

Event Information

Saturday, March 10, 2018

Anne Arundel Medical Center

Belcher Pavilion
7th Floor, Doordan Institute
2000 Medical Parkway, Annapolis, Md.

Free parking onsite in Garage E

Registration: 7:30
Conference: 8:00 am – 2:30 pm

Registration Fee: \$75
Resident/fellowship/student: \$25

Full course objectives and additional details available at:
<https://aahs.cloud-cme.com/PhysicianWellbeing2018> or
call **443-481-3446** for more information.

Continuing Education Credit

The Anne Arundel Medical Center is accredited by MedChi, The Maryland State Medical Society to provide continuing medical education for physicians. The Anne Arundel Medical Center designates this live educational activity for a maximum of (6.0) *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



AAMC Academic Affairs
2001 Medical Parkway
Annapolis, MD 21401

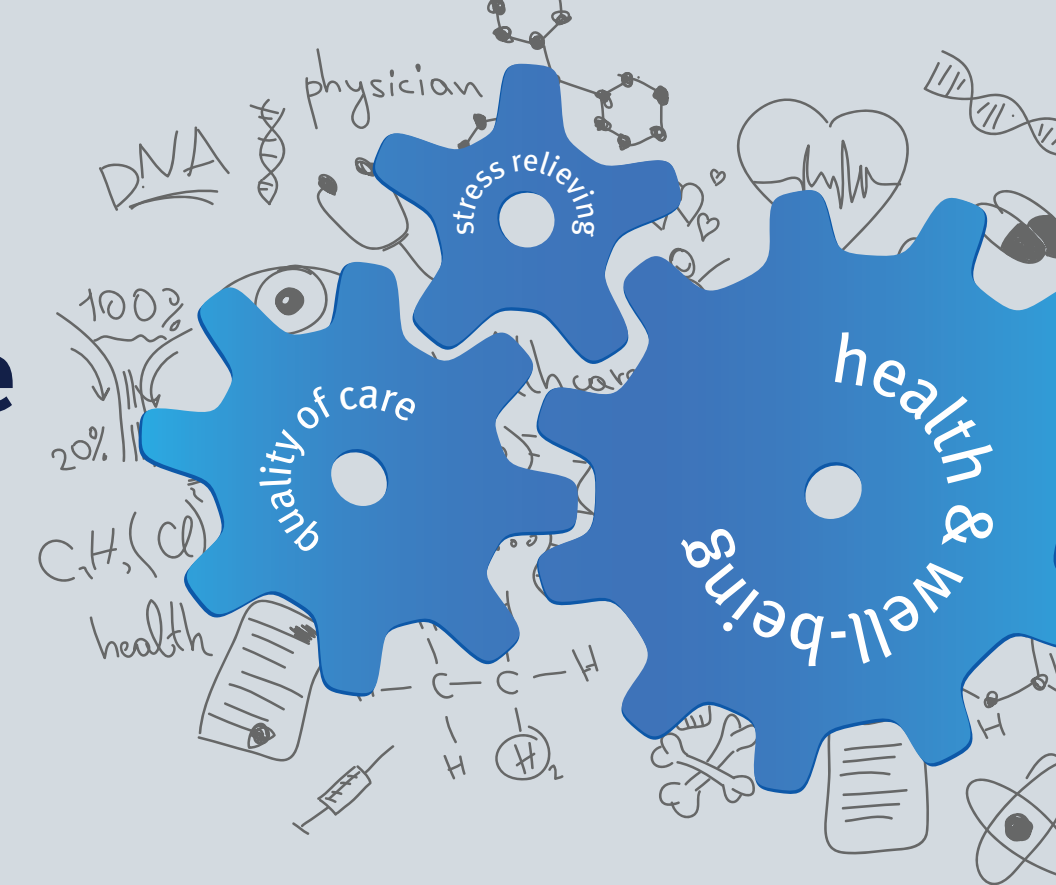
The 2nd Annual Annapolis Physician Wellbeing Conference (CME 6.0)

Presented by the faculty of Anne Arundel Medical Center

Saturday, March 10, 2018
Anne Arundel Medical Center
Doordan Institute

Keynote Presentation—Finding Meaning, Balance and Personal Satisfaction in the Practice of Medicine
Tait Shanafelt, MD, Chief Wellness Officer, Stanford Medicine, Director, WellMD Center; Associate Dean, Stanford School of Medicine

Register online today at <https://aahs.cloud-cme.com/PhysicianWellbeing2018>



The 2nd Annual Annapolis Physician Wellbeing Conference

Presented by the faculty of Anne Arundel Medical Center

Saturday, March 10, 2018

Recent research conducted by the AMA and the Mayo Clinic reveals that nationally physicians are experiencing levels of physical and emotional stress and burnout as high as 50% that is impacting organizational productivity, morale, and the quality of care being delivered. The *Annapolis Physician Wellbeing Conference* will focus on high level topics including:

- » Develop strategies to enhance emotional wellbeing and mitigate burnout
- » Discuss opportunities to improve physical wellbeing for physicians
- » Review wellbeing awareness strategies and opportunities for finding balance



Featuring Keynote Presentation:

Finding Meaning, Balance and Personal Satisfaction in the Practice of Medicine



Tait Shanafelt, MD
Chief Wellness Officer,
Stanford Medicine;
Director, WellMD Center
Associate Dean,
Stanford School of
Medicine

Course Directors:



Brooke Buckley, MD, FACS
Associate Chair of
Surgery, Anne Arundel
Health System
Past President, Maryland
State Medical Society



Adrian Park MD, FRCSC, FACS, FCS (ECSA)
Professor and Chairman,
Department of Surgery
Anne Arundel Health
System
Johns Hopkins University
School of Medicine

Intended Audience: This one-day course is designed for all physicians.

Course Schedule:

7:30 – 8:00 am: Registration and light breakfast

8:00 am – 10:00 am: Session 1—*Strategies to Enhance Emotional Wellbeing and Mitigate Burnout*

- Finding Purpose, Mark Plaster, MD
- Emotional Intelligence, Adam Weinstein, MD
- The Culture of Wellbeing, Mitchell Schwartz, MD
- Wellbeing Through Resilience, Gene Gincherman, MD
- Panel Discussion

10:00 – 10:15: Break

10:15 – 11:45: Session 2—*Physical Wellbeing for Physicians*

- Procedural Ergonomics, Adrian Park, MD
- Work Space Ergonomics, Briana Walton, MD
- Exploring Functional Movement, Bonnie, Schulman, PT
- Panel Discussion

11:45 – 12:30: Keynote Presentation—*Finding Meaning, Balance and Personal Satisfaction in the Practice of Medicine*

- Tait Shanafelt, MD, Chief Wellness Officer, Stanford Medicine, Director, WellMD Center, Associate Dean, Stanford School of Medicine

12:30 – 12:45: Boxed lunch pickup

12:45 – 2:15: Session 3—*Wellbeing Awareness Strategies and Finding Balance*

- The Continuum from Health to Dysfunction, Chae Kwak, LSW
- Financial Wellbeing for Physicians, James E. Brennan, CFP
- Finding Joy: The Daily Search for Balance, Brooke Buckley, MD
- Panel Discussion