



The Coalition for
Physician
Well-Being

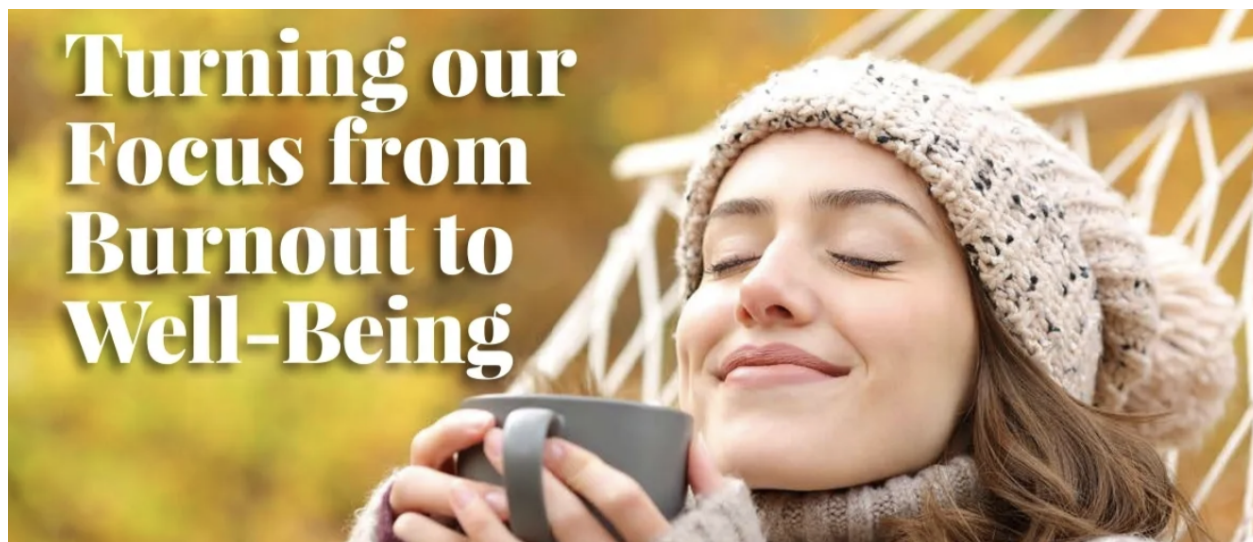
E-Newsletter

November 2022

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"Turning our Focus from Burnout to Well-Being"
Physician Family Alliance in Motion Magazine Fall 2022



Coalition board member Dianne McCallister, MD, shares her thoughts on the ongoing conversation around burnout and transitioning the conversation to well-being using the framework of Medicus Integra©.

Read the full article in Physician Family Alliance in Motion [here](#).

November 18 – FREE Live Webinar with Chris Bundy, MD, & Linda Bresnahan
– Register NOW!



Chris Bundy, MD, MPH

Executive Medical Director, *Washington
Physicians Health Program*

Clinical Associate Professor, *UW School of
Medicine*

Past-President, *Federation of State Physician
Health Programs*



Linda Bresnahan, MS

Executive Director
*Federation of State Physician Health
Programs*

The Power of Partnership: Collaborating with Physician Health Programs to Support Physician Wellbeing

REGISTER

About the Speakers

Dr. Bundy is the immediate past president of the Federation of State Physician Health programs and Executive Medical Director of the Washington State Physician Health Program. He is clinical associate professor of psychiatry at the University of Washington School of Medicine and the Washington State University Elson S. Floyd College of Medicine. Dr. Bundy, his wife, and two boys live in Seattle where they enjoy cooking, travel, and tickle time.

Mrs. Bresnahan is the Executive Director of the Federation of State Physician Health Programs (FSPHP). From 1991 to 2016, she worked at the Massachusetts Medical Society's Physician Health Program. She received her bachelor's degree in economics with a concentration in management information systems from Boston College, and a Master of Science in health care management with a concentration in substance abuse services from Lesley College. Mrs. Bresnahan, her husband, and three children live in Wilmington, MA where she enjoys family, friends, and fun time.

CALL FOR WEBINAR SPEAKERS

If you have an interest in being a featured speaker for one of our webinars, please complete the form below. If you have any questions, please contact

maxwell.kuchenreuther@adventhealth.com.

SUBMIT NOW

On this Month's Episode of The Well-Being Connector Podcast...



LISTEN NOW



Season 2, Episode 16
November 1, 2022
Christina Maslach, Ph.D.

About the Speaker

Christina Maslach is a Professor of Psychology (Emerita) and a core researcher at the Healthy Workplaces Center at the University of California, Berkeley. She received her A.B., magna cum laude, from Harvard-Radcliffe College (1967), and her Ph.D. from Stanford University (1971), and has been on the Berkeley faculty since then.

Maslach is the pioneer of research on the definition, predictors and measurement of job burnout. This work is the basis for the 2019 decision by the World Health Organization (WHO), to include burnout as an occupational phenomenon, with health consequences, in the ICD-11. She created the Maslach Burnout Inventory (MBI), the most widely used instrument for measuring job burnout, and has written numerous articles and books, including *The Truth About Burnout*. Several of her articles have received awards for their significance and high impact, including her longitudinal research on early burnout predictors, which was honored in 2012 as one of the 50 most outstanding articles published by the top 300 management journals in the world.

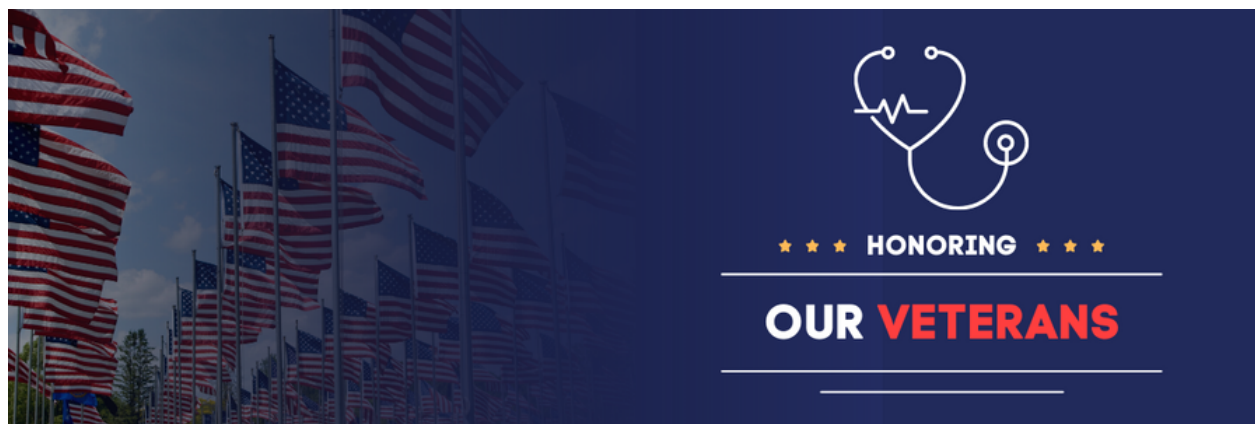
Information on each of the prior episodes can be found on our website ([click here](#)) and you can download any of the episodes on whichever app you might normally use to listen to podcasts.

Sharing the Coalition's Message at ICPH 2022



Recently, the Coalition for Physician Well-Being had the opportunity to exhibit at the International Conference on Physician Health in Orlando, Florida. The event, which welcomed hundreds of attendees from across the world, enabled the Coalition to spread its message of physician wellness and fulfillment, share resources and more over the course of the three-day conference. Thank you to the Coalition members who attended the conference and stopped by our booth to say hi!

Honoring our Veterans



The Coalition for Physician Well-Being would like to humbly thank all of our veterans for their service and sacrifice. Your bravery and service as a member of the U.S. military make the freedoms we have as Americans possible, and we all owe you an incredible debt. Happy Veterans Day!

Giving Tuesday – Help Support the Growth and Well-Being of Medical Residents

Gi♥ing Tuesday



Consider sponsoring a physician resident to attend the 2023 Joy & Wholeness Summit.

Today's medical residents are tomorrow's health care heroes. That's why fostering well-being, balance and fulfillment in the early stages of their careers is so critical. This **Giving Tuesday** – Nov. 29, 2022 – help give a medical resident an experience like no other by sponsoring their attendance of the [2023 Joy & Wholeness Summit](#).

[Contributions are tax deductible](#) and, most importantly, help enable our future health care leaders to make personal and professional well-being foundational as they set on a journey to provide healing and hope to patients for years to come.

Please feel free to share this opportunity to give with those in your network.

News, Research & Resources

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

[Respect staff or seek care elsewhere: Mass General Brigham enacts patient code of conduct](#)

In an effort to protect the rights and well-being of healthcare providers, "Mass General Brigham has instituted a patient code of conduct to protect staff from harassment and discriminatory behavior." – Becker's Hospital Review

[Boarding has become its own public health emergency](#)

This letter to the White House, spearheaded by the American College of Emergency Physicians, addresses the growing issue of boarding problems in hospital emergency departments. Together with 33 other organizations, the goal of this letter is to invoke government action to protect emergency departments, their patients and providers from collapsing under the current systems they face.

New Member Feature – Robyn Alley-Hay, MD

Robyn Alley-Hay, MD

*Co-founder, Physician Coaching Alliance
(self-employed)*

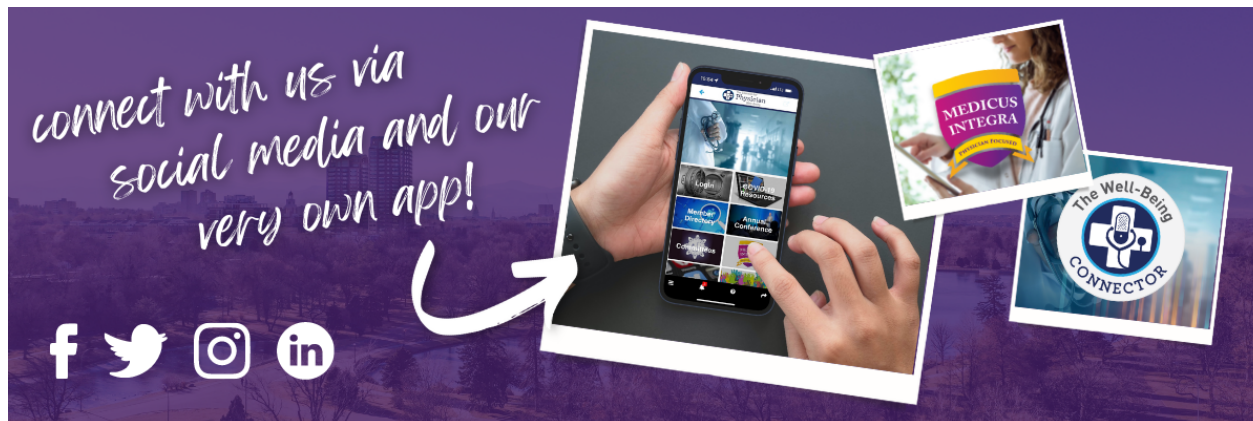


How long have you been practicing medicine or in the health care industry?

For 25-plus years (retired OB/GYN)

Why are you passionate about physician well-being? In my career, while being a "successful" OB/GYN and raising a family, I worked myself into burnout and eventually depression. I loved my profession, but what was I thinking, believing regularly working 100-120 hours per week was normal. The culture of medicine tells young doctors that devotion to patients above self is a desirable trait. It was the norm and I just needed to work harder, better and longer to be successful. And it was so isolating to have mental health needs. I was alone because of the fear it might cost my career. Those were my darkest days and I finally checked into a mental hospital that catered to professionals in crisis. I was in crisis and needed medical attention, therapy and community. Thus began my recovery. Along my journey, I found life coaching and a way toward wellness, balance and fulfillment. I sincerely believe (and RCT now confirms) that coaching can make a difference in the lives of my colleagues and change the culture of the medical system. I work passionately toward physician wellness in individuals and institutions because of the experience that took me away from a career that I loved. I want doctors to love their careers and find fulfillment in a life well-lived with health and a healthy dedication to patients.

What do you do to ensure your own well-being? I have a coach and community that hold me accountable for creating and living a healthy and extraordinary life. Self-care involves adequate sleep, exercise, rest, self-compassion and activities that decrease my stress like getting out in nature, being creative, caring for my animals and lots of hugs from family and friends.



Message from the Editor

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 Mario Roberts at mario@forphysician.org to submit.



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