



The Coalition for
Physician
Well-Being

E-Newsletter

May 2023

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Join us in July for the Joy & Wholeness Summit!



We are only 60 days away! Register NOW!

At the Summit, healthcare professionals and leaders from across the country participate in a variety of workshops and sessions that focus on business and quality, culture, resilience, and exploring new approaches to this vital issue. These sessions feature leading experts in the field of physician and APP well-being, offering insight and guidance with innovative approaches. The Summit offers attendees the opportunity to connect with peers, healthcare professionals, and leaders to create a supportive network designed to advance well-being programs far after the Summit concludes.

View the FULL conference agenda, hotel information, sponsorship opportunities, and more at our brand new website.

Visit our new website!

Thank you to our 2023 Sponsors and Exhibitors!



The Well-Being Connector Podcast – Lara Hochman, MD



Lara Hochman, MD

Physician & Founder, Happy Day Health

Season 3, Episode 4

Hosted by **Michael Brown, MD**. For a full list of episodes and streaming platforms, follow this [link](#).

LISTEN NOW

About the Speaker

Lara Hochman, MD is a Family Medicine physician, and advocate for fellow physicians' wellbeing amidst rising burnout and dissatisfaction. Her own experiences led her to discover the ways physicians lost autonomy, and how to reclaim their focus on helping patients. She founded Happy Day Health, a boutique physician matchmaking agency to match doctors with well run, physician-owned private practices where they can avoid burnout and enjoy practicing medicine again.

The Coalition is Exhibiting in Your Area!





The Coalition for Physician Well-Being has been on-the-go this past month, exhibiting at the Christian Medical and Dental Associations National Conference and the Federation of State Physician Health Programs Annual Education Conference & Business Meeting.

We are pleased to be heading to Nashville, TN this month to exhibit at the [**AAPA \(American Academy of Physician Associates/Assistants\) national conference**](#). Please be sure to drop by our booth and say hello if you will be in attendance!

News, Research & Resources

You may need a subscription to read some of these articles.

Critical Care Nurse Burnout, Moral Distress, and Mental Health During the COVID-19 Pandemic: A United States Survey

"Respondents had higher anxiety and depression than the general population and higher risk for having PTSD than recent veterans or patients after traumatic injury. High levels of reported burnout and moral distress increase the risk of nurses leaving ICU practice or the profession. This study offers important insights about the mental health of nurses during a global pandemic that can guide the development of customized interventions for ICU nurses related to this health care crisis." –

Guttormson, J. L., Calkins, K., McAndrew, N., Fitzgerald, J., Losurdo, H., & Loonsfoot, D. (2022). Heart & lung : the journal of critical care, 55, 127–133.

Prepandemic Mental Health and Well-being: Differences Within the Health Care Workforce and the Need for Targeted Resources

"Occupational stress and diminished well-being among health care workers were concerning even before the coronavirus disease 2019 pandemic exacerbated existing stressors and created new challenges for this workforce. Research on the mental health of health care workers has focused on physicians and nurses, with less attention to other occupations." – **Silver, S. R., Li, J., Marsh, S. M., & Carbone, E. G. (2022). Journal of occupational and environmental medicine, 64(12), 1025–1035.**



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Do you have news, information or updates that you would like to be considered for publication in our newsletter? If so, share it with us. Here are some examples of potential topics you might wish to submit:

- 1. Events related to the mission that you are running or attending
- 2. Recently published research that you found interesting
- 3. Relevant job postings
- 4. Member job changes or advancements
- 5. Relevant efforts for which you are looking for collaborators
- 6. Anything else you believe might be of interest to Coalition members

Please email Max Kuchenreuther at max@forphysician.org to submit.



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