

Wellness Section Meeting Minutes

October 17, 2016

Minutes

Attendees

Sara Chakel, MD; Connie Doyle, MD, FACEP; Heather Farley, MD, FACEP; Emily Hirsh, MD, FACEP; Rick Holland, MD; Jaime Hope, MD; Julia Huber, MD, FACEP; Saher Iftikhar, MD; Jay Kaplan, MD, FACEP; Paul Kivela, MD, FACEP; Randall Levin, MD, FACEP; Michelle Lynch; Jyoti Mahapatra, MD; Rita Manfredi, MD, FACEP; Melissa Marinelli, MD; Laura McPeake, MD, FACEP; K. Kay Moody, DO, MPH; Jeff Norvell, MD, FACEP; Pamela Ross, MD, FACEP; Julie Sanicola-Johnson, DO; Rosanne Sikore; Daniel G. Snediker, MD, FACEP; David Tulsiak, MD, FACEP; Christina Weaver, DO; Debra Williams, MD, FACEP; Lucy Willis, MD; Richard Winters, MD, FACEP; and Carole Wollard

Major Points Discussed

Julie Sanicola-Johnson welcomed the group to the meeting and introduced Pamela Ross, Chair-Elect, and Randall Levin, Newsletter Editor.

Council Meeting Report

Julia Huber presented a brief summary of the Council meeting. The one resolution that pertained to Wellness was entitled “Assuring Safe & Effective Care for Patients by Senior-Late Career Physicians.” Dr. Huber also informed the group that one of Dr. Parker’s initiatives as President is to increase diversity, and there was much discussion regarding wellness. Dr. Kaplan stated that wellness has gone from a niche to a mainstream topic. He also informed the group about the Physician Resilience/Wellness Summit that will be taking place at ACEP headquarters in February 2017.

Presentation

Dr. K. Kay Moody did a presentation on Physician Wellness. Major points were:

- We need to get out of our comfort zones.
- Exercise is critical to our wellbeing.
- Being outside is magical. In the east they call walking in the woods forest bathing or Shinrin-yoku
- There is happiness in being outside, but each person has to find the outdoor experience that makes them happy.
- Get into nature as much as you can and also nurture your spiritual side.
- We still need to fix our work environments. We need tools and measures that make sense.
- ACEP is working on this in the background and it’s reassuring to know that help is coming. We need to communicate this to our colleagues who are at the bedside so they will have hope also.

Dr. Moody asked that the group share what their happy place is – the activity they enjoy so much that they lose track of time. Responses were as follows:

- Keeping a gratitude journal
- Driving
- Having a dance party with the kids in the living room
- Visualizing the coat coming off after work and reverting to oneself

- Hiking
- Skiing
- Reading with the kids
- Playing with the kids
- Boating
- Listening to ocean waves
- Running
- Fishing
- Having conversations with their 2-year old
- Photography
- Writing
- Listening to music
- Biking in the woods
- Meditating
- Digging in the dirt
- Playing piano
- Swimming
- Exercising
- Creating/building and reflecting on these creations
- Horseback riding
- Outdoor activities with family
- Reading fiction
- Riding the waves
- Listening to podcasts
- Going to the grocery store and cooking
- Walking
- Snuggling with kids
- Participating in a great conversation

Dr. Moody pointed out common threads in these comments – creating, nature, and innocence.

She also mentioned that every person running for President or the Board of Directors spoke about wellness, and noted that there are three emergency physicians running for Congress – Raul Ruiz, Mark Plaster, and Joe Heck.

Well-Being Committee Report

Dr. Huber reported that the Well-being Committee has two major projects in the works:

1. Wellness Text – “Being Well in Emergency Medicine: ACEP’s Guide to Investing in Yourself” This will be posted to the ACEP website.
2. Wellness Week – Dr. Huber thanked Arlene Chung and everyone who contributed last year for their hard work and informed the group that Arlene is heading up the effort again this year.

Dr. Moody reported that there are currently 8,453 members of EMDocs, and 800 waiting to join. Dr. Kaplan stated that burnout is isolation and alienation people feel. EM Docs is a great virtual community outlet for everyone and thanked Dr. Moody for creating the group.

Election Results

Chair-Elect: Arlene Chung

Newsletter Editor: Matthew Wong with mentoring from Randall Levin

Councillor: Laura McPeake

Alternate Councillors: Susan Haney, Julie Sanicola-Johnson, Pamela Ross

Dr. Kaplan let the group know that for those who will be attending *ACEP17* with their children, ACEP will be doing a special event for Halloween that they can participate in.

Dr. Ross explained the Suicide Semicolon cards that Dr. Kaplan contributed.

Dr. Levin expressed how ACEP has been a very positive influence on this life for the last four years after his burnout.

The group voted to change the name of the "Quiet Room" to the "Yoga/Meditation Room" in order to discourage people to use that space for working. Dr. Ross asked for section member volunteers to lead sessions in the Yoga/Meditation Room at the DC meeting.