

Enhanced Stress Resilience Through Mindfulness: Compassion Communication Community

UCSF Faculty in Surgery and Anesthesia

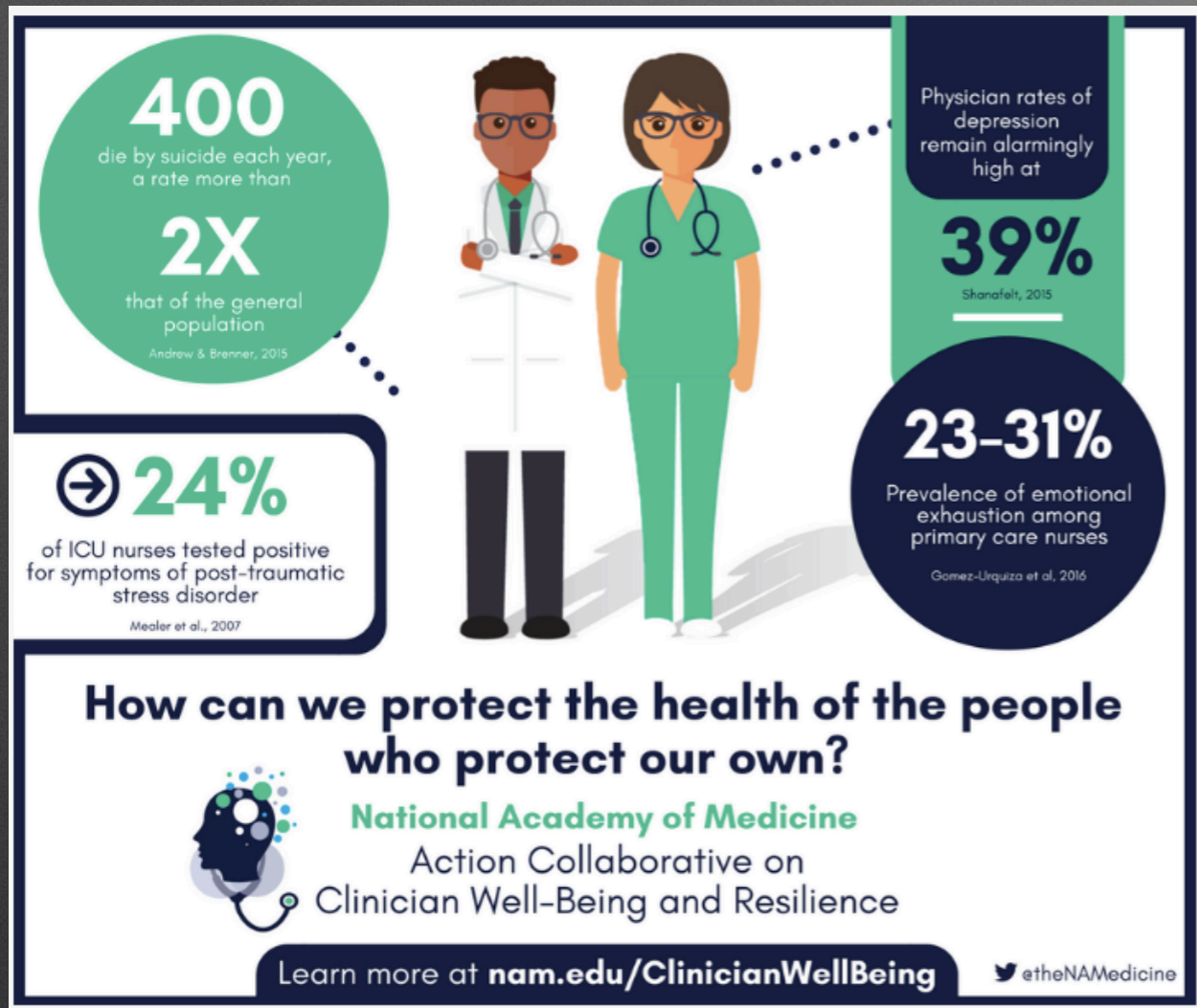
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2017

The Problem



Surgeon Well-Being

Surgeon Well-Being

Surgeon well-being is vital for you, and for your patient's success.

The College cares about your well-being and wants to help!

AMERICAN COLLEGE OF SURGEONS
Inspiring Quality:
Highest Standards, Better Outcomes
100+ years

Shanafelt, *Proc Mayo Clin*, 2015

<https://nam.edu/initiatives/clinician-resilience-and-well-being/>

<https://www.facs.org/member-services/surgeon-wellbeing>

“A greater sense of pessimism... which has drained the joy out of practice ...”

Patient Compliance

Professionalism

Exposures

Errors



Burnout is a Surrogate

Satisfaction

Patient Outcomes

Attrition

EtOH dependence

Suicidality

Campbell, *Surgery*, 2001
Bertges, *Transpl Proc*, 2005

Shanafelt, *Ann Surg*, 2009
Shanafelt, *Ann Surg*, 2010
Balch, *Ann Surg*, 2011

The Pipeline

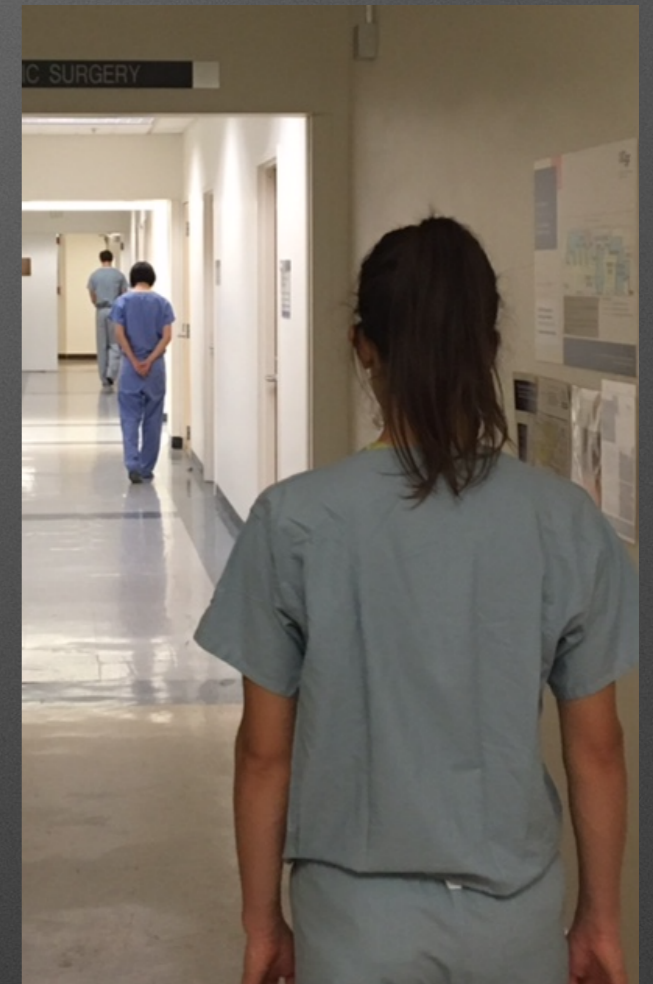
	BURN OUT	DEPRESSION	SUICIDAL IDEATION	ALCOHOL ABUSE	SEVERE STRESS
PGY3	60%	32%	16%	37%	58%
MINDFULNESS (OR)	0.24	0.26	0.25	— —	0.15



Lebares, manuscript in preparation
Muller, NEJM, 2017
Feldman Memorial website

Mindfulness Intervention

- **Mindful Surgeon RCT at UCSF:**
MBSR, vetted, evidence-based, feasible



- Where it's been tried (physicians, nurses, residents)
- Results: Meaning and engagement in work, decreased burnout and perceived stress, increased satisfaction.

Feasible and Acceptable

“At work I am much less reactionary..to pages, nurse requests...I have somehow gained some ‘space’ between certain stimuli and my reaction to them.”

“I’m on Neurosurg at the General. I find I’m more purposeful and present with the pts’ and families. I wrote the orders to withdraw care on a 23yo today. It is really painful and I am feeling that. But at the same time it’s ok. “

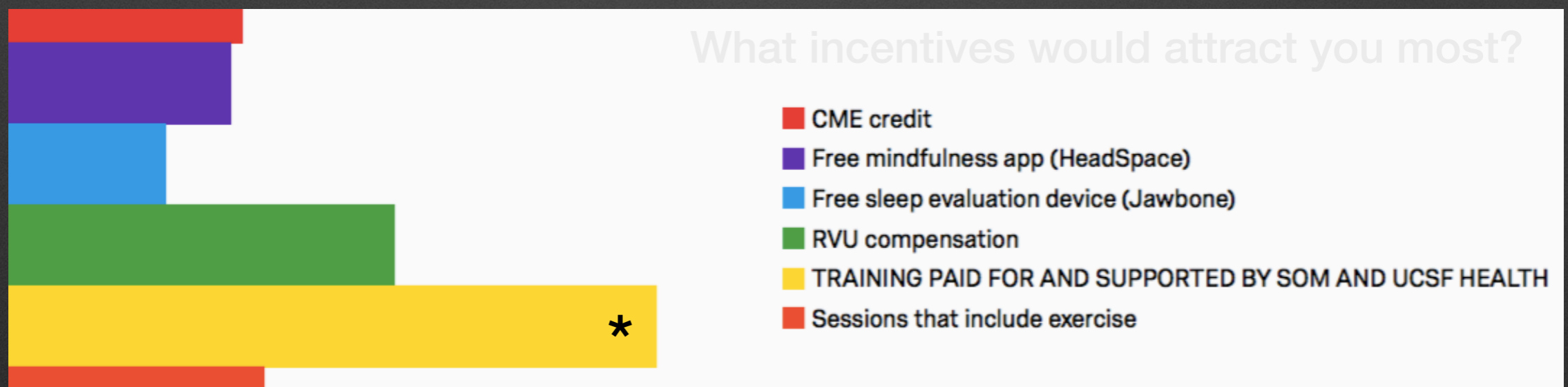
“ I can’t believe how rich life is. It’s amazing I didn’t see this before; like I was living in the fog. I use the techniques..when I’m walking the halls...I’m more patient with med students and more present with patients. “

“I thought I’d be learning a relaxation technique, but this is *work*. At first I thought it was sort of ridiculous, but it has changed me. ..changed how I think, how I see things, how things affect me.”

What potential benefits would attract you most?



What incentives would attract you most?



Mindfulness Resilience Training

Adaptable modular curriculum: MBSR Backbone;
Tailored to MDs; Osher Center collaboration

More attentive listening

Greater empathy and self-compassion

Recognize bias and judgement

Increased self-awareness and satisfaction

Better communication

First wave implementation: Training and Feasibility

Krasner, JAMA, 2009

Epstein, AIM, 1999

Grepmaier, Psychother Psychosom, 2007

Answering the Clarion Calls

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From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider

**Physician Burnout Is A Public Health Crisis:
A Message To Our Fellow Health Care CEOs**

John Noseworthy, James Madara, Delos Cosgrove, Mitchell Edgeworth, Ed Ellison, Krevans, Paul Rothman, Kevin Sowers, Steven Strongwater, David Torchiana, and Harrison

March 28, 2017

Physician Well-Being: A Powerful Way to Improve the Patient Experience

By Diane Shannon, MD, MPH



NATIONAL ACADEMY OF MEDICINE

Action Collaborative on Clinician Well-Being and Resilience

Bodenheimer, *Ann Int Med*, 2014
Shannon, *Physician Exec*, 2015
healthaffairs.org/blog
<https://nam.edu/initiatives>

Return on Investment

- Making UCSF a national leader in addressing physician burnout
- Strengthen retention and success of faculty and residents
- Enhance UCSF's reputation for quality of care
- Restore the heart of the patient experience