Toward a Culture of Physician Well-Being

Brown, Jacobs, Van Hala, Watrin
AFMRD Physician Wellness Task Force

The AFMRD Physician Wellness Task Force will engage our members to support residency programs in building and maintaining family medicine training programs that create a culture of wellness and prepare physicians for a lifetime of healthy practice.

Objectives

- Gather best practices from family medicine residencies nationwide
- Create or gather enduring materials for the AFMRD PD Toolbox to support programs seeking to implement or improve wellness programs that create a culture of wellness and prepare physicians for a lifetime of healthy practice
- Highlight outstanding family medicine wellness programs and share with collaborating organizations (e.g. ACGME)
- Create, organize, or curate programming for national or regional meetings that highlight resident and physician wellness
- Collaborate with other organizations in the family of medicine or family medicine to avoid duplication of efforts and catalyze further change
AFMRD Physician Wellness Task Force

• Steve Brown (AZ)
• Bruce Deschere (FL)
• Kerry Watrin (WA)
• Sarah Hall (OK)
• Gail Floyd (IL)
• Fred Miser (OH)

• Heather Paladine (NY)
• Ginny Van Duyne (MA)
• James Haynes (TN)
• Christine Jacobs (MO)
• Sonja Van Hala (UT)
• Vickie Greenwood (AFMRD)
ACGME Common Program Requirements
Proposed Major Revisions 2016

• Create a culture of wellbeing and respect for both residents and faculty
• Enhance meaning, confidence and competence, and support in working conditions
• Optimize working conditions with scheduling & pacing of work intensity and work compression
• Evaluate data of workplace safety for residents and faculty including emotional safety and commute safety to and from work
• Policies and programs to promote wellbeing with adequate time to access life-giving personal relationships and have self care of adequate rest, exercise, nutrition

ACGME Common Program Requirements
Proposed Major Revisions 2016

• Daytime access to medical, dental and mental health appointments
• Surveillance for non-wellbeing of burnout, depression and substance abuse
• Promotion of professionalism in addressing a colleague or self with burnout, depression or impairment and alerting the program director or designated personnel, (like advisor)
• Provide tools for self screening of wellbeing
• Provide confidential affordable mental health counseling and access to acute medical services
• A backup system for contingencies requiring work absence
Select helpful published resources

• General (not specific to family medicine)
Select helpful published resources

• Published family medicine curricula

Please...

Complete the session evaluation.

Thank you.