

# Physician Know Thyself

Oct. 10, 2017 | NJHA Conference & Event Center, 760 Alexander Road, Princeton, N.J. 08540

**Registration** | 8 a.m.

**Fee** | Member/Non-member: Complimentary

**Program** | 8:30 a.m. – 3:45 p.m.

Optional Lunch: \$30/person

**Seminar** | EDU 1782B

---

## **OVERVIEW:**

A healthy work environment is one that is safe, empowering and satisfying. Parallel to the World Health Organization definition of health, it is not merely the absence of real and perceived threats to health, but a place of “physical, mental, and social well-being,” supporting optimal health and safety.

*Physician Know Thyself* will address physician burnout including the research on burnout in the medical profession, and will discuss approaches to intervene when burnout becomes evident. The program will also address physician well-being and how to thrive in healthcare today. The program additionally covers the “second victim phenomenon” including definitions, recovery trajectory/stages of healing and the consequences of lack of support when a traumatic event occurs.

## **OBJECTIVES:**

After successfully completing the course, the learner will be able to;

- Identify the symptoms of burnout in the healthcare work place and understand ways/interventions to prevent and mitigate burnout
- Define the second victim phenomena, recovery trajectory/stages of healing and the consequences of lack of support
- Understand the importance and benefits of a “physician well-being” program
- List two best practices for a “physician well-being” program

## **TARGET AUDIENCE:**

Physicians, residents, medical school deans, medical students, program directors and coordinators

**“Successful completion of the course” is defined as in-person attendance for 95% of the didactic learning session and a completed course evaluation.**

## **CONTINUING EDUCATION CREDITS:**

### **Medical Society of New Jersey Accreditation Statement:**

HRET is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

HRET designates this live activity for **6.0** AMA PRA Category 1 Credits<sup>TM</sup>. *Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

### **American College of Healthcare Executives:** *(credit pending)*

As an independent chartered Chapter of the American College of Healthcare Executives, the ACHE – NJ is authorized to award **0.0** hours of ACHE Qualified Education credit toward advancement or recertification in the American College of Healthcare Executives for advancement or recertification.

### **Disclosure Information:**

Full disclosure will be provided at the educational activity.

# Physician Know Thyself

October 10, 2017

## AGENDA

- 8 a.m.      *Registration*
- 8:30 a.m.    **Welcome and Overview**
- John Slotman***  
              Vice President, GME Policy and Teaching Hospital Issues  
              *New Jersey Hospital Association*
- 8:45 a.m.    **Physician Burnout**
- William Spinelli, MD, MPA***  
              *Allina Health*
- 10:45 a.m.   **Break**
- 11 a.m.      **Free from Harm: Protecting Healthcare's Second Victims**
- Susan D. Scott, PhD, RN, CPPS, FAAN***  
              Manager, Patient Safety & Risk Management  
              *University of Missouri Health Care System*
- 12 noon      **Lunch**
- 12:45 p.m.   **Free from Harm: Protecting Healthcare's Second Victims *cont'd***
- 1:45 p.m.    **Physician Well Being**
- Jonathan Ripp, MD***  
              Associate Professor of Medicine  
              Medical Education & Geriatrics & Palliative Medicine  
              Co-Chair of the Mount Sinai GME Wellness Subcommittee  
              Co-Chair of the Collaborative for Healing and Renewal in Medicine (CHARM)  
              *Icahn School of Medicine at Mount Sinai in NY, NY*
- 3:15 p.m.    Pulling it all Together: Next Steps
- William Spinelli, MD, MPA***  
              *Allina Health*
- 3:30 p.m.    **Q/A**
- 3:45 p.m.    **Adjournment**

**EDU 1782B – Physician Know Thyself (October 10, 2017)**  
**FEES | Member/Non-member: Free      Optional Lunch: \$30**

**Guarantee** your seat now by paying for your registration online with a credit card. **It's secure and easy.**

Click on the following link: <http://hret-registration.njha.com>

**PAYING BY CHECK**

Please fax your registration form prior to mailing with your payment.  
A copy of the registration must accompany you check in order to allocate you payment properly.

**FAX: 609-275-4271**

**Make check payable to: HBS**

**Mail to: HRET of NJ – P.O. Box 828709 – Philadelphia, PA 19182-8709**

- For registration inquiries, please contact: HRETEducation@njha.com or 609-275-4181
- If special accommodations are necessary, please call 609-275-4181
- **In the event of inclement weather, call 609-275-4140 before coming to the conference.**

**Check All that Apply: Member       Non-member       Optional Lunch**

**REGISTRATION**

Name: \_\_\_\_\_

Designation/Credentials: \_\_\_\_\_      Job Title: \_\_\_\_\_

Phone: \_\_\_\_\_      E-mail: \_\_\_\_\_

Organization: \_\_\_\_\_

Organization Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Method of Payment: Check \_\_\_\_\_      Credit Card: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_      Check# \_\_\_\_\_      Card#: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Expiration Date: \_\_\_\_\_      CCV: \_\_\_\_\_      Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Billing Address (if different from above): \_\_\_\_\_

