manitoba and Ontario.

In 2020, Dr. Lafontaine co-founded Safespace Networks, a web 3.0 learning platform for safe and anonymous reporting of health care harm and waste, with his brother Kamea, an Indigenous dentist and software developer. Safespace Networks provides insights that patients can use to better navigate health systems and decision-makers, advocates and funders can use to make better informed decisions.

Susannah G. Rowe, MD, MPH  
Assistant professor | Boston University School of Medicine  
Panelist

Dr. Rowe is an assistant professor of ophthalmology at the Boston University School of Medicine, specializing in surgical, laser and medical treatment of eye disease. After completing her residency at the Massachusetts Eye and Ear Infirmary and participating in the Robert Wood Johnson Clinical Scholars Program, she was appointed to her position at Boston University where she has won the Outstanding Surgical Instructor Teaching Award three times. In addition to Dr. Rowe’s clinical teaching, she works as an attending physician at Best Hospital.
**Conference schedule**

*Note: Early registration/health and safety check-in, Wednesday, October 12, 5–6:30 p.m., Plaza Foyer*

### Thursday, October 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6–6:45 a.m.</td>
<td>Health and wellness activities</td>
<td>Fun run; yoga (Garden Terrace) and bootcamp class (Orlando L)</td>
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<tr>
<td>7–8:15 a.m.</td>
<td>Registration/health and safety check-in</td>
<td>Plaza Foyer</td>
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<tr>
<td>8:30–8:45 a.m.</td>
<td>Welcome and introduction</td>
<td>Martin McKee, MD, Alikia Lafontaine, MD, and Jack Resneck Jr., MD</td>
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<tr>
<td>9–10 a.m.</td>
<td>Opening keynote</td>
<td>Leading change: Our opportunity to heal the clinical workplace</td>
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<tr>
<td>10–10:15 a.m.</td>
<td>Refreshments and exhibitor visits</td>
<td>Plaza Foyer</td>
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<tr>
<td>10:30–11:30 a.m.</td>
<td>Impacts of well-being</td>
<td>Plaza G/H</td>
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<td>Predicting physician departure with machine learning based on EHR use patterns (E. Melnick)</td>
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<td>Measurements of well-being</td>
<td>Plaza K</td>
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<td>Workshop</td>
<td>Orlando M/N</td>
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<td>11:45 a.m.–12:45 p.m.</td>
<td>Lunch</td>
<td>Upper Pool Deck</td>
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<tr>
<td>1–2 p.m.</td>
<td>Plenary session</td>
<td>How to build your well-being to thrive</td>
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<td>2:15–3:15 p.m.</td>
<td>Contributors of well-being</td>
<td>Plaza G/H</td>
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<td>Exploration of well-being in Australian general practitioners through a positive psychology lens; Highlighting and disentangling the issues (D. Naehrig)</td>
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<td>Measurements of well-being</td>
<td>Plaza K</td>
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<td>Workshop</td>
<td>Orlando M/N</td>
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<tr>
<td>3:30–4:30 p.m.</td>
<td>Poster session/viewing (Group A)</td>
<td>Plaza Ballroom E/F</td>
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**ICPH2022**
Thursday, October 13 (Continued)

4:30–5:30 p.m.  **Plenary session**  |  How we address racism in health care  |  Kwadwo Kyeremanteng, MD  |  Plaza Ballroom G/H

5:30–6:30 p.m.  **Interventions for well-being**  |  Plaza G/H

- A randomized trial to investigate the impact of professional development coaching for physicians (S. Kiser)

**Measurements of well-being**  |  Plaza I

- A scoping review of terms and measures used to investigate the physician work-life interface (S. Webber)
- Assessing burnout and professional fulfillment in a regional community hospital (R. Gupta)

**Contributors of well-being**  |  Plaza J

- Give clinicians a voice: What the COVID-19 pandemic taught organizations about keeping clinicians engaged and resilient (J. Dudley)
- Burnout among health care workers facing COVID-19 pandemic: Opportunity to study the relative importance of individual, occupational, social and organizational factors over time (J. Brouillette)

**Contributors of well-being**  |  Plaza K

- Physician well-being: Efficient workflow and interdisciplinary teamwork (K. Olson)
- Beyond surviving: How organizations are supporting women physicians to thrive and rise (J. Dudley)

**Measurements of well-being**  |  Plaza I

- Recognizing when we are not OK: The stress continuum as a well-being assessment tool for physicians (H. Hartman-Hall)
- The COVID-19 pandemic’s impact on career plans of family physicians: A call for action to support the well-being of our primary care physicians (C. Brazeau)

**Contributors of well-being**  |  Plaza J

- The sustained impact of the COVID-19 pandemic on hospital clinicians: More burnout, stress and greater need for mental health support (L. Gregg)
- Prevalence and psychological burden of racism-related distress in New York City health care workers during the COVID-19 pandemic (M. Tong)

**Workshop**  |  Orlando M/N

- A playbook for saving hours each day (M. Brown)

**Workshop**  |  Blue Spring

- Creating a SAFER workplace culture through trauma-informed leadership (J. Williams)

6:30–7:30 p.m.  **Networking reception**  (cocktails and light hors d’oeuvres)  Sponsored by The Physicians Foundation  |  Upper Pool Deck

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Friday, October 14

6–6:45 a.m.  **Health and wellness activities**  |  Fun run; yoga (Garden Terrace) or spin class (Gym Studio)

7–8:15 a.m.  **Registration/health and safety check-in**  |  Plaza Foyer  |  Continental breakfast  |  Upper Pool Deck

8:15–8:30 a.m.  **Welcome and wellness**  |  Plaza Ballroom G/H

8:30–9:30 a.m.  **Interventions for well-being**  |  Orlando L

- Randomized trial to improve well-being through gratitude at the departmental level (M. Dobson)

**Measurements of well-being**  |  Plaza I

- Recognizing when we are not OK: The stress continuum as a well-being assessment tool for physicians (H. Hartman-Hall)
- The COVID-19 pandemic’s impact on career plans of family physicians: A call for action to support the well-being of our primary care physicians (C. Brazeau)

**Contributors of well-being**  |  Plaza J

- The sustained impact of the COVID-19 pandemic on hospital clinicians: More burnout, stress and greater need for mental health support (L. Gregg)
- Prevalence and psychological burden of racism-related distress in New York City health care workers during the COVID-19 pandemic (M. Tong)

**Contributors of well-being**  |  Plaza K

- When awareness leads to action: Skills that prepare medical student response to mistreatment by patients (E. Waineo)

**Workshop**  |  Orlando M/N

- Helping leaders address well-being through people-focused strategies (A. Locke)
### Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:30–10 a.m.</td>
<td>**Refreshments and exhibitor visits</td>
<td>Plaza Foyer</td>
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</tbody>
</table>
| 10:15–11:15 a.m. | **Interventions of well-being** **Orlando L**  
|                | • Promoting a culture of physician well-being through healthy sleep: Effect of a structured heartfulness meditation program (J. Thimmapuram)  
|                | • Coalitional leadership effect on interdisciplinary teamwork (K. Olson)  
|                | • Physician wellness support lines: A comparison of six international models (K. Smith)  | Plaza Foyer   |
| 10:15–11:15 a.m. | **Contributors of well-being** **Plaza I**  
|                | • Measuring associations between electronic health record use metrics and inpatient pediatric provider electronic health record experience and burnout (A. Sinha)  
|                | • Understanding drivers of physician Work-Outside-Work (WOW) through EHR usage (K. Massoudian)  | Plaza I       |
| 10:15–11:15 a.m. | **Impact of well-being** **Plaza J**  
|                | • Suicide and self-harm among physicians in Ontario, Canada (P. Tanuseputro)  
|                | • Pediatric faculty engagement and areas of Worklife after the COVID-19 pandemic (A. Uong)  | Plaza J       |
| 11:30 a.m.–12:30 p.m. | **Interventions for well-being** **Plaza K**  
|                | • Physician well-being: Participatory leadership effect on interdisciplinary teamwork (K. Olson)  
|                | • Physician wellness support lines: A comparison of six international models (K. Smith)  | Plaza K       |
| 11:30 a.m.–12:30 p.m. | **Workshop** **Orlando M/N**  
|                | • A “how-to” workshop for creating peer connections: Cultivating an organizational structure to build peer discussion groups (C. Brazeau)  | Orlando M/N   |
| 12:30–1:15 p.m.  | **Workshop** **Orlando L**  
|                | Staying empowered while advancing an organizational culture of well-being (C. Brazeau)  | Orlando L     |
| 12:30–1:15 p.m.  | **Interventions for well-being** **Plaza L**  
|                | • Practical well-being in hospitals: The #theatretoastie project (A. Rajan)  
|                | • Empowering physician leaders to make organizational change: Qualitative evaluation results from the leading physician well-being program (K. Istas)  | Plaza L       |
| 12:30–1:15 p.m.  | **Interventions of well-being** **Plaza J**  
|                | • Honoring lives lost and processing grief through COVID-19: Remembrance events and gratitude (D. Clark)  | Plaza J       |
| 12:30–1:15 p.m.  | **Contributors of well-being** **Plaza K**  
|                | • Clinician practice ownership predicts ability of primary care practices to improve quality without increasing burnout (L. Rotenstein)  
| 1:30–2:30 p.m.  | **Workshop** **Orlando M/N**  
|                | • Am I flourishing? Fortifying the domains for clinician well-being (U. Oddiri)  | Orlando M/N   |
| 1:30–2:30 p.m.  | **Contributors of well-being** **Orlando L**  
|                | • Why leadership communication matters most in retaining health care professionals and staff during the COVID-19 crisis (A. Young)  
|                | • The role of positive workplace culture in mitigating burnout and turnover: An empirical investigation (A. Young)  | Orlando L     |
| 1:30–2:30 p.m.  | **Contributors of well-being** **Plaza I**  
|                | • Development of a prediction model of primary care physician burnout (D. Tawfik)  
|                | • Peers for peers physician well-being support program (L. Foxcroft)  | Plaza I       |
| 1:30–2:30 p.m.  | **Interventions of well-being** **Plaza J**  
|                | • Unlocking the potential within: How peer coaching programs foster engagement and retention for physicians (A. Sikola)  
|                | • How a peer mentoring program using a “coach approach” can enhance physician engagement … and more (E. Schulte)  | Plaza J       |

**Lunch** | Upper Pool Deck

**Contributors of well-being** | **Interventions for well-being** | **Workshop**
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<tr>
<td>1:30–2:30 p.m.</td>
<td><strong>Interventions of well-being</strong></td>
<td>Plaza K</td>
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<td>• OUR KP Physician Wellness Academy, a Kaiser Permanente program to</td>
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<td>help improve physician self-care and well-being (N. Haripotepornkul)</td>
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<td>• Grieving patients’ death in a pediatric intensive care unit (J. Van Epps)</td>
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<td><strong>Workshop</strong></td>
<td>Orlando M/N</td>
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<td>Reparative crisis support: An evidence informed model providing practical tools towards a culture of psychological safety and well-being for patients, health care professionals, their families and organizations (F. Bááthe)</td>
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<tr>
<td>2:45–3:45 p.m.</td>
<td><strong>Poster session/viewing</strong> (Group B)</td>
<td>Plaza Ballroom E/F</td>
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<td>4–4:15 p.m.</td>
<td><strong>Refreshments and exhibitor visits</strong></td>
<td>Plaza Foyer</td>
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<tr>
<td>4:30–5:30 p.m.</td>
<td><strong>Plenary session</strong></td>
<td>Plaza Ballroom G/H</td>
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<td></td>
<td>Bullying in medicine</td>
<td>Panel: Heather Farley, MD, MHCDS; Alika Lafontaine, MD; Susanna Rowe, MD, MPH</td>
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**Saturday, October 15**

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8–8:45 a.m.</td>
<td><strong>Continental breakfast</strong></td>
<td>Upper Pool Deck</td>
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<tr>
<td>9–9:15 a.m.</td>
<td><strong>Welcome and wellness</strong></td>
<td>Plaza Ballroom G/H</td>
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<tr>
<td>9:15–10:15 a.m.</td>
<td><strong>Closing keynote</strong></td>
<td>Plaza Ballroom G/H</td>
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<tr>
<td>10:30–11 a.m.</td>
<td><strong>Refreshments and exhibitor visits</strong></td>
<td>Plaza Foyer</td>
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<tr>
<td>11:15 a.m.– 12:15 p.m.</td>
<td><strong>Workshop</strong></td>
<td>Orlando L</td>
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<td>Empowering health care professionals to be local change agents: Implementing a well-being champion program (M. Stewart)</td>
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<tr>
<td>11:15 a.m.– 12:15 p.m.</td>
<td><strong>Workshop</strong></td>
<td>Plaza I</td>
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<td>One hundred six years of physician health research—our key lessons and some next steps forward together (E. Frank)</td>
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<td>11:15 a.m.– 12:15 p.m.</td>
<td><strong>Workshop</strong></td>
<td>Plaza J</td>
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<td>Go to Rome – a journey of physician wellbeing. A practical toolkit to recognize burnout and enable physicians to not just survive but thrive (H. Garr)</td>
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<tr>
<td>11:15 a.m.– 12:15 p.m.</td>
<td><strong>Workshop</strong></td>
<td>Plaza K</td>
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<td>Harnessing artificial intelligence to assess the climate of institutional wellness (S. Matulevicius)</td>
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<tr>
<td>11:15 a.m.– 12:15 p.m.</td>
<td><strong>Workshop</strong></td>
<td>Orlando M/N</td>
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<td>A strategic approach for GME Programs to identify, implement and assess system-based interventions to improve physician well-being (M. Leffler)</td>
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<td>12:30–12:45 p.m.</td>
<td><strong>Closing remarks</strong></td>
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**Conference adjourns**
Poster presentations

Physician well-being support program A departmental approach to improve well-being in a large health system
M. Jerome, S. Goel, K. Brower

A holistic framework for medical learner well-being: A catalyst for cultural change
A. Kassam, R. Schindler, S. Moss, B. Antepim, G. Greer, B. Adams

A longitudinal study of burnout in health care workers in New York City during the COVID-19 pandemic: The impact of work stressors, perceived support, and optimism

A three-year initiative to improve wellness in a large, multidisciplinary behavioral health department across health care practice settings
M. Xanthopoulos, P. Soi, T. Benton, M. Stewart

Addressing systems and cultural drivers of well-being through a multi-residency elective
A. Ritchie, J. Sinskey, L. Thomas

An internal centralized medical disability review team to address administrative overload and physician burnout at one of the nation’s largest not-for-profit health plans
C. Davino, K. Ramaya, J. Yruegas, M. Thorp, K. Iverson

Assessment of leadership strategies, barriers and opportunities among frontline physician leaders in a Federally Qualified Health Center network
J. Wallace, T. Staff, R. Allyn

Assessment of single sign-on technology usability and clinician workplace satisfaction
C. West, B. Dougan, L. Dyrbye

Association of organizational leadership to attending, APP’s and trainee burnout: A mixed-methods study
L. Daugherty Biddison, E. Boorman, C. Fowler, C. Herzke, H. Sateia, M. Eakin

Between white coats and someone else’s shoes: A fresh look at secondary traumatic stress, compassion fatigue and burnout in physicians
F. Ahmed

Caring for the caregiver: Supporting working faculty parents
S. Matulevicius, J. Longoria, J. Harry

Changes in ambulatory physician workload, work-pattern and electronic health record burden during the COVID-19 pandemic

Changing medical culture in Canada: Creating a single source of physician wellness tools and resources
Z. Saab, T. McFadden, K. Zintel, K. Brown

COVID debrief sessions: Allowing intentional time to process
J. Pfeifer

Creating and reclaiming connection in a large medical group during the COVID-19 pandemic
Y. Ghaharian, M. Zmuda, O. Pettis

Creating a culture of well-being through incremental change, innovation and collaboration
A. Denner

Designing, implementing and evaluating an organizational change initiative: A case study in applying positive organizational scholarship to health care
J. Christensen, A. Young, K. Garver

Developing a culture of well-being in a family medicine residency
R. Bishop, S. Robinson

Directors of well-being for graduate medical education: What is their role?
J. Duncan, J. Ripp, L. Thomas

Does providing healthy snacks to hospital-based health care providers improve wellness?
A. Amin

Driving culture change in a multispecialty physician group by a focus on corporate board support and process improvement to prevent provider burnout
H. Cushing, C. Abruzzese, M. Cheney, C. Couto, E. Meserve, L. Ouellette

Effects of shared narratives on health care professionals
A. Stringer, L. Liu, J. Marino, M. Vitez, A. Mupparapu, A. Fergus
Empowering leadership to talk openly about mental health during the Covid-19 pandemic and beyond
D. Clark, A. Zucker, D. Borrowman

Engaging residency and fellowship programs in culture change: Where are we now?
H. Hartman-Hall, D. Marchalik

Engaging the assistance of professional health monitoring programs to support recovery among health care professionals referred for unprofessional sexual behavior
L. Merlo, A. Polles, R. Hemphill, V. Mitchell

Evaluating the leading physician well-being program: Triangulating pre-/post-test results to identify training needs
K. Istas, E. Callan, T. Clay, H. Woods, N. Mabachi, K. Kovach

Experiences with discrimination described by northeastern American practicing surgeons
L. Ruangvoravat, K. Olson, A. Larkin, W. Longo

Exploring associations between stressors and burnout in trainee physicians during the COVID-19 pandemic in the United Kingdom
A. Zhou, M. Hann, M. Panagioti, M. Patel, R. Agius, P. Bower

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S. Yang, K. Bracken, T. Alexander

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K. McEntee, H. Koenig, R. Harriangadi, M. Loring, A. Brockmeyer, M. Dahlman

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E. Kwong, K. Adapa, N. Chaguia, L. Mazur, V. Goodacre

Fostering a culture of health and wellness through professional development meetings
D. Keyser, K. Ouchi, L. Grieco

Fostering connection through tailored communication during the COVID-19 pandemic
D. Keyser, K. Ouchi, L. Grieco

Fostering professional fulfilment among pediatric hospitalist physicians in an academic setting
M. Stewart, L. El-Hage, M. Patel, T. Kaur, M. Galligan, K. Conaway

Gender difference in burnout and fulfillment: Can leadership close the gap?
R. Hannum, A. Klein, J. Liebschutz, J. Berliner, S. Rothenberger, R. Feldman

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S. Sijut, L. Huffman, A. Yeh

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K. Adapa, E. Wong, V. Goodacre, N. Chaguia, L. Mazur

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H. Antal, A. Atanda, M. Leffler

Licensure policy for physicians with medical conditions: A critical analysis of Canadian policy
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Lifestyle medicine providers report positive effects on burnout and professional satisfaction from lifestyle medicine practice
K. Pollard, J. Gittelsohn, P. Patel, L. Lianov, K. Freeman, K. Livingston Staffier, K. Pauly, M. Karlsen

Mental health of medical trainees at the peak of the COVID-19 Omicron variant pandemic
J. Kim, F. Wafy, P. Arthur, M. ElSayed, A. Al-Katib, M. Myers

Mindful self-compassion training for frontline physicians: A well-being pilot program
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Mitigating physician burnout and promoting professional well-being: A multidisciplinary team approach in building and implementing a practice transformation program
G. Street, K. Adams, C. Muffet

Mixed methods research exploring the relationship between well-being and burnout in doctors
J. Jenkins, E. Boxley, G. Simons

Mobilizing legislation that protects physicians and health care workers in Canada from bullying, harassment and violence
A. Chisholm, Z. Saab, C. Simon

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L. Ruangvoravat, K. Olson, A. Larkin, W. Longo

On being a rat, an ant and a physician: The loneliness of the whistleblower in health care—an Egyptian experience
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S. De Arrigunaga, M. Shah, M. West, R. Mishuris, S. Rowe

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S. Matulevicius, J. Harry, S. Maybery, L. Cooper

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S. Ayala, S. Abookire, N. Shadick, E. Seely

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C. Gomez-Di Cesare, T. Chung, L. Kohman, M. Scribani, W. Ryan, N. Harf

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K. Jacob, C. Hilbert, A. Rinvelt

The impact of Schwartz Rounds attendance on the flourishing of pediatric health care professionals: A qualitative study

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The measure matters: A core outcome set for physician well-being
G. Simons

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B. McMichael, M. Kemp, T. Engler, M. Bamdad, G. Sandhu

The state of wellness education in medical schools across North America: A scoping review
N. Raiter, K. Yau, A. Sharma, V. Do

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A. Haddad, K. Kim, N. Kos, G. Ye, S. Zisook, J. Davidson

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J. Duncan, J. Hanson, E. Slat, S. Bernstein

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K. Morrison, K. Jensen, K. O’Connor, D. Gilhuly

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A. Kreher

Working minds: Mental health awareness and suicide prevention in a large medical group
Y. Ghamarian, M. Zmuda, O. Pettis

Working towards inclusivity, psychological safety, and accountability through the implementation of a challenging interactions reporting tool
M. Stewart, E. Seike, J. Metha, A. Barnes, T. Bamat, D. Szalda

You’ve got gratitude! A multi-specialty and multi-institution program encouraging expressions of gratitude
M. Maksutova, M. Kemp, A. Singer, H. Alam, G. Sandhu
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**Objectives**

- Explore creative ways to improve the organization’s work environment and promote a positive culture to enable self-care, personal growth and compassion (for yourself, colleagues and patients).
- Evaluate your organization’s efficiency of practice and identify organizational systems that could improve health care quality and patient safety.
- Assess your level of personal resilience and outline an action plan for increasing one’s physical, emotional and professional wellness.
- Develop and implement effective strategies to measure physician wellness and/or advanced leadership support for wellness as a strategic priority within your organization.
- Leverage a network of internal and external peers to exchange best practices and share lessons learned as they relate to fostering physician health.

**Target audience**

This international conference is intended for physicians in all specialties and for those who are in academics, students, physician health researchers, administrators, educators and consultants who wish to improve their knowledge, competence and performance in physician health.

**Statement of need**

Physicians’ professional wellness is increasingly recognized as being critically important to the delivery of high-quality health care, yet survey data indicates physician burnout nationally has reached crisis proportion. Physicians strive to achieve an optimal patient experience and provide the highest quality care while simultaneously facing increasing productivity and documentation demands that often lead to anxiety, fatigue, burnout and depression.

This leading-edge forum is designed to inspire organizations throughout the country to seek ways to bring back the joy in medicine and achieve professional fulfillment for all our physicians.

Through provocative keynote presentations, practical panel discussions, concurrent oral abstracts, and poster presentations of more than 70 different national wellness projects and programs, this three-day conference will offer an exciting format featuring progressive practitioners and noted researchers. We will provide an engaging forum to share innovative methods and discuss tangible strategies and tools that structuring organizations (i.e., hospitals, health systems, practices and clinics) can use to contribute to, rather than detract from, physician wellness. The conference will also showcase research on the infrastructure of health care systems and highlight what organizations can do to help combat burnout and promote wellness.

**Desirable physician attributes (also known as competencies)**

CME activities must be developed within the context of desirable physician attributes or competencies. The International Conference on Physician Health has identified that this activity addresses the following competencies: patient care, professionalism and system-based practice.

**Disclosure information**

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**Full abstracts and author information**

All full abstracts, including author credentials, affiliations and contact information are listed in the “International Conference on Physician Health 2022 Abstract Book” and can be found on the conference webpage (international-conference-physician-health.org) for free download (.pdf) during and after the conference.

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**ABIM MOC statement**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 14.0 Medical Knowledge MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to the ACCME for the purpose of granting ABIM MOC credit.

**ABP MOC statement**

Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 14.0 MOC points in the American Board of Pediatrics’ (ABP) Maintenance of Certification (MOC) program; and 14.0 Lifelong Learning points in the American Board of Pathology’s (ABPath) Continuing Certification program. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting MOC credit.

**ABOHNS MOC statement**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to 14.0 Self-Assessment points in the American Board of Otolaryngology – Head and Neck Surgery’s (ABOHNS) Continuing Certification program to meet the expectations of the American Board of Otolaryngology’s Maintenance of Certification (MOC) program. It is the CME activity provider’s responsibility to submit participant completion information to the ACCME for the purpose of recognizing participation.
We would like to thank the following individuals for their contributions to the planning of this conference:

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