



From Bryan Bohman, MD
Chair, Physician Wellness Committee

PHYSICIAN WELLNESS RESEARCH

A key goal of our committee is to apply scientific rigor as we implement and test various potential methods to improve personal and professional fulfillment of faculty and trainees. Our first step in this direction was our Medical Staff Wellness Survey. Its primary author and SCPSS committee member [Dr. Mickey Trockel](#) has now taken the concept of physician wellness research to the next level by founding the Stanford [Health for Healers Research Group](#) (HFH).

The purposes of this HFH group are to: 1) initiate or facilitate research projects relating to physician wellness, especially with regard to patient health outcomes; 2) encourage Stanford and other institutions to develop common physician assessment measures so that year-to-year changes in departments or institutions can be looked at comparatively; 3) identify and expedite grant funding opportunities; and 4) aid related project developers with data analysis.

Already HFH has been instrumental in helping to evaluate benefits of the new [Literature and Medicine Dinner Series](#), and has assisted in designing an upcoming qualitative physician wellness research project.

This new initiative will be a big help in concretely identifying issues and accurately evaluating the benefits of possible solutions to improve the lives of our physicians and trainees – with publishable data capable of driving administrative support and funding and ultimately marking Stanford as a pre-eminent center of scholarship in this critical field of study.

All of those interested in HFH are welcome to join by emailing Research Assistant [Keri Simmons](#).

Calendar:

For details of these and more events/classes, plus CME wellness courses, see [WellMD Calendar](#)

- 2/3 - [Violin Science](#)
- 2/4 - [Breathe to Relax](#)
- 2/4 - [Back Release Top to Bottom](#)
- 2/5 - [An Introduction to HeartMath](#)
- 2/5 - [Dostoevsky's Crime and Punishment](#)
- 2/5 - [Jazz Talk at the Cantor](#)
- 2/6 - [Stress and Resiliency Skills](#)
- 2/7 - [Creative Writing Neuroscience](#)
- 2/7 - [International Humanitarian Aid Skills Course](#)
- 2/10 - [Emotional Intelligence](#)
- 2/11 - [Reading by Joyce Carol Oates](#)
- 2/11 - [Great Viennese Composers: Mozart, Beethoven, Haydn](#)
- 2/12 - [Seeing Buddha, the Photographic Experience](#)
- 2/13 - [Micronutrient Deficiencies in India](#)
- 2/13 - All Hospital Schwartz Rounds
- 2/16 - [Revitalize You to Make Your Work-Life Work](#) (online)
- 2/17 - [Mindfulness at Work Class](#)
- 2/18 - [Comedian Maz Jobrani](#)
- 2/23 - [Partner Neck/Shoulder Shiatsu](#)
- 2/25 - [Stanford University Singers](#)
- 2/28 - [Stanford Orchestra & Chorus](#)

News Item:

Check out our newly revised [WellMD](#) website, including the ever-popular "[Test Yourself](#)" page, [Calendar](#), and resources to [Get Healthy](#), [Get Connected](#) and [Get Help](#).

Recent Research:

The Impact of Duty Hours Restrictions on Job Burnout in Internal Medicine Residents: A Three-Institution Comparison Study. Ripp JA, Bellini L, Fallar R, Bazari H, Katz JT, Korenstein D. Acad Med. 2015 Jan 20. [Epub ahead of print] PMID: [25607940](#)

"Job burnout and self-reported sleepiness in IM resident physicians were unchanged after the 2011 DHRs at three academic institutions. Further investigation into the determinants of burnout can inform effective interventions."

Understanding the medical marriage: physicians and their partners share strategies for success. Perlman RL, Ross PT. Acad Med. 2015 Jan; 90(1):63-8. PMID: [25099240](#)

"Four themes emerged during the interviews: 'We rely on mutual support in our relationships,' 'We recognize the important roles of each family member,' 'We have shared values,' and 'We acknowledge the benefit of being a physician to our relationships.'"