

A Systems Approach to Alleviating Work-induced Stress and Improving Health, Well-being, and Resilience of Health Professionals Within and Beyond Education: A Workshop

April 26-27, 2018

Keck Center of the National Academies, Room 100
500 Fifth Street NW, Washington DC 20001

<<DRAFT>>

DAY 1: April 26, 2018

WORKSHOP OBJECTIVE: To explore how design thinking could be used for tailoring interventions that address the unique needs of each care and health professions educational organization by drawing upon the assets of the organization and the individuals that make up their community.

9:00am	<p>Welcome</p> <ul style="list-style-type: none"> Caswell Evans, IHPE Global Forum Co-Chair
SESSION I: SETTING THE STAGE	
	<p>Session 1 Objective: To lay a foundation for understanding the scope of stress and burnout in the health professions and how the workshop will build a pathway toward organizational resilience, work unit collaboration, and individual wellbeing.</p>
9:05am	<p align="center">Orientation to the Workshop</p> <p align="center">Zohray Talib, Workshop Co-Chair</p>
9:15am	<p align="center">Design thinking for a pathway to health</p> <p align="center">Mary Jo Kreitzer, Director of the Center for Spirituality & Healing at the University of Minnesota</p>
9:35am	<p>Questions</p>
9:48am	<p><i>3min pause for body/mind connections–Liza Goldblatt</i></p> <p align="center">Applying design thinking concepts</p> <p>Facilitator: Mary Jo Kreitzer, Workshop Co-chair</p> <p>Case study</p> <ul style="list-style-type: none"> Tim van de Grift, University of Amsterdam & Incubator
10:45am	BREAK
SESSION II: DESIGN THINKING FOR CHANGING CULTURE	
11:15am	<p align="center">Changing Culture</p> <p>Moderator: Ted Mashima, Association of American Veterinary Medical Colleges</p> <p>Example 1: Interprofessional compassionate care</p> <ul style="list-style-type: none"> Dorrie Fontaine, University of Virginia School of Nursing

	<p>Example 2: Mind Matters Initiative for promoting wellbeing</p> <ul style="list-style-type: none"> • Lizzie Lockett, Royal College of Veterinary Surgeons, United Kingdom <p>Interactive panel discussion</p>
12:15noon	LUNCH
1:15pm	<p>Objective: To provide opportunities for shared learning about strategies for enhancing wellbeing while addressing stress and burnout in education and care organizations around the world.</p> <p style="text-align: center;">Breakout Groups</p> <p>Facilitator: Sandeep Kishore, Icahn School of Medicine at Mount Sinai</p> <ol style="list-style-type: none"> 1. Policy change through evidence-based empowerment <ul style="list-style-type: none"> • Leader: Meghan Walsh, Hennepin County Medical Center • Joined by: Simon Fleming, British Orthopaedic Trainees' Association & Calli Schardein, American Association of Colleges of Osteopathic Medicine 2. Challenges-to-resiliency: The mental health workforce in low resource environments <ul style="list-style-type: none"> • Leader: Javid I. Sheikh, Weill Cornell Medicine-Qatar • Joined by: Diana Nyirenda, United Nations Development Program, Malawi) & Ronald Kaluya, Uganda Counseling and Support Services 3. Mindful environment <ul style="list-style-type: none"> • Leader: Maryanna Klatt, Ohio State University • Joined by: Carolyn Sommerich, Ohio State University 4. Applying systems engineering <ul style="list-style-type: none"> • Leaders: Pinar Keskinocak, Georgia Institute of Technology & Sara Czaja, University of Miami
2:15pm	BREAK
2:45pm	<p style="text-align: center;">Breakout group report backs</p> <p>Facilitator: Sandeep Kishore, Icahn School of Medicine at Mount Sinai</p>
3:15pm	<p style="text-align: center;">Leadership: from personal health to organizational resilience</p> <p>Facilitator: Elizabeth Goldblatt, Academic Collaborative for Integrative Health</p> <p>Interactive interviews</p> <ol style="list-style-type: none"> 1. Kathrin Eliot, Academy of Nutrition and Dietetics <i>interviews</i> Jason Eliot, Chief Experience and Talent Officer at INTEGRIS Health, Oklahoma 2. John Weeks, Journal of Alternative and Complementary Medicine <i>interviews</i> Tracy Gaudet, Department of Veterans Affairs' Office of Patient-Centered Care and Cultural Transformation 3. Angelo McClain, National Association of Social Workers + TBC <p>(20min) Panel discussion</p> <p>Moderator: Kimberlyn Leary, Harvard T.H. Chan School of Public Health</p>
4:30pm	<p style="text-align: center;">Guided Reflection</p> <p>Guide: Aviad Haramati, Center for Innovation and Leadership in Education (CENTILE)</p> <ul style="list-style-type: none"> • Discuss ideas with those around you then share comments with all participants
4:45/5pm	ADJOURN

DAY 2: April 27, 2018

<i>A continental breakfast will be available starting at 7:30am</i>	
7:30am	Breakfast
SESSION III: RESILIENT ORGANIZATIONS	
8:00am	Welcome <ul style="list-style-type: none"> Deborah Powell, IHPE Global Forum Co-Chair
8:05am	Recap of Day 1 Siddharth Ashvin Shah, Greenleaf Integrative
8:15am	<p style="text-align: center;">Policy to practice: Evidence-based process for building organizational resilience</p> Moderator: Kennita Carter, Health Resources and Service Administration Resident work hours <ul style="list-style-type: none"> Eric Holmboe, ACGME, talks with Rajata Rajatanavin, Fmr Minister of Public Health in Thailand & Fmr President of Mahidol University <p style="color: red;">3min pause for body/mind connections–Maryanna Klatt</p>
8:45am	How to set up and assess evidence-based organizational happiness <ul style="list-style-type: none"> Charamporn Holomyong & Sirinan Kittisuksathit, Institute for Population and Social Research, Mahidol University, Thailand Interactive discussion
9:45am	BREAK
SESSION IV: A PATHWAY FORWARD	
10:00am	Resilient Organizations Moderator: Catherine Grus, American Psychological Association Speaker: David Ballard, Center for Organizational Excellence, American Psychological Association Question: TBC
10:30/45am	Designing a Pathway to Health and Wellbeing Facilitator: Workshop co-Chairs Each table comes up with a path that is interprofessional and refers back to ideas discussed in session 2 Share ideas
11:00am	ADJOURN