



Improving well-being
through the power
of connections



ICPH

INTERNATIONAL CONFERENCE
ON PHYSICIAN HEALTH™ 2024





Contents

About the International Conference
on Physician Health™ 2

Presenters..... 3

Message from the Presidents 4

Information for ICPH 2024 5

ICPH 2024 speakers..... 6

Schedule 11

Poster presentations..... 18

Feedback..... 22

Save the date for ICPH 2026..... 22

Acknowledgements 23



About the International Conference on Physician Health™

The International Conference on Physician Health™ (ICPH) is a biennial scientific conference sponsored jointly by the American Medical Association, the Canadian Medical Association and the British Medical Association. The conference showcases research and system-level initiatives to mitigate burnout and promote professional well-being.

We've all heard it said before—humans are social beings who thrive in connection and in community with others. This is especially true for doctors. Medicine is a profoundly human profession; one that demands not only great skill but also empathy and compassion— for our patients, our colleagues and for ourselves.

This year's conference theme is "Improving well-being through the power of connections," focused on the many ways making connections—with each other, through the systems in which we work and with the help of tools and technology—can strengthen the medical profession at a time when professional dissatisfaction and physician mental distress is at an all-time high.

From workshops to oral presentations, posters to plenaries, ICPH provides a forum for practitioners and researchers to present innovative methods and support systems, as well as educational programs and recent research findings related to physician health.

Presenters

The International Conference on Physician Health is presented jointly by the Canadian Medical Association, the British Medical Association and the American Medical Association.



cma.ca

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 the National Physician Health Survey and the Physician Wellness Hub.



bma.org

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. They have also been representing the interests of doctors as a core participant in select modules of the Covid-19 public inquiry.

The BMA provides 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 has 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.



ama-assn.org

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 the obstacles that interfere with patient care, leading the charge to prevent chronic disease and confront public health crises and 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. The AMA developed 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.

Message from the Presidents

On behalf of the Canadian Medical Association, British Medical Association and American Medical Association, we are thrilled to welcome physicians, researchers, policy-makers and other health leaders to the 2024 International Conference on Physician Health™ (ICPH) in Halifax, Nova Scotia, Canada, from Oct. 17 to 19.

Hosted every other year by one of our associations, ICPH provides a forum for practitioners and researchers to present innovative methods, support systems, educational programs and research findings related to physician health.

At this year's event, we're recognizing the power of making meaningful connections – with each other, with patients and within our health systems – to mitigate burnout and protect physicians' health and well-being.

Under the theme, "Improving well-being through the power of connections", we'll be taking a deeper dive into these relationships – whether they be at the systems, human, procedural/operational, interprofessional or sociotechnological level.

You can expect an agenda full of new research and fresh insights from your colleagues and peers on how to promote an overall healthier culture for physicians and make medicine a more sustainable career choice. We are confident that all attendees will discover practical evidence-based solutions, skills, resources and tools to take back to their workplace and readily implement.

We hope you will enjoy the charm and beauty of Halifax, and can take advantage of all the networking and health and wellness activities to connect with colleagues from around the world.

We thank you for joining us for ICPH 2024 and look forward to connecting with each of you and to harnessing the power of connections to promote a healthier medical profession.

Yours in wellness,



Joss Reimer,
MD, FRCPC, MPH
President, Canadian
Medical Association



Professor Phil Banfield
Council chair, British
Medical Association



Bruce Scott, MD
President, American
Medical Association

Information for ICPH 2024

Continuing Medical Education

ICPH 2024 offers opportunities for Continuing Medical Education (CME) credit, which recognizes a physician's participation in continuing medical education and is accepted by hospital credentialing bodies, state medical licensure boards, medical specialty certifying boards, and other organizations.

Full details about CME at ICPH 2024 will be emailed directly to participants ahead of the conference.

Wi-Fi

ICPH 2024 is hosted at the Halifax Convention Centre. Wireless internet will be available for all conference attendees. Please see the registration desk for additional information.

Social media

Use and follow #ICPH2024 on X, Instagram and Facebook to share your experience and to join the conversation around conference speakers, events and sessions.

The ICPH 2024 app

Download the app for ICPH 2024's agenda, information about our speakers, details about the sessions, networking and engagement with other attendees, and more.

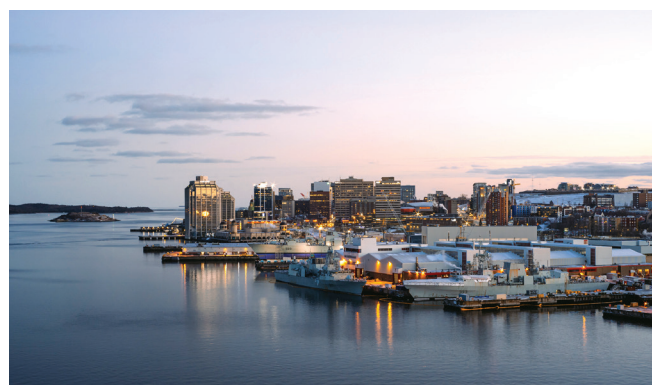
To download and access the app:

1. Access your device's app store ([Apple iOS](#) or [Google Android](#)) to download the app.
2. Individual login credentials will be sent to you before the conference. You can use those to login and access the full conference information.

Discover Halifax

The city of Halifax is the capital of the province of Nova Scotia and well-known for being beautiful, entertaining and welcoming. Halifax is a family-friendly city, with lots to do for visitors of all ages.

Halifax's tourism team has prepared a [tailored selection of things to do and see for ICPH 2024 attendees](#), with a focus on wellness activities. Make the most of your stay by enjoying the best that Halifax has to offer!



ICPH 2024 speakers

Dr. Hayley Wickenheiser

Four-time Olympic gold medalist |
Member of the Hockey Hall of Fame



Photo by Dave Holland

Opening keynote speaker

Dr. Hayley Wickenheiser is a titan of sport. Best known for her hockey prowess, she has 13 world championships, five Olympic medals and a Hockey Hall of Fame induction under her belt.

Dr. Wickenheiser is also a medical doctor practicing family and emergency medicine in the Toronto-area — a pursuit she had dreamt of her whole life and began in 2017 following her retirement from the National Women's Team after 23 years.

A leader both on and off the ice, Dr. Wickenheiser is also a member of the Order of Canada, a retired member of the International Olympic Committee's Athlete's Commission, member of Canada's Sports Hall of Fame, and founder of The Canadian Tire Wickenheiser World Female Hockey Festival.

Dr. Margaret Lozovatsky

VP, Digital health,
American Medical Association



Plenary speaker

Dr. Margaret Lozovatsky is the Vice President of Digital Health at the American Medical Association. She is a nationally recognized leader in healthcare informatics and has a passion for using technology to improve patient care. Dr. Lozovatsky is a member of the Advisory Board for the Association of Medical Directors of Information Systems and a Fellow of the American Medical Informatics Association.

In 2023, Dr. Lozovatsky received the HIMSS-AMDIS Changemaker in Health Care Physician Executive Award. Dr. Lozovatsky is one of the inaugural members of the Physician Advisory Board at Epic and sits on the Epic Physician Wellness Advisory Board. Dr. Lozovatsky also serves as a pediatric hospitalist at Novant Health Presbyterian Medical Center in Charlotte, North Carolina, where she continues to care for patients.

Dr. Tina Shah

Chief clinical officer, Abridge



Plenary speaker

Dr. Tina Shah is the Chief Clinical Officer at Abridge, an AI company that structures and summarizes medical conversations to unburden clinicians from clerical and focus on what matters most—their patients. In 2022, she served as Senior Advisor to the US Surgeon General, where she developed the nation's strategy to address burnout and the great resignation among the US health workforce. She served as the National Director of Clinician Wellbeing at the US Department of Veterans Affairs over two administrations, and also served in the White House.

As a national expert on burnout and healthcare, she has been featured in publications through the National Academy of Medicine, Centers for Medicare and Medicaid Services, Harvard, CBS and NBC.

Dr. Paula Cashin

Indigenous radiologist |
Faculty lead, Indigenous
health, Memorial University
of Newfoundland and Labrador



Plenary speaker

Dr. Paula Cashin is the first Indigenous radiologist and nuclear medicine physician in Canada. She is a Mi'kmaq radiologist from Newfoundland and faculty lead for Indigenous health at Memorial University of Newfoundland and Labrador. Dr. Cashin serves in national physician leadership roles as vice-chair of the CMA Board of Directors, chair of the CMA Appointments Committee, board director of the CMA Foundation and a council member of the CMPA. Dr. Cashin completed a Master of Laws (LLM) at Osgoode Hall Law School in 2021. Her master's research focused on the development of a national physician dispute resolution process to address the potential career loss and patient safety issues that arise from unresolved workplace conflict and harassment.

Dr. Simon Fleming

Trainee representative, International
Orthopaedic Diversity Alliance



Plenary speaker

Dr. Simon Fleming is a consultant orthopaedic hand and wrist surgeon, medical education Ph.D and culture change advocate, with an international reputation for his work.

He is a founding and executive board member of the International Orthopaedic Diversity Alliance (IODA). He also sits on the executive board for the NIHR Clinical Education Incubator and is an Associate Editor for Medical Education, The Clinical Teacher and the British Journal of Surgery.

He has delivered over 250 keynotes globally on his landmark and award-winning work around diversity, inclusion, improving medical and surgical training as well as challenging toxic cultures. He works with individuals and organisations to transform healthcare education and culture, as well as how to start having those uncomfortable conversations.

Dr. Michael Quon

Physician, The Ottawa Hospital |
Assistant professor, University
of Ottawa



Plenary speaker

Dr. Michael Quon is a General Internal Medicine specialist at The Ottawa Hospital and an assistant professor at the University of Ottawa. He co-led the development of both a hospital position statement and policy for physicians with disabilities, the first of their kind in Canada. He received the 2023 Royal College Award for Early Career Leadership - Health Policy. He led a national community of practice, for physicians and trainees with disabilities and chronic conditions. He is leading a national collaborative developing best practice processes for accommodations of residents with disabilities. His commentary to address ableism in physician well-being planning was published in JAMA.

Dr. Fatima Cody Stanford

Physician, Massachusetts General
Hospital | Associate professor,
Harvard Medical School



Plenary speaker

Dr. Fatima Cody Stanford is an associate professor of Medicine and pediatrics who practices and teaches at Massachusetts General Hospital (MGH)/ Harvard Medical School (HMS) as one of the first fellowship-trained obesity medicine physicians worldwide. She is highly cited, with over 200 peer-reviewed publications.

Among her many awards, Dr. Stanford was selected for the American Medical Association Dr. Edmond and Rima Cabbabe Dedication to the Profession Award, which recognizes a physician who demonstrates commitment to medicine through community service, advocacy, leadership, teaching, and philanthropy. In 2022, the National Academy of Medicine selected her as a Scholar in Diagnostic Excellence. She was named to the 2025 Dietary Guidelines Advisory Committee by the US Department of Health and Human Services (HHS) and Agriculture (USDA).

Dr. Ananta Dave

Child and adolescent psychiatrist |
Chief medical officer, Black Country
Integrated Care System



Closing keynote speaker

Dr. Ananta Dave is Chief Medical Officer in the Black Country Integrated Care System and a Consultant Child & Adolescent Psychiatrist.

She was appointed Presidential Lead for Retention and wellbeing at the Royal College of Psychiatrists in 2023. She is keenly interested in doctors' health and wellbeing and is the recipient of a Churchill Fellowship in 2019 to study the topic of preventing doctor suicides in the US and implement the learning in the NHS in the UK. She is a Trustee of the charity Doctors in Distress which works to prevent suicides in healthcare workers.

She was also the first female President of the British Indian Psychiatric Association and provides mentorship and coaching to colleagues through her role in various diaspora health organisations.

Dr. Jillian Horton

Associate professor, Health Sciences
Centre and University of Manitoba



Closing keynote speaker

Dr. Jillian Horton is an Associate Professor of Internal Medicine at the Health Sciences Centre and the University of Manitoba. Her writing about medicine and medical culture appears regularly in the LA Times, the Globe and Mail, The Toronto Star, Maclean's, and a variety of American news outlets by syndication. In April 2020 she was awarded the Gold Humanism award by the Association of Faculties of Medicine of Canada for her national contributions to compassion in clinical care and her leadership in the field of humanities in medical education. She is the author of national bestseller "We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing," which is currently being adapted as a television series.



Thursday, October 17

7:00–9:00	Registration & continental breakfast
8:00–8:45	Presidential Welcomes and Indigenous Opening Ceremony
8:45–9:45	Opening Keynote Dr. Hayley Wickenheiser
9:45–10:15	Health break and exhibitors

10:15–11:45	Oral presentations			Panel
	Socio-technological stream	Human connections stream	Procedures and operations stream	Herding cats - Fighting burnout by building connections across siloed health care systems through interoperability
	<ol style="list-style-type: none"> 1. The crucial role of national medical associations in artificial intelligence policy development to improve physician wellness: A cross-border perspective 2. Understanding and addressing primary care administrative workload in Atlantic Canada: A qualitative study 3. Using realtime data capture during document review to reduce cognitive and administrative burden and increase patient safety 4. Artificial intelligence assisted radiotherapy quality assurance workflow for radiation oncology clinical staff well-being improvement 	<ol style="list-style-type: none"> 1. Building a community of "Joy at Work" mini-grant awardees: Using the power of connections to promote sustainable well-being initiatives at the local and organizational-levels 2. "Physician, heal thy culture": Assessing the role of medical culture in physician burnout 3. Prioritizing physician mental health: Implementing a Critical Incident Stress Management (CISM) program in the workplace 4. "Do they think I'm good enough?": General practitioners' experiences when treating doctor-patients 	<ol style="list-style-type: none"> 1. The Recharge Room: A biophilic, multi-sensory space for provider wellness 2. Examination of physician substance use and treatment: Uncovering adverse actions against physicians and the urgency for systemic support in the United States 3. Women in Medicine (3-WIM): A novel approach to a Women in Medicine mentorship program 4. Reducing administrative burdens - The Manitoba experience 	Workshop Creating psychologically healthy and safe health-care workplaces and learning environments to enhance well-being, team performance, and quality of care
11:45–12:45	Lunch			
12:45–1:45	Facilitated poster session			

1:45–3:15	Oral presentations			Workshop From COMPASS to camaraderie: Evidence-based interventions involving intentional space making to foster connection and belonging.
	Socio-technological stream	Inter-professional stream	Human connections stream	Workshop Stories beat data. A workshop to tell better stories, improve human connection and lead change
	<ol style="list-style-type: none"> 1. The well-being/ professionalism connection: Creating professionalism peer support program to compassionately address professionalism concerns and increase well-being 2. Beyond burnout: Workplace social-cultural factors linked to intention to leave among academic physicians 3. Improving well-being through loop closure: Building a tiered support infrastructure for healthcare providers across a health system's 15 emergency departments 4. From distressed to restored: An integrated approach to supporting our team members 	<ol style="list-style-type: none"> 1. Pros4Peers: Sleep medicine experts share science with colleagues for optimal sleep 2. Success starts here: Connecting new doctors with leadership teams for impactful onboarding 3. Should I stay or should I go? Emotional exhaustion's association with intent to leave in a national sample of female physician trainees 4. Guiding lights: Well-being navigators as embedded agents of support and culture change 	<ol style="list-style-type: none"> 1. Becoming a best place to care: A physician-led strategy to care for caregivers in a growing organization 2. The healing connection: Elevating physician well-being through Physician Health Program (PHP) partnerships 3. Physician incivility – applying observed events of COVID-19 to harassment frameworks 4. "GYN for GME": The effect of a weekend clinic on resident wellness 	
3:15–3:30	Health break and exhibitors			
3:30–4:30	Wellness Sessions			
4:30–5:30	Fireside Chat <i>AI and technology in health care: The impact on physician and patient health</i> Margaret Lozovatsky, MD & Tina Shah, MD			
5:30–7:45	Nova Scotia Kitchen Party (networking, cocktails and light hors d'oeuvres) Sponsored by Affinity			

Friday, October 18

7:00–9:00 **Registration & continental breakfast**

8:00–9:30	Oral presentations			Workshop
	Socio-technological stream	Human connections stream	Procedures and operations stream	
	<ol style="list-style-type: none"> 1. Performance measures in primary care: An insidious source of waste and burnout 2. When disaster strikes: Connection with staff when it matters the most 3. National strategies to improve physician wellbeing by reducing admin burden 4. Use of a generative artificial intelligence (G-AI)-assisted documentation tool to reduce clinician burden and associated stress 	<ol style="list-style-type: none"> 1. Ethno-racial trauma experienced by physician trainees and medical students in the United States and its impact on their well-being: A scoping 2. Culture of academic medicine initiative: A national approach to well-being at faculties of medicine in Canada 3. Unraveling the journey: A longitudinal study of burnout onset and resolution among physician trainees throughout residency 4. Association Between Vacation Characteristics and Career Intentions among US Physicians—A Cross-Sectional Analysis 	<ol style="list-style-type: none"> 1. What scales should we use? A psychometric systematic review of common scales used to measure medical student well-being longitudinally 2. Development of a provincial-wide micro-aggression course for physicians through tripartite collaboration 3. Mental health check-ins: Value and feasibility 4. Optimizing support for physicians with physician advisors: A two-year pilot project 	<p>Failing better!! - Using improv theatre exercises to improve communication skills, teamwork and self-compassion in clinical teams</p> <hr/> <p>Panel</p> <p>GenAI: How could it accelerate professional well-being? What is the role of the CWO?</p>

9:30–10:00 **Health break and exhibitors**

10:00 – 11:30	Oral presentations			Workshop
	System connections stream <ol style="list-style-type: none"> 1. Burnout experiences among historically marginalized medical students from 2019 to 2021 2. Changing the system: How to develop a suicide prevention and depression awareness program for healthcare workers 3. Gender differences in the associations of professional fulfillment and burnout with physician task load and electronic health record helpfulness and hassles 4. Improving the transition back to work following parental leave in a busy U.S. academic children's hospital 	Inter-professional stream <ol style="list-style-type: none"> 1. Integrating conflict management training in medical education: A systematic review for professional growth 2. Determinants of a healthy learner 3. Impact of an online group-coaching program on ambulatory faculty clinician well-being: A randomized clinical trial 4. Efficacy of focused collegiality interventions in improving cross-specialty relationships among frontline physicians 	Human & system connections stream <ol style="list-style-type: none"> 1. The impact of structured stress first aid training for graduate medical education leadership 2. Expansion of a physician parental wellness program at the Massachusetts General Hospital 3. Supporting physicians: A multi-systems investigation to understand burnout and moral injury 4. To opt-in or to opt-out?: Connecting with resident physicians to promote well-being 	<p>Two for the price of one: The resident well-being check-in as an opportunity to enhance individual resilience and promote organizational well-being strategies</p> <hr/> <p>Workshop Supporting 2SLGBTQIA+ learners and patients in clinical academic settings</p>
11:30–12:30	Lunch			
12:30 – 1:30	Networking			

1:30 – 2:30	Plenary Panel <i>Connecting allyship to action: Enhancing equity, diversity, and inclusion in health care</i> Michael Quon, MD; Simon Fleming, MD; Fatima Stanford, MD; Paula Cashin, MD; Moderator			
2:30 – 3:00	Health break and exhibitors			
3:00–4:30	Oral presentations			Workshop
	Procedures, operations & human connections stream	Human & system connections stream	Human connections stream	How might we? Harnessing the power of connections through human-centered design thinking: Skills workshop for solving complex drivers of burnout
	<ol style="list-style-type: none"> 1. Championing gender equity: Adjusting outpatient productivity targets for lactating physicians 2. An organizational approach increases women faculty engagement at an academic medical center 3. Food insecurity and associations with well-being among graduate medical education trainees in the United States: A multi-site study 4. Autonomy, competence, and belonging: The relationship between burnout and satisfaction of essential human psychological needs in academic medicine faculty 	<ol style="list-style-type: none"> 1. Association between work control, burnout and career intentions among U.S. Physicians—A cross-sectional analysis 2. The Co-WRaP study: Co-creating solutions to enhance the well-being of resident physicians and their partners during training and beyond 3. Physician wellness: Exploring mid-career physician experiences 4. The (dis)integration of shame: A qualitative study on how medical learners engage with shame in training 	<ol style="list-style-type: none"> 1. Measuring physician wellness within Albertan physician groups: A developmental and outcome evaluation of the Well Doc Alberta process 2. Cultivating culture change: A peer support continuum 3. Addressing the impact of medico-legal events on physician wellness 4. Physician suicide postvention in Canada: Current landscape and recommendations for the creation of pan-Canadian guidelines 	Workshop Introduction of the S.A.F.E.R. framework to achieve practice environments that are physically, psychologically, and culturally safe

Saturday, October 19

7:00–9:00	Registration & continental breakfast			
8:00–8:45	Presidential remarks & Indigenous closing ceremony			
9:00–10:00	Closing keynote <i>A psychologically safe health care system – how do we get there?</i> Ananta Dave, MD & Jillian Horton, MD			
10:00–10:15	Health break and exhibitors			
10:15–11:45	Oral presentations			Workshop
	System connections, procedures & operations stream	Human connections stream	Human connections stream	<p>Connection is your superpower: Sharing lessons from NHS Practitioner Health, a service built on connection and arguable the happiest place to work in the world</p> <p>Panel</p> <p>Stress first aid in action: Implementation of a self-care and peer support framework in a large healthcare system</p>
	<ol style="list-style-type: none"> 1. Decreased physician burnout and improved well-being in a large health system in California 2. Putting out the fire: A toolkit for physician wellness leaders 3. Wellness through safety: Creating a thriving workforce through physical psychological and cultural (PPC) safety 4. Enhancing physician well-being by improving the workplace for parents 	<ol style="list-style-type: none"> 1. Authenticity is protective against burnout, depression, and suicidal ideation in physicians 2. Impact of a group-based leadership coaching program on professional fulfillment and peer support in mid-career academic physicians 3. Personalized medicine: An approach to fostering positive relationships between rotating junior medical officers and their teams 4. A multidimensional framework for supporting student well-being in medical school 	<ol style="list-style-type: none"> 1. Understanding distress disparities among underrepresented physicians: Implications and recommendations for well-being programs 2. Short and long-term sick leave among mid-career Norwegian physicians (NORDOC): Health and work-related predictors 3. Vacation days taken, work during vacation, and burnout among U.S. physicians 4. Evaluation the impact of targeted EMR integration on practice efficiency among primary care clinicians 	

11:45+

Grab-and-go Lunch



Poster presentations

A Group Coaching Program to Reduce Burnout Among Mid-Career Women Clinicians at an Academic Institution

A Huddle System to Enhance Patient Safety and Staff Well-Being in Surgical Departments

A Novel 3-Part Coaching Program for New Academic Faculty Improves Alignment of Personal and Organizational Values and Improves Professional Fulfillment

A repeated measure protocol for the study of burnout, psychological morbidity, job satisfaction, and stress among Canadian hospital-based child and youth protection professionals

Academic Physician and Trainee Burnout, Professional Fulfillment, Mental Health, and Intent to Leave Practice or Training by Sexual and Gender Minority Status: a multicenter cross-sectional survey study

An Examination of the Acceptability and Feasibility of a Virtually Delivered Facilitator-led and Self-directed Cognitive Behavioural Skills Intervention in a Sample of Physicians and Medical Learners

Association of Electronic Health Record and Clerical Burden with Burnout and Career Intentions Among Physician Faculty in an Urban Academic Health System

Bright-Spotting: Shining the Light on Well-being Best Practices

Building bridges and removing barriers to promote the psychosocial health of the care team with a robust internal EAP at a pediatric hospital

Can a peer led, site/system supported PWB program reduce Job Stress and Burnout at community hospitals? North Denver's experience

Connection Through Comradery

Creating a Culture of Well-being and Connection Using Mindful Practice in Medicine in Canadian Postgraduate Medical Education – a Pilot Programmatic Development Project

Development and Dissemination of a Peer Support Program for Physician Trainees

Effectiveness of interventions to improve physician wellness: a systematic review

Enhance Resident Physician Well-being: How and Why to Implement Opt-Out Wellness Check-Ins

Freedom From Medical Education Debt Improves Job-crafting and Well-being

Identification of resources and support services for physicians after witnessing trauma

Implementation of a Nursing Pool Intervention to Enhance Well-being Among Pediatric Primary Care Clinicians

Implementing an Inpatient Pathway to Manage Disruptive Behaviors and Mitigate Workplace Violence

Lead Well, Thrive Together: A Wellness Centered Leadership Curriculum

"Let's Check-in!" Results of a Comprehensive Well-being Program for First-Year Residents

Leveraging motivational theory in the design and implementation of a sustainable physician well-being program

Mental Health Services for Physician Trainees: Results of a National Survey

Optimizing the Potential of Artificial Intelligence to Reduce Administrative Burden for Physicians in Canada: Innovations by National and Provincial Medical Associations

Perceived social support declines after entering medical school: A study utilizing 10 years of national-level AAMC data

Performance Coaching for Struggling Physicians

Physician Leadership Development: Implementation of a Successful Co-Learning Model

Post-COVID Moral Injury in a Sample of Healthcare Providers

Prevalence and Correlates of Post-Traumatic Stress Disorder Symptoms in Graduate Medical Education Trainees: A Multi-Site Study

Provider Perspectives on Organizational Strategies to Reduce Provider Burnout and Improve Satisfaction in Safety-Net Primary Care Clinics in the United States

Provider Time and Burden in Primary Care: An Analysis on Non-Face-to-Face Time and Electronic Health Record System Monitoring

Psychological Health & Safety (PH&S) Toolkit: Interprofessional Primary Care Team and Physician Relevant Resources

Psychological Safety & Challenging Conversations: Workshops to Enhance Well-Being Focused Leadership Skills

Psychological safety, burnout, and professional fulfillment among clinicians: The role of organizational and leadership wellbeing factors

Re-validation of the Stanford Professional Fulfillment Index in an Alberta, Canada Physician Population

Revolutionizing Healthcare: AI Scribe Technology Alleviating Physician Burnout

Should managers and colleagues really be making referrals? : The utility and effectiveness of supervisors making referrals to peer support programs

Stigma-free Help-seeking and Work-buddies Predicted More Favorable Appraisal of Stressors and Work-life Well-being

The Case for Training Physicians to Coach: An Opportunity to Enhance Well-being

The Power of an Integrated Behavioral Health Response in Supporting Communities During Disaster

Understanding Physician Burnout: Variability, Gender Disparities and Key Contributors

Understanding Provider Well-Being Barriers and Facilitators at a Large, Freestanding Children's Hospital: Using Well-Being Grants to Empower Local Initiatives

Utilizing a narrative medicine workshop series to promote belonging and connection among medical students: A pilot study

WellIDOM at the Table: Peer-Support Groups to Improve Wellbeing and Resilience

Workplace Violence in Healthcare: Enhancing Student Preparation for the Clinical Learning Environment

Feedback

Immediately following the conclusion of ICPH 2024, attendees will receive a link via email to access a survey evaluation. We hope you will take a few moments to fill it out and let us know how your ICPH 2024 experience was – your comments will help us evaluate the conference content and aid us in future planning.

Save the date for ICPH 2026

The next International Conference on Physician Health™ will be September 28–30, 2026 in London, the United Kingdom.

[Register your interest](#) to receive updates.



Acknowledgements

A conference of this magnitude requires months of planning and organization to pull it off. We are grateful to the program planning committee, the abstract review committee and our volunteers for their tireless efforts in getting us together here in Halifax.

Sponsors

ICPH 2024 was also made possible with the support of our sponsors:

Premier sponsor



The Canadian Medical Association, MD Financial Management Inc. and Scotiabank together proudly support the International Conference on Physician Health™, one of several initiatives that comprise our \$115 million commitment to supporting the medical profession and advancing health in Canada.



Gold sponsor



The Physicians Foundation seeks to advance the work of practicing physicians and help them facilitate the delivery of high-quality health care to patients. As the U.S. health care system continues to evolve, The Physicians Foundation is steadfast in strengthening the physician-patient relationship, supporting medical practices' sustainability and helping physicians navigate the changing health care system. The Physicians Foundation pursues its mission through research, education and innovative grant making that improves physician wellbeing, strengthens physician leadership, addresses drivers of health and lifts physician perspectives.

Exhibitors



The Canadian Medical Association, MD Financial Management Inc. and Scotiabank together proudly support the International Conference on Physician Health™, one of several initiatives that comprise our \$115 million commitment to supporting the medical profession and advancing health in Canada.

The American Medical Association 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 the obstacles that interfere with patient care, leading the charge to prevent chronic disease and confront public health crises and 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. The AMA developed 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.



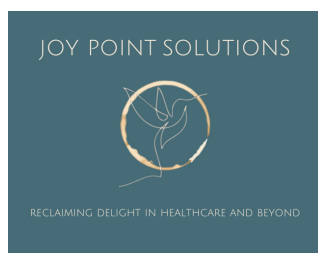
The Canadian Medical Association (CMA) is leading a national movement of physicians who believe in a better future of health. Our goal is a more sustainable, accessible health system — more urgently needed than ever — and a new culture of medicine that champions equity, diversity and inclusion. Our work is informed by the tens of thousands of doctors, residents and medical students across the country. Together, they reflect a range of backgrounds, types of practice and locations — rural, remote and urban. We also collaborate across the health sector, with professional organizations representing the many people who deliver care alongside physicians and with networks of the patients and caregivers they serve.



The Canadian Medical Protective Association (CMPA) is a mutual medical defence organization for Canadian physicians. We protect the professional integrity of physicians and promote safe medical care in Canada.



Committed to increasing wholeness and joy in the practice of medicine, The Coalition provides resources, research and support to improve well-being programs, while empowering physicians and APPs, which leads to meaningful positive change in the health care environment.



Joy Point Solutions provides inspired personal-professional development coaching and curriculums to health care professionals and others. We believe reclaiming delight is not only possible, but essential to a sustainable future in medicine. Our team of physician coaches and specialty non-clinician coaches is ready to serve you as you reclaimdelight, cultivate purpose and express your vision.



For 140 years Homewood Health has been supporting Canadians living with mental health and addiction challenges on their road to treatment and recovery. Providing expert, physician-led and evidence-based care at three inpatient treatment facilities across the country, Homewood is redefining mental health and addiction services to help Canadians live healthier, more productive and fulfilling lives. We offer standalone programs for depression, anxiety, trauma, eating disorders and substance use disorders, as well as concurrent mental health conditions. Treatment is also available for specific populations such as first responders, health care professionals, young adults, mature adults and more. Visit our booth to talk to us about treatment programs and how to refer to the Homewood Health Centre (Guelph, Ontario), Ravensview (North Saanich, British Columbia) and The Residence at Homewood (Guelph, Ontario).



The Practice

The Practice, located in Laguna Niguel, California, is a specialized detox/residential program exclusively designed for impaired physicians and doctorate-level health care professionals. Executive Director Dr. Helene O'Mahony, PhD, has been working with physicians for over 10 years. During this time, she identified a need for a specialized residential treatment program tailored specifically to physicians and doctorate-level health care professionals. With years of experience, Dr. O'Mahony has provided support groups required by the California Medical Board, Kaiser Permanente and other well-being committees. Dr. O'Mahony's vision is to be a haven where physicians seek help, attain sobriety and feel as secure and supported as anyone else in residential treatment. At The Practice, physicians will experience a secure and empathetic environment, guided by doctorate-level therapists and highly trained staff. We are able to address a wide spectrum of behavioural health concerns, ranging from substance use disorders, depression and anxiety to unresolved trauma, grief, personality disorders and more.



Stanford University School of Medicine WellMD & WellPhD is the world's preeminent site for thought leadership, research, scholarship, implementation, dissemination and training on why and how health care institutions must embrace their essential role in mitigating the global crisis of clinician burnout. Our portfolio of education and training opportunities equip leaders outside of Stanford with the knowledge, efficacy and skills to drive change within their organizations that creates a practice environment that breeds meaning, purpose and fulfillment for clinicians.



SpeechMD helps you enhance your medical practice with AI-driven documentation, designed to streamline clinical workflows and improve patient care. Our game-changing software, DocBuddy, is not your generic AI scribe software – it is both an AI Scribe and dictation tool that will allow you to automatically get perfect, hands-free clinical notes completed before your next patient. Embrace the future of medical clinical documentation with DocBuddy by letting DocBuddy Voice amplify your efficiency, giving you more time to focus on what truly matters: delivering exceptional care.



I am an Integrative Medicine physician with a heart to serve physicians. I work with physicians who are struggling with hopelessness, health, or loss of meaning in life or work. I connect with physicians who may feel burnout, overwhelmed, or afraid. I walk beside them, one on one, and mentor them to greater levels of well being through a biomedical spiritual approach that includes faith foundations. My work is based on my own personal and professional journey as an Integrative Medicine family physician having gone from broken and surviving to wholeness and thriving. My purpose is to re-align and reveal the original intent and reason behind their calling into medicine. I provide a reproducible platform of systems, mindsets and practical teachings to become more whole in spirit, soul, and body where they can 'REST' and heal - initially for themselves and eventually, as they heal, for their patients too.



The Physician Well-Being Index is an online self-assessment tool invented by Mayo Clinic that measures six dimensions of distress and well-being in just nine questions. The Well-Being Index equips organizations with the data and tools needed to go beyond burnout while providing participants with customized resources, internal and national benchmarking, options for feedback, and complete anonymity. Current versions include physician, resident & fellow, medical student, nurse, advanced practice provider, and employee.