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is to exceed the highest standards of  
excellence for osteopathic  
postgraduate training.



## RMOPTI Research & Faculty Development E-Bulletin

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### EVENT OVERVIEW

#### Creating a Culture of Well-being at an Academic Health Center

Reports from various sources indicate that chronic stress and burnout is prevalent in the health professions, affecting over half of primary care practitioners and even more in several specialties. This trend may begin earlier with the observed decline in empathy during medical student and residency training and the alarming rates of burnout in medical and other students in the health professions. As educators, administrators and academic health leaders grapple with developing interventions to address these issues, evidence is emerging that programs aimed at fostering resilience and stress reduction such as mindfulness, reflective capacity and appreciate inquiry, also lead to increased empathy and improved well-being. Furthermore, the AAMC, ACGME and other national organizations are working to improve the learning environment and facilitate the creation of a culture of well-being at academic health centers. The IAMSE 2017 Winter Web Seminar Series has an impressive panel of leaders who will share their expertise on trainee stress and burnout and curricular interventions that have been shown to address these issues. The series is designed to help faculty, course directors and administrators understand the issues and hear about successful approaches and innovations to improve the health and well-being of students, residents and faculty. In Session 1, Dr. Colin West will provide an overview to the issue of student stress and physician burnout and share outcomes from the large studies conducted by the team at Mayo Clinic. In Sessions 2-5, Drs. Stuart Slavin (St. Louis University), Catherine Pipas (Dartmouth), Adi Haramati (Georgetown) and Michael Krasner (University of Rochester) will describe the rationale and approaches they undertook at different institutions and in various learners and trainees. We hope that this series will bring these serious issues to your awareness and provide you with possible solutions and ideas on how to move forward at your institution.

Jan 5	Physician burnout and distress – causes, consequences, and a structure for solutions	Colin West
Jan 12	Improving Medical Student Mental Health: A Multifaceted Approach	Stuart Slavin
Jan 19	Strategies for promoting personal health & wellness and leading change at the individual level	Catherine Pipas
Jan 26	The Imperative for Incorporating Mind-Body Medicine in Health Professions Education	Adi Haramati
Feb 2	Cultivating Resilience and Reducing Burnout for Health Professionals: The Power of Presence, Reflective Practice and Appreciative Dialogue	Michael Krasner

Hello,

Listed below are the details needed to participate in the upcoming IAMSE Web Seminar:

*"Physician burnout and distress – causes, consequences, and a structure for solutions"*

If you are the institutional contact for your university, please share these details with all those who plan to attend within your institution. Again we ask that "individual subscribers" not share this information with non-registered participants.

Date/Time: **Thursday - January 5, 2017 12:00pm** Eastern Time

Dial-in Number: **1-605-475-5950**

Participant Access Code: **854171#**

This seminar will be using a Webcast presentation, meaning the presenter will control the slides you see on your computer monitor or conference room screen. *We highly recommend using Chrome or Firefox as your browser for this session. Internet explorer does not work well with this format.*

Prior to phoning the number above, open your Internet browser and click on the address:

[www.iamse.org/webcast/](http://www.iamse.org/webcast/)

The first slide of this presentation should appear. You will not be able to advance the slides as the presenter will be doing this. We highly recommend using Chrome or Firefox as your browser to view this presentation.

If you experience audio difficulty during the conference call, please hang up and re-connect to the conference bridge. While Skype and other Internet phone services can be successful, they are not 100% reliable and may not provide good quality sound, thus we do not recommend their use.

If you would like to submit questions for the presenter during the session, you may access our back-channel at the link below. Please indicate your name and school when you join the room:

[Click here to join the discussion!](#)

Handouts/Presentation Links:

Slides – [http://iamse.org/seminar-archives/2017/was\\_010517/was\\_010517.pdf](http://iamse.org/seminar-archives/2017/was_010517/was_010517.pdf)

Handout – [http://www.iamse.org/seminar-archives/2017/was\\_010517/was\\_010517\\_handouts.pdf](http://www.iamse.org/seminar-archives/2017/was_010517/was_010517_handouts.pdf)

This webcast audio seminar will be audio-recorded for future use by IAMSE. Registration for this event will indicate your permission to be recorded if you choose to speak. If you wish not to be recorded, you may either just not speak, or please do not register for the live presentation of this event. ***Please note, recording of any kind, by participants is strictly prohibited.***

Additional information regarding IAMSE Webcast Audio Seminar programs, including access to past events and the schedule of upcoming events, is available at <http://www.iamse.org/web-seminars/>.

This session will become an archived presentation for registered participants.

Please feel free to contact Brandi Hinkle by e-mail at [brandi@iamse.org](mailto:brandi@iamse.org) if you need any assistance.

Thank you,  
**IAMSE WAS Committee**