

Physician Burnout: Integrated Strategies for Diverse Stakeholders **May 10-11, 2018**

<b>Thursday, May 10</b>	<i>Conference will be held in Riverside Ballroom Salon III &amp; IV unless otherwise noted</i>
6:30 am – 7:00 am	Meditative Walk, Walk2Connect, Westin Lobby
7:00 am – 8:00 am	Registration & Breakfast, Riverside Ballroom Foyer
8:00 am – 8:05 am	Welcome & Opening Remarks <i>Deborah Saint-Phard, MD</i>
8:05 am – 9:05 am	<b><u>Keynote Address: The Epidemic of Physician Burnout</u></b> <i>Kathleen Gibney, PhD</i>
9:05 am – 10:00 am	Ethics, Professionalism and Taking Control of the Burnout Crisis in Health Care <i>Matthew Wynia, MD, MPH</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Relationship-Centered Communication for Healthcare Transformation <i>Patrick Kneeland, MD</i>
11:30 am – 1:00 pm	Lunch in Maya Restaurant – sessions below begin at noon and will conclude by 12:45pm <ul style="list-style-type: none"> <li>• Yoga – <i>Katrina Gustafson; Gondola Ballroom Salon B &amp; C</i></li> <li>• Walk2Connect – <i>Jonathon Stalls; Westin Lobby</i></li> <li>• Meditation – <i>Cierra McNamara ; Gondola Ballroom Salon A</i></li> <li>• Nutrition – <i>Amanda Turner, RD; Riverside Ballroom Salon III &amp; IV</i></li> </ul>
1:00 pm – 2:00 pm	Evidence for Self-Compassion & Strategies for Personal Resilience <i>Doris Gundersen, MD</i>
2:00 pm – 2:45 pm <i>Gondola, Salon B &amp; C</i> <i>Riverside, Salon III &amp; IV</i> <i>Riverside, Salon I &amp; II</i>  <i>Rapids Room</i>	Breakouts, select one <ul style="list-style-type: none"> <li>• An Antidote to Burnout: Individual Balance - <i>Kathleen Gibney, PhD</i></li> <li>• Combating Loneliness in Medicine - <i>Doris Gundersen, MD</i></li> <li>• Strategies for Human-Centered Communication to Promote Resilience <i>Patrick Kneeland, MD</i></li> <li>• Moral Distress and Unprofessional Behaviors: Using Preventative Ethics to Support Professionalism - <i>Matthew Wynia, MD, MPH; Abigail Lara, MD</i></li> </ul>
3:00 pm – 3:45 pm <i>Gondola, Salon B &amp; C</i> <i>Riverside, Salon III &amp; IV</i> <i>Riverside, Salon I &amp; II</i>  <i>Rapids Room</i>	Breakouts, select one <ul style="list-style-type: none"> <li>• An Antidote to Burnout: Relational Trust - <i>Kathleen Gibney, PhD</i></li> <li>• Combating Loneliness in Medicine - <i>Doris Gundersen, MD</i></li> <li>• Strategies for Human-Centered Communication to Promote Resilience <i>Patrick Kneeland, MD</i></li> <li>• Moral Distress and Unprofessional Behaviors: Using Preventative Ethics to Support Professionalism - <i>Matthew Wynia, MD, MPH; Abigail Lara, MD</i></li> </ul>
4:30 pm – 6:30 pm	Networking Reception, Maya Restaurant at the Westin Riverfront Resort & Spa



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6:30 am – 7:00 am	Meditative Walk, Walk2Connect, Westin Lobby
7:00 am – 8:00 am	Registration & Breakfast, Riverside Ballroom Foyer
8:00 am – 9:00 am	<b><u>Plenary Session: In Search of Joy in Medicine</u></b> <i>Christine Sinsky, MD</i>
9:00 am – 10:00 am	The Reading Cure for Physician Resiliency <i>Abraham Nussbaum, MD</i>
10:00 am – 10:30 am	Break
10:30 am – 11:30 am	Moral Distress, Giving Voice to Values <i>Heather Fitzgerald, MS, RN</i>
11:30 am – 1:00 pm	Lunch in Maya Restaurant – sessions below begin at noon and will conclude by 12:45pm <ul style="list-style-type: none"> <li>• Yoga – <i>Katrina Gustafson; Gondola Ballroom Salon B &amp; C</i></li> <li>• Walk2Connect – <i>Jonathon Stalls; Westin Lobby</i></li> <li>• Meditation – <i>Cierra McNamara; Gondola Ballroom Salon A</i></li> <li>• Nutrition – <i>Amanda Turner, RD; Riverside Ballroom Salon III &amp; IV</i></li> </ul>
1:00 pm – 1:15 pm	Pearls for Physicians from the Health Insurance Sector <i>Mark Laitos, MD</i>
1:15 pm – 2:15 pm	CEO Panel: Creating Cultures of Wellness <i>Will Cook, CEO, University of Colorado Hospital; Brian Davidson, MD, President, St. Mary’s Medical Center; Matthew Wynia, MD, MPH, Moderator</i>
2:15 pm – 3:00 pm	Breakouts, select one <ul style="list-style-type: none"> <li>• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i></li> <li>• A Strengths-based Approach to Cultivating Moral Resilience - <i>Heather Fitzgerald, MS, RN</i></li> <li>• StepsForward: Toolkits to Catalyze Transformation - <i>Christine Sinsky, MD</i></li> <li>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i></li> </ul>
3:15 pm – 4:00 pm	Breakouts, select one <ul style="list-style-type: none"> <li>• Learn to Talk Like a Shrink - <i>Abraham Nussbaum, MD</i></li> <li>• A Strengths-based Approach to Cultivating Moral Resilience - <i>Heather Fitzgerald, MS, RN</i></li> <li>• StepsForward: Toolkits to Catalyze Transformation - <i>Christine Sinsky, MD</i></li> <li>• Colorado Medical Society Wellness Toolkit - <i>Debra Parsons, MD</i></li> </ul>
4:00 pm – 4:30 pm	Close & Call to Action <i>Deborah Saint-Phard, MD</i>