

**Empowering Women Physicians
Continuing Medical Education
Syllabus
2021**

Course Description

This course will address physician wellness. Although the healthcare system is largely considered broken, you don't have to be. This course is designed to help physicians assess their own well-being, learn best practices regarding physician wellness, explore evidence-based interventions to address burnout, identify where they may have some control to make changes in their lives, and consider things they may be able to do to improve their personal well-being and their clinical practices. The goal is that participants leave with hope that they can improve their lives and with actionable plans.

The program will include introductory lecture material (either live in person or live via webinar) followed by interactive workshop/reflection components so that participants may reflect how these concepts apply in their own personal and professional lives. These sessions will also purposefully build community between physicians and encourage them to continue to find ways to do so in their own communities.

Learning Objectives:

1. Define burnout
2. Describe the effects of burnout on physicians, patients, and health care systems
3. Identify at least 3 common thought distortions
4. Identify common methods to re-frame beliefs that may serve physicians
5. Define self-efficacy
6. List 3 specific strategies to decrease clinician burnout and increase resilience
7. Describe the Listen Act Develop model to empower physicians to propose and implement change in organizations
8. Identify at least one action participants could take to improve their well-being
9. Define the scientific method to test one change and assess outcomes, then move forward iteratively for continuous improvement

Faculty:

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Clinical Professor, Family Medicine and Public Health
University of California San Diego School of Medicine

Certified Life Coach,
The Life Coach School

Founder of Empowering Women Physicians podcast, coaching, and retreats

Location:

Virtual, September 14th - November 6th, 2021

Sign up at <https://empoweringwomenphysicians.com/coaching>

Target audience

Physicians (both male and female physicians are eligible to receive CME credit for this activity)

Professional gaps to be addressed

Physician distress is at an all-time high with half of physicians suffering from symptoms of burnout, and worrisome rates of depression, anxiety, and suicidal ideation. Not only are physicians themselves truly suffering but burnout is also associated with a decrease in the quality of care provided to patients and increased physician turnover resulting in increased costs to healthcare organizations.

There is a gap between what traditional educational programs documenting the high rate of burnout and encouraging physicians to take action to address these problems. Therefore physicians feel powerless. Physicians generally do not feel empowered to be a part of the solution in their own lives and their own workplaces. When given appropriate education and encouraged to identify ways in which they can utilize their own unique experience and skillset to start to make improvements in their own health care systems, physicians are uniquely positioned to create change.

Building community is known to decrease physician burnout yet physicians are increasingly working in isolation with long hours, more time on the electronic health record, and decreased time or space for gathering together to build community, bond, or reflect on the unique challenges faced by physicians. This program will encourage physicians to build national as well as local networks of other physician communities.

There is a gap between what physicians have taught during medical school and residency and what is needed to not only survive but thrive in the modern era of medical practice. The main focus during training is on gaining medical knowledge and nearly all physicians who complete medical school and residency in the United States have sufficient knowledge to pass the United States Medical Licensing Exam. Yet the biggest challenges facing practicing physicians today and creating distress and burn out largely have nothing to do with a lack of medical knowledge.

Physician distress is largely attributed to excessive administrative burden, charting, documentation, billing, and the hurried pace with which physicians are expected to practice in person with patients and the hours spent facing a computer screen after hours. This program aims not only to educate physicians as to the best practices and current data to combat burnout but goes beyond the goal of mere education and increasing knowledge to encourage them to take

action and even to shift their identity from that of a victim of this system to a person who is perfectly positioned to suggest and implement change.

CME opportunities can create individual and institutional change as health care leaders who participate in these sessions have the opportunity to then seek to improve the culture of medicine. Self-sacrifice may have gotten us through medical school and residency but has proven to no longer be sustainable.

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Continuing Education, Inc. and Empowering Women Physicians. Continuing Education, Inc. is accredited by the ACCME to provide continuing medical education for physicians.

Designation: Continuing Education, Inc. designates this live activity for a maximum of *50 AMA PRA Category 1 Credits™*. Each physician should claim only the credit commensurate with the extent of their participation in the activity.