Hope in a Changing World
PHW Training Session and 22nd Annual Retreat
Presented by the Texas Medical Association Committee on Physician Health and Wellness

Friday and Saturday
Feb. 27-28, 2015

Grand Hyatt San Antonio
600 E. Market St.
San Antonio
(210) 224-1234

Physicians Caring for Texans
Program Objectives

Upon completion of the program, participants should be able to:

1. Utilize techniques that will engage an audience in an effective presentation;
2. Describe the common characteristics of physicians that lead to imbalance and potential ethical violations;
3. Recognize that they must actively initiate and maintain balance in their lives;
4. Devise a plan to tailor the balancing process to their individual circumstances;
5. Assess the importance of identifying personal core values congruent with prioritizing life activities;
6. List steps that may improve patient care and safety and lead to a more balanced life for the physician;
7. Identify the physical and emotional consequences of an imbalanced life;
8. Evaluate the correlation between the dramatic changes in health care and professional burnout;
9. Describe a framework for working with patients struggling with hope in relation to spirituality;
10. Apply strategies to cope better with phases of major life changes;
11. Analyze the scientific health benefits of meditation;
12. Compare similarities and differences between happiness and hope, and how they relate to optimism;
13. Develop coping mechanisms for medical errors; and

Who Should Attend

The program is designed for 1) physicians of all specialties; 2) members and potential new members on the regional education teams of the Committee on Physician Health and Wellness (PHW); 3) members and consultants of state and county medical society PHW committees; 4) district coordinators; 5) hospital chiefs of staff, medical staff coordinators, administrators, and members of hospital-based peer assistance committees; and 6) others interested in learning more about how to (a) engage an audience in an effective presentation, (b) implement strategies for achieving work-life balance, (c) improve the ability to cope with life changes, and (d) maintain optimism for the future of medicine.

Why Attend?

Discover how to engage an audience in an effective presentation. Find out strategies for improving work-life balance and staying optimistic about the future of medicine. Learn tips for cultivating the ability to cope with life changes. Implement learned skills that will incorporate happiness, spirituality, and hope into daily practice.

Attendance Prerequisites - None

Competencies

The PHW Committee used the following related competencies to determine practice gaps:

- Institute of Medicine: Provide patient-centered care; work in interdisciplinary teams
- Accreditation Council for Graduate Medical Education: Patient care; interpersonal and communication skills; practice-based learning and improvement; professionalism

Educational Methods

Educational methods will include didactic lectures, case presentations, observation of technique/skill, audience participation, and experience-sharing.

Schedule

Friday, Feb. 27

11:15 am  Registration and Light Lunch
Moderator: Harry L. Faust Jr., DO, Friendswood

Noon  Welcome
Harry L. Faust Jr., DO, Friendswood

12:05 pm  Effective Presentation Techniques
Mary Beth Elkins, MA, Bryan

The following points will be covered in this presentation: helping the audience feel comfortable, getting attention with your opening remarks, designing an outline that will engage an audience, using transitions that keep the presentation flowing, dealing with emotions (yours and the audience's), closing a presentation with final remarks, and answering follow-up questions effectively.

1 pm  Sample Presentation: How to Create and Maintain Life Balance (Ethics)
Meredith L. Davenport, MD, Kyle
Bethany E. Powell, MD, Katy

For this session, meeting participants will hear a sample presentation of the TMA PHW Committee-developed course, How to Create and Maintain Life Balance. The presenters will discuss the importance of actively initiating and maintaining work-life balance. They also will review the importance of identifying personal core values congruent with prioritizing life activities and provide action steps that may lead to improved patient outcomes and a more balanced life. The speakers will address the ethical consequences of imbalance.

2 pm  Provide Constructive Feedback for 1 pm Presenters
Mary Beth Elkins, MA, Bryan

2:30 pm  Break

2:45 pm  Changing Medical Milieu and Its Relationship to Professional Burnout (Ethics)
Charles Meredith, MD, Seattle, Wash.

This will be a didactic session on burnout. Content will include the multiple problems that can cause burnout, the personal and professional consequences of sustained burnout, and strategies for prevention of burnout.

3:45 pm  Hope in Human Attachment and Spiritual Connection (Ethics)
Jon G. Allen, PhD, Houston

This presentation builds on the long tradition of understanding and inspiring hope in psychiatric practice at The Menninger Clinic. The presentation elucidates this tradition and describes the presenter's experiences of discussing hope with patients in psychoeducational groups. This work is consistent with the view that hope is founded partly in attachment bonds with other people who provide solace and a feeling of security in the context of tragedy and suffering. For many patients, these bonds are extended to spiritual connections as well as to relationships with God.

4:45 pm  Adjourn

8-9 pm  Friends of Bill W. Meeting
Saturday, Feb. 28

8 am  Continental Breakfast  
*Moderator:* Harry L. Faust Jr., DO, *Friendswood*

8:30 am  Coping With Life Changes (Ethics)
*Sheila LoboPrabhu, MD, Houston*

In this session, participants will learn about various life changes experienced by physicians, from professional and personal standpoints. Today, there is increasing pressure on the physician to perform optimally both in the workplace and with the family. Such pressures can result in physician stress and burnout. The presenter will invite audience participation in discussing how to apply strategies to cope better with phases of major life changes, so that the physician can engage in safe and ethical practice.

9:30 am  Benefits of Meditation: A Strategy for Life Balance? (Ethics)
*Meredith L. Davenport, MD, Kyle*

Increasing scientific evidence demonstrates multiple health benefits of a mindfulness meditation practice. Physicians who participated in a mindful communication training program reported improved personal well-being with a reduction in physician burnout and mood disturbance. The presentation will introduce attendees to mindfulness meditation by reviewing some of the scientific literature, as well as inviting participation in a brief experiential exercise.

10:30 am  Break

11 am  Happiness and Hope (Ethics)
*Myers R. Hurt III, MD, Galveston*

Hope often motivates behavior and can be a lens through which we perceive life events. Dr. Hurt will explore hope and its relationship to happiness. Attendees will be empowered to create meaningful work that contributes to a more productive, resilient, and happier physician work-life balance.

Noon  Lunch

1:00 pm  Recognition of Regional Education Team Members
*Viki Chancellor, MD, Mansfield*

1 pm  Coping With Medical Errors (Ethics)
*Michael Groat, PhD, MS, Houston*

Fear of medical errors is a formidable challenge as errors/near-misses are ubiquitous. How physicians cope… poorly or in a culture of safety … is the subject of the discussion.

2:30 pm  Break and PHW Drawings for Prizes
*Harry L. Faust Jr., DO, Friendswood*

2:45 pm  Hope for the Future: The Physician Healer Track (Ethics)
*Cara A. Geary, MD, PhD, Galveston*

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle.

Excellence in compassion and empathy require practice, but rather than providing this practice, medical training emphasizes data acquisition and regurgitation, test performance, and competition. Starting in August 2013, The University of Texas Medical Branch initiated a six-month training called the Physician Healer Track aimed directly at helping students with life balance, self-awareness, interpersonal communication, and connection. The experience of students and faculty so far has been phenomenal. Training includes four years of small-group dinners and topical discussions and a two-month immersion training in becoming a healer at the end of the first year. There is hope for our future!

3:45 pm  Adjourn

**Accreditation**

The Texas Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Texas Medical Association designates this live activity for a maximum of 10 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Ethics and/or Professional Responsibility Education**

The Texas Medical Association has designated this activity for 8.5 hours of ethics and/or professional responsibility education.

**Disclosure**

The content of this conference does not relate to any product of a commercial interest; therefore, there are no relevant financial relationships to disclose.
The TMA Committee on Physician Health and Wellness

The Texas Medical Association Committee on Physician Health and Wellness was established in November 1976. The committee’s charge is to “promote healthy lifestyles in Texas physicians and to identify, strongly urge evaluation and treatment of, and review rehabilitation provided to physicians with potentially impairing conditions and impairments.” *(TMA Bylaws, Section 10.621)*

An advocate for the physician, the TMA PHW Committee is composed of nine members; student, resident, and alliance representatives; and several consultants. Approximately 50 county medical society PHW committees are in operation. In addition, 15 district coordinators are available for liaison and facilitating referrals from TMA’s confidential PHW hotline at (800) 880-1640 or (512) 370-1640, where physicians can seek help from the committee.

Registration

The registration fee for *Hope in a Changing World* is $230 per person. The fee for registrations received after Feb. 12 and on site is $280. The fee includes meals, breaks, and conference syllabus.

Four easy ways to register:
1. Visit the TMA website at http://texmed.inreachce.com/ to register online,
   a. Click on: Browse by Delivery Type
   b. Select Seminar
2. Fax registration form with credit card information to: InReach at (512) 381-1571.
3. Mail registration form and check or credit card information to: InReach, 5700 S. MoPac, Ste. C310, Austin, TX 78749.
4. Call (877) 880-1355 to register with your credit card.

Cancellation Policy

A $25 fee applies to all cancellations. TMA will issue no refunds after Feb. 6. All cancellation requests must be made in writing and sent to Linda Kuhn, Texas Medical Association, 401 W. 15th St., Austin, TX 78701, or faxed to (512) 370-1347.

Transportation

Shuttle transportation to and from the San Antonio International Airport is provided for a fee by SATRANS, the city’s official airport shuttle, between 7 am and 1 am, daily. Reservations are required.

PHW Drawings for Prizes

Various companies have been invited to exhibit during the PHW conference. You will receive a “passport” during registration, which will include a list of exhibitors and a place for their initials. Attendees (including speakers) are eligible to participate.

To be eligible for the drawings, visit each exhibitor regarding the services the company or organization offers. Ask the representative at each exhibit to initial your passport. To facilitate this process, meals and breaks will be held in the exhibit area. When you have obtained initials from all exhibitors, drop your passport in the box provided by TMA prior to 2:30 pm on Saturday.

The drawing will be held at 2:30 pm on Saturday. Please take time to visit our exhibitors.

Parking

Self-parking and valet parking for guests is available. Hourly rates are available for conference attendees who are not guests at the hotel.

Hotel Reservations

The Grand Hyatt San Antonio has confirmed the following rates for Feb. 26-28, for conference guests: $195 (single or double).

Make reservations by calling (888) 421-1442, or online at http://bit.ly/1xp5vaN. Identify yourself as a participant of the Texas Medical Association conference to receive the negotiated rate. The Grand Hyatt San Antonio Hotel will hold the block of rooms until Thursday, Feb. 5, at which time any unsold rooms will be released for general sale.

Location and Amenities

Set amid a blend of histories and a modern city, the Grand Hyatt Hotel has a premier location on the San Antonio River Walk and is within walking distance of the Alamodome, Tower of The Americas, and The Alamo. The hotel has a rooftop heated outdoor lap pool with sundeck and a 24-hour Hyatt StayFit gym. A championship golf course is nearby.

See you in San Antonio!