Physician Wellness: Resources and Initiatives

Charlene M. Dewey, M.D., M.Ed., FACP
Associate Professor of Medical Education and Administration
Associate Professor of Medicine and Public Health
Co-Director, Center for Professional Health
Chair, Faculty and Physician Wellness Committee

2014
Goals & Objectives

**Goals**: The purpose of this session is for resident physicians to understand the available wellness resources at Vanderbilt and learn about current and past initiatives.

**Objectives**: Participants will be able to list resources inside/external to Vanderbilt and describe recent/current initiatives focusing on physician wellness.
Agenda

1. Resources
2. Initiatives
3. Q&A
4. Summary
# Vanderbilt Internal Resources

<table>
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<tr>
<th>Abbrev.</th>
<th>Program</th>
<th>Focus</th>
<th>Contact</th>
<th>Number</th>
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<tbody>
<tr>
<td>FPWC</td>
<td>Faculty and Physician Wellness Committee</td>
<td>Prevention &amp; education of professional health</td>
<td>Charlene Dewey</td>
<td>x6-0678</td>
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<tr>
<td>CPH</td>
<td>Center for Professional Health</td>
<td>Training/remediation physicians</td>
<td>Bill Swiggart</td>
<td>x6-0678</td>
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<td>FPWP</td>
<td>Faculty and Physician Wellness Program – Work/Life Connections EAP</td>
<td>Treatment of faculty and employees</td>
<td>Mary Yarbrough</td>
<td>X6-1327</td>
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<td>VCAP</td>
<td>Vanderbilt Comprehensive Assessment Program for Professionals</td>
<td>Fit for duty assessments and treatment</td>
<td>Reid Finlayson</td>
<td>X2-4567</td>
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<td>CPPA</td>
<td>Center for Patient and Professional Advocacy</td>
<td>Identification and assistance</td>
<td>William Cooper</td>
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Vanderbilt Internal Resources

• Primary care provider
• Osher Center for Integrated Health
• Work Life Connections
• Health *Plus*
• Center for Professional Health
• Vanderbilt Recreation & Wellness Center
• Dayani Center for Health and Wellness
• The Orthopedics exercise facility
• VERITAS
Get in Touch with Us

Work/Life Connections
1211 21st Ave. South
Medical Arts Bldg, Ste. 018
Nashville, TN 37212
615-936-1327
Email
Work-Life connections

Wellness Quick Links

Work Life
- Work Injury and Exposures
- Compliance Status Check
- New Employee Screenings
- Work-Related Health Screenings
- Ergonomics
- Vaccine Services

Personal Life
- Healthy Lifestyle
- Exercise Options
- Go for the Gold
- Walk-In Clinics
- Faculty/Staff Counseling-EAP
- Hardship

Career Life
- Faculty/Physician Wellness
- Nurse Wellness
- Workplace Performance Coaching
- Support for Managers
- Resilience Toolkit

Family Life
- Pregnancy and New Baby
- Family and Medical Leave
- In-Home Sitter Options for Children
- In-Home Sitter Options for Adults
- On-Campus Child Care
- Child Care Center Account Status

Wellness Links for Health Care Providers

Recent News
- July is Minority Mental Health Awareness Month
- Vandy Walk & Talk "Start! Trail Markers"
- When It Comes To Fruits & Veggies, More Matters! Take the Summer Challenge!
Interested in setting a wellness goal in 2014? Health Plus provides wellness coaching to faculty and staff at no cost. The purpose of wellness coaching is to support Vanderbilt University faculty and staff who are interested in losing weight, getting physically active, quitting smoking or other wellness goals.

Learn more today!
Center for Professional Health

Educational Resources

New Releases

Women on Track 2013 presentation titles: Enhancing Resiliency: Keep Women on Track.

News from VMC

Vanderbilt and AstraZeneca agree to collaborate on neuroscience drug discovery
Chronicle of Higher Education - 1/17/2013

VUMC and West Tennessee Healthcare announce affiliation agreement
WPLN Nashville Public Radio - 1/17/2013

Lee Ann Ruffing, director of operations in Children’s Services at the Monroe

SOCIAL MEDIA
The Doctor is Online: Physician Use, Responsibility, and Opportunity in the Time of Social Media
http://youtu.be/Zg2bZnN2vqQ

Twitter, Blogs, and Health Sciences Education...
Dr. Donald W. Brady/VUMC
Other Resources

• State physician health program
• Suicide prevention hotline: 1-800-273-TALK
• Private & community counseling services (Centerstone, Mental Health Cooperative, Elam Center, etc.)
• Center for Women in Med: Debbie Smith
  – www.cwmedicine.org
• Substance use related issues (AA, NA, Parthenon, Cumberlander Heights, Evelyn Fry, etc)
• YMCA/YWCA
• Massage envy, day spas, etc.
Initiatives

- Burnout
- Depression
- Retirement
- Proper prescribing of CPDs
- Resiliency
- New: Coping in times of change
- New: The health of scientist
“The first wealth is health.”

~ Ralph Waldo Emerson
Question & Answer