

AGPHWB Wellness Retreats/Conferences Subgroup Report

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**Objectives:** Objective list of wellness retreats/conferences: focus, target audience, etc

Upon reviewing the medical conferences available for physicians, and specifically Physician Anesthesiologists, the following objectives were noted.

**Objectives**

**Target Audience**

1. Promoting residence and well-being in work and learning environments 2. Structure of suicidal behavior and risk 3. Balance for life	Healthcare providers ( TMA Physician Health and Wellness Exchange conference 2019)
4. Becoming the best version of ourselves: overcoming challenges with resilience and connection: Wellness in the healthcare provider to improve quality and safety	Physician Anesthesiologists (SOAP Annual Meeting 2019)
5. Fitness Activities: Boot Camp	Physician Anesthesiologists (SOAP Annual Meeting 2019)
6. Turning burnout into joy – recognize symptoms of burnout and prevent burnout in themselves and colleagues	Physician Anesthesiologists (Canadian Anesthesiologists’ Society Annual Meeting 2019)
7. Achieving well-being throughout and at end of practice- identifying core values, skills and strength, create an action plan for positive change.	Physician Anesthesiologists (Canadian Anesthesiologists’ Society Annual Meeting 2019)

<p>8. Preventing burnout</p>	<p>Physician Anesthesiologists (Harvard- Anesthesiology Update 2020 - <a href="https://anesthesiology.hmscme.com/">https://anesthesiology.hmscme.com/</a> Harvard Anesthesiology Update 2020</p>
<p>9. Journals provided for note-taking, reflections, and insights.</p> <p>Wellness activities like morning yoga on the beach, guided meditation, and reflection questions built into each session.</p>	<p>Women physicians ( Women’s physicians wellness conference 2019- <a href="https://doctorsonsocialmedia.com/womens-physicians-wellness-conference-february-2019/">https://doctorsonsocialmedia.com/womens-physicians-wellness-conference-february-2019/</a></p> <p>There is one planned for February 2020</p>
<p>10. Evidence-based solutions for wellness, see practicing faculty and experts from across the country discuss important well-being topics, and discover solutions for improved professional satisfaction and patient care.</p>	<p>Physicians- Family Practitioner (Family Physician Health and Well-being Conference   2020. <a href="https://www.aafp.org/events/fpwb-conf.html">https://www.aafp.org/events/fpwb-conf.html</a></p>
<p>11. The Essentials of Self-care in Medicine: What Every Physician Should Know</p> <p>12. Lifestyle Transformation: How to ReCreate Your Life, Feel Better and Fight Burnout</p> <p>13. Narrative Medicine: Showing Up Fully for Ourselves and Patients</p>	<p>Physicians (Physician Wellness Fall Retreat 2019) <a href="https://www.instituteforphysicianwellness.com/retreats/physician-wellness-fall-retreat-supporting-joy-in-medicine/">https://www.instituteforphysicianwellness.com/retreats/physician-wellness-fall-retreat-supporting-joy-in-medicine/</a></p> <p>The Institute for Physician Wellness – they also have Winter 2020 and Spring 2020 retreats <a href="http://www.instituteforphysicianwellness.com">www.instituteforphysicianwellness.com</a></p>
<p>14. The theme of the conference is “Activating health system change to promote physician well-being.”</p> <p>15. The overarching goal of</p>	<p>Physicians ( American Conference on Physician Health)- <a href="http://www.cvent.com/events/2019-american-conference-on-physician-health/event-summary-d106f48413164bf8be1dc1ec2d61551d.aspx">http://www.cvent.com/events/2019-american-conference-on-physician-health/event-summary-d106f48413164bf8be1dc1ec2d61551d.aspx</a></p> <p>September 2019</p>

<p>this joint scientific conference is to promote scientific research and discourse on the topic of the health care system infrastructure and what organizations can do to help combat burnout and promote well-being.</p>	
<p>16. Mind-body training by Jim Gordon through the center for mind-body medicine. Variety of techniques to reduce stress and enhance self-awareness, to mobilize their imagination and intuition, and to develop their capacity for self-care. share what they have learned with and learn from one another.</p>	<p>Physicians, nurses, educators, everybody ( The Center for Mind-Body Medicine- <a href="https://cmbm.org/training/mind-body-medicine-esalen-2019/">https://cmbm.org/training/mind-body-medicine-esalen-2019/</a></p>
<p>17. Participants will be introduced to meditation, guided imagery, biofeedback, breathing techniques, and other mind-body approaches that can alleviate stress and foster self-awareness and self-care. Participants will experience the power of these approaches first-hand while learning how to lead Mind-Body Medicine Groups for students and residents.</p>	<p>faculty at health professional schools (Faculty training in mind-body medicine by Nancy Harazduk and Adi Haramati at Georgetown. <a href="https://tiih.org/events-classes/professionals/faculty-training-mind-body-medicine/">https://tiih.org/events-classes/professionals/faculty-training-mind-body-medicine/</a>)</p>
<p>18. One-day retreat to build calm, compassion, and clarity. Learn</p>	<p>Day of Mindfulness and Compassion for Healthcare Providers (Gail Gazelle, MD) October 26, 2019 and January 12, 2020 The Center at Westwoods</p>

<p>techniques &amp; develop tools that increase peace of mind and help manage the many stresses in healthcare.</p>	<p>Boston, MA <a href="https://www.gailgazelle.com/1-day-mindfulness-retreat/">https://www.gailgazelle.com/1-day-mindfulness-retreat/</a></p>
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