



Driving
Meaningful Change:

Make It Happen. Make It Matter.

P R O G R A M



ICPH 2018

INTERNATIONAL CONFERENCE ON PHYSICIAN HEALTH[®]

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The International Conference on Physician Health® has been organized through a collaboration of the Canadian Medical Association (CMA), American Medical Association (AMA), and British Medical Association (BMA).





Dear Colleagues:

The Canadian, British and American Medical Associations welcome you to the International Conference on Physician Health® (ICPH). As a renowned center of medicine, Toronto is the perfect place for the Canadian Medical Association to host this year's conference.

Given the complexities of health systems and professional cultures around the world stressors may vary and therefore, it is more important than ever that the physician health community and other leaders come together to share ideas and learn from one another. Thank you for committing to bring your experience and insight to this international gathering.

The theme of this year's conference is *Driving Meaningful Change: Make it Happen. Make it Matter*. During these three days, we will showcase innovations, new tools, and new ways of doing things that promote physician health and wellness.

We will also explore the latest thinking and research on physician health to help you adapt and thrive in the modern health-care landscape.

We are thrilled that you can join us for this unique opportunity to share ideas and solutions with colleagues from around the world, and reflect on why we chose this important work. We look forward to both academic and social interactions.

Sincerely,

F. Gigi Osler, BscMed, MD, FRCSC
President
Canadian Medical Association

Barbara L. McAneny, MD
President
American Medical Association

Professor Dinesh Bhugra, CBE
President
British Medical Association

Keynote Speakers



Anthony L. Suchman, MD, MA
Consultant, Relationship Centered Health Care



Steve Strongwater, MD
President & CEO Atrius Health

Plenary Speakers



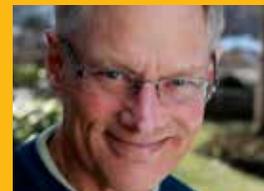
Debbie Cohen, OBE, MD
Director of student support Cardiff University School of Medicine



Liselotte Dyrbye, MD, MHPE
Professor of medicine and medical education Associate chair, faculty development, staff satisfaction and diversity Mayo Clinic



Leslie Flynn, MD
Vice-Dean, Education, Faculty of Health Sciences, Queens University & Clinician Educator, Royal College of Physicians and Surgeons of Canada



Arthur Frank, PhD, FRSC
Professor Emeritus, University of Calgary and Professor II, VID Specialized University, Norway



Karin Isaksson Rø, PhD
Director of LEFO – Institute for studies of the Medical Profession



Margaret Kay, MD
Medical Director of Qld Doctors' Health Programme (QDHP)



Kimberly Lomis, MD
Vice President Undergraduate Medical Education Innovations, American Medical Association



Marcella Nunez Smith, MD, MHS
Associate Professor, General Internal Medicine Director, Equity Research and Innovation Center Director, Center for Research Engagement Core Faculty, National Clinician Scholars Program Deputy Director, Yale Center for Clinical Investigation, Yale School of Medicine



F. Gigi Osler, MD
President, Canadian Medical Association



Clare Pain, MD, MSc., FRCPC., D.Sc (Hons) AAU
Associate Professor, Department of Psychiatry, University of Toronto; Director of the Psychological Trauma Program, Mount Sinai Hospital, Toronto



Michael Tutty, PhD, MHA
Group Vice President of Professional Satisfaction and Practice Sustainability, American Medical Association

Driving Meaningful Change: Make It Happen. Make It Matter.

Workshops, oral and poster presentations highlights

In addition to highlighting original research, this year's presentations will also focus on innovation — different ways of doing things, new tools, resources and processes, and emerging ideas — to help promote physician health and wellness.

In lockstep with the conference theme, research and innovation presentations will focus on designing, implementing and leading meaningful as well as sustainable change within increasingly complex health systems to promote physician health and wellness – from medical school through to retirement. Presentations are grouped into the three streams below.

Individual-level: Research and innovations that focus on understanding or developing individual-led approaches to improving personal health and wellness.

System-level: Research and innovations that focus on promoting and supporting health and wellness through a systems lens, including the role of organizations, institutions and other stakeholders.

Enabling culture change: Research and innovations that focus on the impact of medical training and practice culture on health and wellness, and on promoting positive and supportive learning and work environments.



Thursday, October 11, 2018

7:30 - 9:00 am	<i>Registration and Breakfast – Ballroom Foyer, Convention Floor</i>	
9:00 - 9:15 am	AMA/BMA/CMA Presidential Welcome (B. L. McAneny, D. Bhugra, F. G. Osler) <i>– Concert Hall, Convention Floor</i>	
9:15 - 10:15 am	Opening Keynote - Three Paradoxical Secrets for Leading Organizational Change (A. Suchman) – <i>Concert Hall, Convention Floor</i>	
10:15 - 10:30 am	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>	
10:30 - 11:30 am Concurrent Session 1	Stream 1: Individual level (Residents) <i>Salon B, Convention Floor</i>	Sharing vulnerability and building community: A resident-led “Wellness Week” initiative in a Canadian core internal medicine residency program (D. Farquhar, L. Wang)
		A longitudinal cohort study of U.S. residents (L. Dyrbye)
		Characteristics predicting graduating U.S. physicians' personal/professional health and well-being (E. Frank)
	Stream 2: System Level (Peer Support) <i>Confederation 3, Main Mezzanine</i>	Physician health and the regulator; Can we make it better? (P. Prendergast)
		Physician's health and wellness at work; a device assistance in workplace: The experience in a public hospital (H. Nieto, F. Balladore)
		Balancing institutional surveillance, accountability and well-being (J. Dapuelto, C. Samenow)
	Stream 3: Enabling Culture Change <i>Alberta, Convention Floor</i>	A practice of one: Managing loneliness in the era of virtual care (A. Kulkarni, M. Zmuda)
	Building physician resilience, engagement and relationship skills through an advanced peer-coaching program (A. Sikon, S. Rehm)	
	My health - Using a doctors' wellbeing research project to drive meaningful change (M. Kay)	
	Workshop 1 <i>Salon A, Convention Floor</i>	Giving chiefs the keys: Organizational strategies to help clinical chiefs drive change and lead resilient, engaged, and professionally satisfied teams (J. Mahoney, A. Liles)
	Workshop 2 <i>Concert Hall, Convention Floor</i>	Three keys to physician wellness: a scalable model of proactive planning (K. Edwards, T. Bostic)
11:45 - 12:45 pm	Plenary Panel - Wellness Consideration 'From the Edge' (J. Albuquerque, A. W. Frank, M. Nunez-Smith, C. Pain) – <i>Concert Hall, Convention Floor</i>	

Thursday, October 11, 2018 *(continued)*

12:45 - 1:45 pm	<i>Lunch/Visit Exhibits – Ballroom, Convention Floor</i>	
1:45 - 2:45 pm Concurrent Session 2	Stream 1: Individual Level (Mindfulness) <i>Confederation 3, Main Mezzanine</i>	Measuring anxiety - do we over pathologise? (D. Cohen)
		Ultra-efficient resilience training: A feasible strategy to reduce burnout in physicians and nurses (S. Selchen)
		Should physicians read? Assessing the effect of reading on physician burnout (D. Marchalik)
	Stream 2: System Level (Peer Support) <i>Salon A, Convention Floor</i>	Residents' and program directors' perceptions of wellness in the learning environment: A comparative study (M. Chamodraka)
		Prevalence of bullying in internal medicine residencies: Results of a national survey of internal medicine residents (M. Ayyala)
		Making meaningful change: Building resilience through medical student reflection groups (J. Bentzley, J. Gold)
Stream 3: Enabling Culture Change <i>Salon B, Convention Floor</i>	Culture of wellness - HPMG (L. Gregg, D. Bell, R. Thornburg)	
	Huddle boards reinvented: 5 minutes a day promoting wellness and developing culture (E. Xavier, A. Liles)	
	Workshop 3 <i>Concert Hall, Convention Floor</i>	Innovative medical education strategies to address student and physician wellness: Accelerating change (M. Rea, J. A. Allgood, M. Dekhtyar)
	Workshop 4 <i>Alberta, Main Mezzanine</i>	Developing resilient teams by creating compassionate leaders (M. Rosenberg, R. Hawkins)
2:45 - 3:30 pm	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>	
3:30 - 4:30 pm	Facilitated Poster Session (Group A) – Ballroom Foyer, Convention Floor	
4:30 - 5:30 pm Concurrent Session 3	Stream 1: Individual Level (Technology) <i>Salon A, Convention Floor</i>	Supporting doctors and medical students to disclose their mental ill-health: Intervention development of the 'Arbour' app (D. Cohen)
		Project breathe a brief virtual reality (VR) immersion experience reduces acute stress in resident physicians while on call (T. Saun)
		Improving physician wellness using AI (S. Vajracharya)
	Stream 2: System Level (Wellness Programs) <i>Alberta, Main Mezzanine</i>	Creating a provider wellness program in your organization (J. Epeneter, E. Rajceвич)
		Using evidence-based interventions to create meaningful wellness programs (A. Hastings Truelove, L. Flynn, S. Smith)
		CORE7: Development of a comprehensive wellness curriculum for general surgery residents at a safety-net academic medical center (R. Williams-Karnesky, E. C. Lawrence)
	Stream 3: Enabling Culture Change <i>Salon B, Convention Floor</i>	Supporting primary care: The extra duty reduction project (D. Clark, M. Bai)
		Toward preventing physician suicide: Enlisting decedents' families and colleagues in driving meaningful change (M. Myers)
		Making it happen: lessons from a world tour of physician wellbeing initiatives (C. Weston)
		Workshop 5 <i>Concert Hall, Convention Floor</i>
	Workshop 6 <i>Confederation 3, Main Mezzanine</i>	Monitored coaching interventions to remediate unprofessional physician behavior: Case discussions to elucidate how it works; client selection; coach selection; and how to launch a new program (S. Adelman, J. Szakacs)
6:00 - 7:30 pm	Evening Activity - 'Medical Improv'	

Friday, October 12, 2018

7:30 - 8:15 am	<i>Registration and breakfast – Ballroom Foyer, Convention Floor</i>		
8:15 - 9:15 am	Plenary Panel - Wellness as a Competency in Medical Training (C. Cohen, L. Dyrbye, L. Flynn, E. Frank, K. Lomis) – Concert Hall, Convention Floor		
9:30 - 10:30 am Concurrent Session 4	Stream 1: Individual Level (Survey Data) <i>Confederation 3, Main Mezzanine</i>	Burnout, depression, and general health: the results of a cluster analysis of survey data for U.S. residents (N. Yaghmour) Mapping the landscape of burnout and quality of care: A quantification of reporting bias in the peer-reviewed literature (D. Tawfik, T. Shanafelt, M. Trockel) The CMA national physician health survey: Behavioural and occupational predictors (T. McFadden, C. Simon)	
	Stream 2: System Level (Peer Support) <i>Salon A, Convention Floor</i>	How the roll-out of a large, consistent second victim program unmasked an underlying need for broader peer support (D. Clark, C. Chong-Han, N. Doshi) Peer support plus: Responding to culture change and shaping peer support within an academic department of medicine (J. Lemaire) A wellbeing measurement informed peer to peer site visit program with the Association of Chiefs and Leaders of General Internal Medicine (S. Babbott)	
	Stream 3: Enabling Culture Change <i>Salon B, Convention Floor</i>	From idea to impact: Raising voices of wellness at University of Utah Health (B. Poss, R. Davies, A. Armstrong) Transforming doctors' health - Engaging with complexity theory and cultural change (M. Kay) The good, the bad, and the ugly: A qualitative review of graduate medical trainees' written descriptions of their residency experiences (N. Yaghmour)	
	Workshop 7 <i>Concert Hall, Convention Floor</i>	Elevating faculty and trainee wellness to a quality metric using an office of professional worklife: How to get started (R. Quirk, C. Audi, S. Poplau, E. Goelz)	
	Workshop 8 <i>Alberta, Main Mezzanine</i>	Building a "personal resilience workshop": Resilience activities to set the stage for physician well-being upon hiring and beyond (C. Brazeau)	
	10:30 - 11:00 am	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>	
	11:00 - 12:30 pm Concurrent Session 5	Workshop 9 <i>Alberta, Main Mezzanine</i>	Using a "coach approach" to promote physician well-being (A. Sikon, S. Rehm)
Workshop 10 <i>Confederation 3, Main Mezzanine</i>		Compassion cultivation training for physicians: Achieving wellness and promoting innovative and resilient healthcare teams (N. Johansen, R. Roberts, L. Osterberg)	
Workshop 11 <i>Concert Hall, Convention Floor</i>		When physicians die by suicide: Narrative and insights from those they leave behind (M. Myers, P. Yellowlees, S. Smith, K. Miday)	
Workshop 12 <i>Salon B, Convention Floor</i>		Developing and implementing your well-being survey: Methods and instruments (C. West, L. Dyrbye, T. Shanafelt)	
Workshop 13 <i>Salon A, Convention Floor</i>		Patient mistreatment of healthcare professionals (D. Mahoney, R. Smith-Coggins, L. Osterberg)	
12:30 - 1:30 pm	<i>Lunch/Visit Exhibits – Ballroom, Convention Floor</i>		



Friday, October 12, 2018 *(continued)*

1:30 - 2:30 pm Concurrent Session 6	Stream 1: Individual Level (Mental Health) <i>Confederation 3, Main Mezzanine</i>	Long-term mental health effects of mindfulness training: A 4-year follow-up of an RCT in medical and psychology students (R. Tyssen)
		The association between childhood trauma and burnout in physicians referred for evaluation (B. Williams, D. Welindt, M. Williams)
		Higher risk of mental disorder among health professionals in Catalonia: 20 years of PAIMM (A. Mitjans, G. Tolchinsky)
	Stream 2: System Level (Skills Training) <i>Alberta, Main Mezzanine</i>	Medical improv: Increasing empathy and decreasing stress among medical students through applied improvisational performance techniques (S. Cino, E. Spilg)
		Handling work-home interface stress (K. Isaksson Rø)
		Address the stress: SAFEMED SMART stress management and resilience training (M. O'Rourke)
Stream 3: Enabling Culture Change <i>Salon A, Convention Floor</i>	How a physician wellbeing committee can drive culture and organizational change within a large academic health system (P. Yellowlees, M. Rea)	
	Canadian Federation of Medical Students national wellness program: A Canadian medical student wellness initiative (V. Do)	
	Creating psychologically safe work environments in the healthcare sector - policies and innovations (S. Koppert)	
Workshop 14 <i>Concert Hall, Convention Floor</i>	"Suicide" word: Promoting change to physician care seeking culture (J. Gold, J. Bentzley)	
Workshop 15 <i>Salon B, Convention Floor</i>	If you build it they will come (L. Warner)	
2:30 - 3:30 pm	Facilitated Poster Session (Group B) – Ballroom Foyer, Convention Floor	
3:30 - 3:45 pm	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>	
4:00 - 5:00 pm Concurrent Session 7	Stream 1: Individual Level (Peer Support) <i>Salon B, Convention Floor</i>	A longitudinal team-based program to improve neurology trainee and faculty physician wellbeing (T. McGranahan, N. Murray, R. Miller-Kuhlmann)
		A medical school peer wellness program to combat burnout (V. Radhakrishnan)
		Systematic literature review on the effect of workplace interventions on physician burnout (J. K. Craig, P. DeChant)
	Stream 2: System Level (Self-Care) <i>Confederation 3, Main Mezzanine</i>	HPMG's SELF CARE model (K. Ouchi, B. Chun, R. Thornburg)
		"WE CARE" - wellbeing education: Coaching, awareness, resilience, engagement an integrative approach for residency education (H. Wald)
		Scenarios to define the relationship between alcohol use and burnout for medical students (B. Tanner)
	Stream 3: Enabling Culture Change <i>Salon A, Convention Floor</i>	SELF CARE: F is for food (L. Chiu, P. Latore)
		Examining the effect of psychosocial work conditions on clinician well-being (K. Brady, S. Rowe, J. Liebschutz)
Wellness champions: Addressing burnout through a disseminated ground up approach (A. Locke)		
Workshop 16 <i>Alberta, Main Mezzanine</i>	From meaning to mission: Finding your voice and speaking up for change (E. Barrett, E. Lawrence, C. Cheng)	
Workshop 17 <i>Concert Hall, Convention Floor</i>	Identifying evidence-based changes for physician wellness programs (A. Hastings Truelove, L. Flynn, E. Dance, S. Smith, C. Simon, C. Gerin-Lajoie, M. Sen)	
5:30 - 7:30 pm	Evening Activity - Reception – Ballroom, Convention Floor	

Saturday, October 13, 2018

8:00 - 9:00 am	<i>Registration and breakfast – Ballroom Foyer, Convention Floor</i>	
9:00 - 10:00 am	Plenary Panel - System-Level Change: International Perspectives (A. Clarke, K. Isaksson Rø, M. Kay, F. G. Osler, M. Tutty) – Concert Hall, Convention Floor	
10:00 - 10:30 am	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>	
10:30 - 11:30 am Concurrent Session 8	Stream 1: Individual Level (Self-Care) <i>Confederation 3, Main Mezzanine</i>	Associations between dietary patterns and sleep-related impairment in a cohort community physicians (M. Hamidi) Depression, and burnout among medical students - 6 year single institution study (P. Ranasinghe) Psychiatric morbidity, burnout and distress in Australian physician trainees (C. Axisa)
	Stream 2: System Level (Workload Management) <i>Concert Hall, Convention Floor</i>	It takes a village: One model to implement, support and sustain a culture of health and wellness in a large physician group (D. Clark) Challenging unnecessary administrative burdens to reinvigorate physician practice and reduce burnout (B. Rockwern) "Ghost" clinicians virtually support in-basket workloads to improve clinic day workflows (S. Deschamps, N. Steiner, J. Pfeifer)
	Stream 3: Enabling Culture Change <i>Salon B, Convention Floor</i>	REACH OUT: Reducing stigma through a peer/mentor messaging – can it help out stress in medical trainees? (S. Darcy, H. Flynn) Bringing the joy back into primary care (K. Ouchie, L. Gregg, D. Bell) Leadership development series: The impact of leadership development on wellbeing and engagement (M. Moeller, A. Liles)
	Workshop 18 <i>Alberta, Main Mezzanine</i>	Crossing borders: Comparing success factors in repressive versus supportive approaches in PHPs (H. Rode)
	Workshop 19 <i>Salon A, Convention Floor</i>	Graphic content: How we are using locally produced comics to change culture (J. Horton, K. Euler)
	11:30 - 11:45 am	<i>Health Break/Visit Exhibits – Ballroom Foyer, Convention Floor</i>
11:45 am - 12:45 pm	Closing Keynote - Joy in Practice (S. Strongwater) – Concert Hall, Convention Floor	
12:45 - 1:00 pm	Closing Remarks – Concert Hall, Convention Floor	
1:00 - 1:30 pm	<i>Grab and Go lunch – Ballroom, Convention Floor</i>	



Poster presentations

5 Best Practices for the management of physician behavioral problems: Creating a culture of civility and wellness

(S. Early, J. Davidson)

A case study: enhancing physician engagement in the face of increasing workload demands and declining control

(R. D. Taylor, P. Eisener-Parsche, C. Mohr)

A cross-sectional survey of sick physician's health care choices

(K. Suvarnabhumi)

A longitudinal resilience curriculum for medical students: Physician health begins here

(L. Nickell)

A new system-wide approach to increase physician well being and engagement at a large public academic health care system

(S. Meltzer-Brody)

An assessment protocol for resilience and wellbeing in medical students

(M. O'Rourke)

An exploratory study of best practices for facilitating physician work/life balance in Newfoundland and Labrador, Canada

(L. Fleet)

An innovative program to enhance physician well-being: The North-west Permanente (NWP) wellness passport

(S. Deschamps, J. Pfeifer)

Building a charter on physician wellbeing

(C. West)

Burnout and work-life balance in health care professionals: System level initiative of heartfulness meditation conference

(A. Kumar)

CAMP - Coaching and mentorship programs

(K. Overhill)

Care under pressure: A realist review of interventions to tackle doctors' mental ill-health

(D. Carrieri)

Change happens with innovation in practice of resiliency: Impact from the advanced physicians wellness curriculum

(A. Dave)

Clinician health and wellness communication skills: How improved communication skills can "make your day"

(P. Latare, B. Chun, L. Chiu, L. Gregg, K. Ouchi, D. Bell, R. Thornburg)

Clinician well-being knowledge hub

(N. Busis)

Confessions of physician and nurse trainees - An approach to enhance interdisciplinary communication and well-being

(A. Patel)

Consultants as essential partners in physician wellness interventions: Core competencies for establishing trust and leading physicians through change

(J. Carney, A. Liles)

Could mobile technology be the answer to revolutionising physician wellbeing

(C. Weston)

Cultivating compassion: building resilience in medical students

(J. Chen)

D'art et de medicine: pour voir au-dela du visible

(F. Gilbert, V. Allard)

Depression among medical students and protective factors

(C. Thomas, B. Murphy)

Drivers and strategic responses for enhanced physician well-being: The Houston Methodist physician and provider engagement and resilience taskforce (PERT)

(S. Jones-Wood)

Efficacy of the well-being index to identify distress and well-being in US nurses

(L. Dyrbye)

Engendering curiosity in order to enhance communication on the road to create a safer organizational culture and to increase workforce resilience

(C. Gomez-Di Cesare)

Ensuring mentorship of new physicians in their first year: Constructs for a new mentoring processes

(N. Salman, D. Albarra)

Expanded mentoring: Cultivating collegiality, inspiration, and pride throughout physicians' careers

(D. Bojorquez)

Forgiveness: How it manifests in our health, well-being and longevity

(C. Brazeau)

Fostering a culture of health and wellness through professional development meetings

(B. Chun, L. Chiu, L. Gregg, P. Latare, K. Ouchi, D. Bell, R. Thornburg)

Grassroots clinician driven collaborative approach for targeting wellness interventions

(N. Sahu)

Healing the healers: A deliberate approach on wellbeing by revamping the annual residency retreat

(A. Alvarez)

"Help, I need somebody": Lessons in designing a medical curriculum and pastoral care structure that encourage students to access help

(F. Moir)

Ice cream rounds: Utilizing peer support to promote wellness, resilience and burnout reduction during clerkship medical training

(M. Links, K. Rakoz)

Improving overall wellness via Kelee® Meditation taught in an elective class for University of California at San Diego (UCSD) medical and pharmacy students

(D. Lee, A. Sitapati)

Improving physician health and wellness in the hospital: Putting physicians back in the driver's seat

(J. Mahoney)



Poster presentations

Inbox ninja program: Comprehensive electronic inbox coverage
(A. Liles)

Investing in the wellness and mental health of physicians of the future: A collaborative process
(A. Kulshreshtha)

"Just keep your head down": The impact of clinical environments on trust-building and emotional well-being of clinical clerks
(E. Block)

Making it stick! Multimodal curriculum to build resident skills in empathy
(M. Quinn)

Making meaningful change: The impact of peer-assistance programs on physician outcomes
(E. Brooks, S. Early)

Making wellness systemic: From medical education to clinical practice
(A. Schad, S. Meltzer-Brody)

Meaningful change in professionalism: Using the B-29 survey to identify, monitor, and improve physician behavior
(W. Swiggart)

Meaningful change: Measuring wellness and building resilience in women
(C. Dewey, S. Swiggart)

Mental health issues, leaves of absence, and return to work of Canadian physicians: A case study from the healthy professional/knowledge worker research initiative
(S. Simkin, N. Ahmed)

Mentoring trainees with focus on professional development; A pilot study
(D. Allende)

Mindfulness based stress reduction training in a medical setting: A pilot study
(R. Davies)

Mini-grants for physician health and wellness activities: Support innovation, optimize engagement and diversify options
(M. G. Galvez Picon)

Outsourced physician coaching: An underutilized resource for physician burnout
(M. Clairborne)

Peer support: A win-win for clinicians and organizations
(B. Shuert)

Physician confessions: a way out from burnout?
(A. Chima)

Physician driven change towards a more meaningful ward round
(F. Bååthe)

Physician wellness in the department of medicine, University of Ottawa: A cross-sectional study of burnout, empathy and resilience in full-time physician faculty
(E. Spilg)

Physician health in Israel: from concept to practice
(L. Malatskey)

Physicians implement electronic incident reporting system for improved efficiency of work
(M. Tjia)

Physicians' voices leading the way towards meaningful change
(K. Isaksson Rø, F. Bååthe)

Practice refresh: A 6-week intervention to recapture physician well being
(M. Moeller, A. Liles)

Pre/post neuropsychological performance in physicians in difficulty
(B. Williams, D. Welindt, M. Williams)

Preliminary results from a web-based RCT designed to improve healthcare worker resilience
(D. Tawfik)

Promotion of SELF CARE practices through a group-wide day of volunteerism
(B. Chun, L. Chiu, L. Gregg, P. Latare, K. Ouchi, D. Bell, R. Thornburg)

Psychiatric morbidity, burnout and distress in Australian physician trainees: A wellbeing workshop
(C. Axisa)

Reducing burnout through personalized, compassionate intervention
(J. Epeneter, E. Rajceвич)

Self-efficacy in physicians who have experienced adverse childhood events
(B. Williams, D. Welindt, M. Williams)

Simulated training for resilience in various environments
(S. Smith)

Strategies for enhancing medical student resilience: a group concept mapping study
(M. O'Rourke)

Stress management and resiliency training for residents (SMART-R) in OB/GYN and family medicine residency programs at the University of Vermont Medical Center
(J. Nathan)

Structural factors as a foundation for wellness in residency training
(M. Dobson)

Supporting new attending physicians on the medical teaching unit: Transition to practice (T2P) initiative
(J. Lemaire)

Supporting well-being from all fronts: A systematic approach to physician well-being in a medical school
(C. Brazeau)

Team building for internal medicine interns: Part of a comprehensive residency wellness program
(A. Cowan)

Technology genius bar
(M. Desai, R. Wynn)

That's a great idea! Harvesting local input to build relationships and institutional culture
(S. Rehm, A. Sikon)

The impact of fatigue and sleep deprivation on physician and patient outcomes: A systematic review
(M. Gates)

The UBC Department of Obstetrics & Gynaecology wellness program
(B. Chami)

Thrive: accentuating the positive in the emergency department
(J. Egan)

Understanding the feasibility and impact of an innovative Balint group program for family medicine residents
(S. Klein)

Using a shared publication across a multi-location medical group to promote clinician health & wellness through optimizing communication skills: A 20-year journey
(P. Latare, B. Chun, L. Chiu, L. Gregg, K. Ouchi, D. Bell, R. Thornburg)

"We've Got Your Back": How participating in a multi-disciplinary team project with a shared vision improved staff engagement and satisfaction
(D. Clark)

WRaPEM - A novel FOAMED physician health initiative
(B. Boulton)

Continuing Professional Development information

Accredited by:

Royal College of Physicians and Surgeons of Canada (Royal College): YES

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of 15.5 hours (credits are automatically calculated).

College of Family Physicians of Canada: YES

• [up to 13.25 MainPro+® credits]

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Physicians wishing to convert Royal College MOC credit to AMA PRA Category 1 Credit™ must go to the AMA website to obtain the necessary paperwork and instructions (<https://www.ama-assn.org/sites/default/files/media-browser/public/cme/rcp-sc-application.pdf>).

Live educational activities recognized by the Royal College of Physicians and Surgeons of Canada as Accredited Group Learning Activities (Section 1) are deemed by the European Union of Medical Specialists (UEMS) eligible for ECMEC®.

Summary of needs assessment

The program content was developed based on a review of academic literature and the expertise and insight of the members of the Program Planning Committee, their respective associations, and relevant affiliate groups organizations, and programs. It is evident that there is a growing need to develop evidence-based interventions and programming that support physician health and wellness. Through three focused streams, conference attendees will discover research and practice that focuses on ameliorating physician health and wellness through individual- and system-level interventions. A marked focus on innovation highlights the need to disrupt the status quo in order to affect meaningful and sustainable change.

Conference learning objectives

1. Summarize innovative research and interventions from around the world that target individual and system-level factors impacting physician health and well-being.
2. Build skills and accrue evidence to garner buy-in from decision-makers to target physician health and wellness as a strategic priority within their institution, organization or practice.
3. Apply or adapt individual and system-level strategies, interventions, and skills presented to their local context in order to improve or maintain physician health and wellness.

Interactive learning

ICPH 2018 fulfills the required interactive learning component (at least 25% of program content) through workshops, live audience feedback technology, panel discussions, and poster sessions.

Competencies addressed

The 2018 ICPH program was developed to address the following CanMEDS roles: communicator, collaborator, health advocate, scholar, professional. Evidence suggests that physicians provide the highest quality of care to their patients when they are healthy themselves [HEALTH ADVOCATE] (De Oliveira et al., 2013; Shanafelt et al., 2015; Wallace, Lemaire & Ghali, 2009). This notion is reinforced by the fact that physician health has been established as a key competency within the Professional Role of the CanMEDS framework, and has become a growing priority in the advancement of medical professionalism [PROFESSIONAL] for many key stakeholders. A physician's own health does not just affect them as an individual, but also significantly influences other factors such as patient-centeredness and professional working relationships [COMMUNICATOR, COLLABORATOR]. Finally, the conference provides an opportunity for physicians to present and engage with research undertaken in the area of physician health, enhancing their academic competencies [SCHOLAR].

Evaluation

Participants are encouraged to evaluate individual sessions and the conference in its entirety through the conference app.

Sponsor information

This conference is supported by Vital WorkLife, MedEd Web Solutions, Sagestone, MD Financial, the Physicians Foundation, Inc., and the Mental Health Commission of Canada. These relationships have been managed in accordance with all ethical standards set out by the Royal College of Physicians and Surgeons of Canada.



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Program Planning Committee

Renée Belanger (CMA staff)	Dr. Margaret Kay (Australia)	Tom Rapanakis (BMA staff)
Dr. Cécile Bensimon (CMA staff)	Lisa Lipinski (AMA staff)	Dr. Christopher Simon (CMA staff)
Ashley Cummings (AMA staff)	Dr. Annelise Miller (Canada)	Dr. Michael Tutty (AMA staff)
Dr. Sara Dalley (Canada)	Dr. Kirstie Overhill (Canada)	
Dr. Joan Horton (Canada)	Dr. Michael Peters (BMA staff)	

Abstract Review Committee

Chair: Dr. Joy Albuquerque (Canada)	Dr. Jane Liebschutz (USA)	Dr. Christopher Simon (Canada)
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