



Symposium Information for Attendees

THE UNIVERSITY *of* TEXAS SYSTEM

**B YOND
RESILIENCY 
TRAINING**




A WELCOME FROM DR. RAY GREENBERG

On behalf of The University of Texas System, I welcome you to the 2017 Beyond Resiliency Training Symposium. We are glad you have joined us here in Houston, Texas – a truly resilient city. In the wake of Hurricane Harvey, it is apparent when a group of people come together with helping and healing as their mission – solutions are found and lives are improved, and in some cases, even saved. That’s what our objective is at the Beyond Resiliency Training Symposium.

We expect this year’s theme – Organizational Strategies to Alleviate Burnout and Increase Wellness in Academic Medicine – will prompt an open dialogue with internationally renowned thought leaders on the subject of physician stress and burnout. We look forward to meeting the challenge, exploring solutions, and redefining and advocating new models of care. Our main goal is to move beyond a band-aid approach of resiliency and vitality training by exploring innovative solutions that will significantly diminish physician exhaustion and stress and improve wellness – not just at UT System Institutions, but at medical institutions throughout the United States.

BEYOND
RESILIENCY
TRAINING





Right now, physician burnout is at epidemic proportions in this country. The majority of today's physicians experience emotional and physical exhaustion that affects not only their health, but also that of their patients, students, and of health care delivery systems as a whole. Your involvement at this Symposium can only help all of us meet the challenge of burnout.

I'd like to thank each of you for attending Beyond Resiliency Training and bringing your expertise to our gathering. We appreciate your engaging in this larger conversation, and we urge you to share what you learn at this Symposium with your organizations.

Warm regards,



Raymond F. Greenberg

RAYMOND S. GREENBERG, MD, PHD
Executive Vice Chancellor for Health Affairs,
The University of Texas System



For a complete program description and speaker bios visit: utsystem.edu/sites/beatburnout



SCHEDULE

DAY01 | 09.25.17

BREAKFAST & CHECK-IN

7:30 AM - 8:00 AM

WELCOME & INTRODUCTION

8:00 AM - 8:30 AM

MORNING PLENARY

8:30 AM - 9:45 AM

Keynote: Meeting the Challenge of Burnout

Keynote Speaker: Christina Maslach

9:45 AM - 10:15 AM

Presentation: Joy in Practice

Speaker: Christine Sinsky

MORNING BREAK

10:15 AM - 10:30 AM

10:30 AM - 11:00 AM

Presentation: Transforming Ambulatory Practice

Speaker: Thomas Bodenheimer

11:00 AM - 11:30 AM

**Presentation: Exploring Solutions in
Education and Training**

Speaker: Colin West



WiFi: mdaguest
no password needed



@utsystem
#beatburnout

CATERED LUNCH

11:30 AM - 1:00 PM

12:00 PM - 12:30 PM

Doctors on Life Support: Inside the Movement to Save the Mental Health of America's Physicians

Speaker: Mandy Oaklander

12:30 PM - 12:45 PM

The National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience

Speaker: Charlee Alexander

AFTERNOON PLENARY

1:00 PM - 1:45 PM

Panel Discussion: Organizational Initiatives to Combat Physician Burnout

Panelists: Clay Johnston, Christine Sinsky, Lucia Siegel Sommers

Moderator: Martha Gerrity

1:45 PM - 2:45 PM

Keynote: Exploring Solutions in Physician Leadership, Community Building, and Faculty Voice

Keynote Speaker: Tait Shanafelt

AFTERNOON BREAK

2:45 PM - 3:00 PM



DAY 01 CONT'D | 09.25.17

BREAKOUT 1: CONCURRENT SESSIONS

3:00 PM - 4:00 PM

Medical School and Residency Training

Moderators: David Callender, Colin West

Reporter: Dwain Thiele

3:00 PM - 4:00 PM

Physician Leadership, Community Building, and Faculty Voice

Moderators: Tony Cucolo, R. Kevin Grigsby, Tait Shanafelt

Reporter: Suman Challa

BREAKOUT 2: CONCURRENT SESSIONS

4:00 PM - 5:00 PM

Clinical Optimization and Medical Documentation

Moderators: Thomas Bodenheimer, Christine Sinsky

Reporter: Gurur Biliciler-Denktaş

4:00 PM - 5:00 PM

Redefining and Advocating New Models of Care

Moderators: Clay Johnston, William Tierney

Reporter: Shan Zhao

POSTER SESSION

5:00 PM - 6:00 PM

SYMPOSIUM DINNER AT HOTEL ZAZA

7:30 PM - 9:00 PM



DAY02 | 09.26.17

BREAKFAST

7:45 AM - 8:15 AM

PLENARY

8:15 AM - 8:30 AM

Welcome

Speaker: Raymond Greenberg

8:30 AM - 9:15 AM

Panel Discussion: Summary Report

Day 1 Breakout Sessions

Panelists: Gurur Biliciler-Denktaş, Suman Challa,
Dwain Thiele, Shan Zhao

Moderator: Warren Holleman

9:15 AM - 10:15 AM

Presentation: Exploring Solutions in Changing the Value System and Re-aligning the Financial Structure of the Institution

Speaker: Darrell Kirch

MORNING BREAK

10:15 AM - 10:30 AM

10:30 AM - 11:30 AM

Panel Discussion: Structural Interventions for Physician Burnout: What Do Evidence-Based Approaches Tell Us?

Panelists: Martha Gerrity, Brian Lucas,
Christopher Parshuram

Moderator: Colin West

CONCLUDING REMARKS

11:30 AM - 12:00 PM



SPECIAL THANKS TO THE UNIVERSITY OF TEXAS SYSTEM'S:

DR. RAYMOND GREENBERG

Executive Vice Chancellor, Health Affairs

DR. STEPHANIE A. BOND HUIE

Vice Chancellor, Office of Strategic Initiatives

FACULTY ADVISORY COUNCIL

**STEERING COMMITTEE FOR THE BEYOND RESILIENCY
TRAINING SYMPOSIUM**

OFFICE OF STRATEGIC INITIATIVES

THANK YOU TO OUR SPONSORS:



Sponsors: Jonathan Cheng, Ann Killary

THE UNIVERSITY *of* TEXAS SYSTEM

FOURTEEN INSTITUTIONS. UNLIMITED POSSIBILITIES.

UT Southwestern
Medical Center



UT Health
The University of Texas
Health Science Center at Houston



UT Health
San Antonio

THE UNIVERSITY OF TEXAS

MD Anderson
~~Cancer Center~~®



The University of Texas
Health Science Center at Tyler

UT HEALTH
NORTHEAST



**THANK YOU TO OUR SPEAKERS,
PANELISTS, AND MODERATORS.**

THE UNIVERSITY *of* TEXAS SYSTEM

**BEYOND
RESILIENCY TRAINING**



SHUTTLE SCHEDULE

DAY01 | 09.25.17

6:00 PM - 6:30 PM

Shuttles will depart from MD Anderson Blvd (the east side of the building) for Hotel ZaZa at 6:00 p.m. until 7:30 p.m. There are no return shuttles to MD Anderson this evening.

DAY02 | 09.26.17

6:30 AM - 8:00 AM

Shuttles will leave Hotel ZaZa beginning at 6:30 a.m. until 8:00 a.m. There are no return shuttles to Hotel ZaZa today. We have a list of taxis at the registration table.



SPEAKERS

Keynote Speaker (KS)
Speaker (S)
Steering Committee (SC)

Charlee Alexander (S)
Program Officer, National
Academy of Medicine

**Gurur Biliciler-Denktaş, MD
(S) (SC)**
Associate Professor, Pediatric
Cardiology, UTHSCH

Sean C. Blackwell, MD (SC)
Professor & Chair, Dept of
Obstetrics, Gynecology,
& Reproductive Sciences,
UTHSCH

Thomas Bodenheimer, MD (S)
Professor Emeritus of Family &
Community Medicine, University
of California, San Francisco

Paul Bristol, MBA (SC)
Assoc. VP, Academic
Development & Planning, UTMB

Maureen Cagley, MBA (SC)
VP for Academic Operations,
UTMDA

David Callender, MD (S)
President, UTMB

Suman Challa, BDS (S) (SC)
Assoc. Professor,
Comprehensive Dentistry,
UTHSCSA

Jonathan Cheng, MD (S) (SC)
Associate Professor of Plastic
Surgery & Chief of Hand,
Peripheral Nerve, and
Microvascular Surgery, UTSMC
and Children's Medical Center
(Dallas)

Tony Cucolo (S) (SC)
Associate Vice Chancellor,
Academic Affairs, UT System

Martha Gerrity, MD (S)
Professor, Oregon Health
and Science University; Staff
Physician, VA Portland Health
Care System

**Raymond Greenberg, MD, PhD
(S) (SC)**
Executive Vice Chancellor for
Health Affairs, UT System

R. Kevin Grigsby (S)
Senior Director, Association of
American Medical Colleges

Warren Holleman, PhD (S) (SC)
Professor, UTMDA

**S. Claiborne "Clay" Johnston,
MD, PhD (S)**
Dean, Dell Medical School and
Vice President, Medical Affairs,
UT Austin

Ann Killary, PhD (S) (SC)
Professor, UTMDA

Darrell Kirch, MD (S)
President & CEO, Association of
American Medical Colleges

Brian Lucas, MD (S)
Associate Professor, Geisel
School of Medicine, Dartmouth
College



School at UT Austin

Christina Maslach, PhD (KS)

Professor of Psychology,
University of California,
Berkeley

Jeffery Matthews, MD (SC)

Assoc. Professor of Medicine,
UT Health Northeast

Mandy Oaklander (S)

Deputy Health Editor, *Time
Magazine*

Christopher Parshuram, MD (S)

Staff Physician, Critical Care
Medicine, Scientist, Professor,
The Hospital for Sick Children;
Toronto, Ontario

Catherine Ross, PhD (SC)

Associate Professor of English,
University of Texas at Tyler

Anne B. Sereno, PhD (SC)

Professor of Neuroscience,
UTHSCH

Tait Shanafelt, MD (KS)

Chief Wellness Officer, Clinical
Instructor, Stanford School of
Medicine

Christine Sinsky, MD (S)

VP, Professional Satisfaction,
American Medical Association

Lucia Siegel Sommers, PhD (S)

Assistant Adjunct Professor,
University of California,
San Francisco

Dwain Thiele, MD (S)

Vice Provost & Sr. Assoc. Dean,
Faculty Affairs & Initiatives,
UTSMC

William Tierney, MD (S) (SC)

Chair & Professor, Department
of Public Health, Dell Medical

Colin West, MD (S)

Professor of Medicine,
Medical Education, &
Biostatistics, Mayo Clinic

Shan Zhao, MD (S) (SC)

Senior Director, Dept.
Admin. for Dept of Medicine,
UTHSCSA

Institution Abbreviations:

The University of Texas
System (UT System)

The University of Texas
Southwestern Medical Center
(UTSMC)

The University of Texas
Medical Branch at Galveston
(UTMB)

The University of Texas
Health Science Center at
Houston (UTHSCH)

The University of Texas
Health Science Center at
San Antonio (UTHSCSA)

The University of Texas MD
Anderson Cancer Center
(UTMDA)

The University of Texas Health
Science Center at Tyler (UT
Health Northeast)

FEEDBACK & AMA PRA Category 1 Credits™



Thank you for your attendance and participation. We would like to invite you to take a moment to provide feedback about the activity. If needed, you can also claim *AMA PRA Category 1 Credits™* or attendance credit for your participation.

To claim *AMA PRA Category 1 Credits™* or attendance credit for your participation at this activity, you will need to go online and complete the Evaluation and CME Verification Form. Once this form is submitted you will be able to print your certificate or save it as a PDF.

The Evaluation and CME Verification link will be accessible until October 10, 2017.

To submit a CME Verification and Evaluation Form after this date, please contact the Department of CME/Conference Management at 713-792-5357 or email kjenglish@mdanderson.org.

You can access the Evaluation and CME Verification Form either one of the following ways:

1. Scan the QR code:

2. Enter the following URL address into your web browser (case sensitive):



<http://bit.ly/2XyfcNw>

If you are on faculty/staff at The University of Texas MD Anderson Cancer Center, the CME credits claimed will be added to your continuing medical education record through CME/Conference Management.

Thank you for participating in this educational activity.



THE UNIVERSITY *of* TEXAS SYSTEM
FOURTEEN INSTITUTIONS. UNLIMITED POSSIBILITIES.

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer~~ Center®



EDUCATIONAL OBJECTIVES

After participating in this activity, the participant should be able to:

- Implement changes and structural interventions to create a culture of well-being to manage stress and burnout based on evidence-based approaches, spanning the entire academic lifecycle of burnout from medical school through graduate medical education and into clinical practice (*knowledge, competence, performance, patient outcomes*)
- Improve the efficiency and effectiveness in health care delivery by identifying why burnout occurs and how to improve work-life balance, conditions and environments (*knowledge, competence, performance, patient outcomes*)
- Utilize resources to prevent burnout, enhance satisfaction and work life fulfillment to healthcare professionals in the UT System (*knowledge, competence, performance, patient outcomes*)

ACCREDITATION/CREDIT DESIGNATION

The University of Texas MD Anderson Cancer Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Texas MD Anderson Cancer Center designates this live activity for a maximum of 11.25 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This live activity has been designated by The University of Texas MD Anderson Cancer Center for 11.25 *AMA PRA Category 1 Credits™* in medical ethics and/or professional responsibility.

The University of Texas MD Anderson Cancer Center Disclosure Policy for Program Chairs, Planning Committee Members, Teachers, or Authors and CME Activity Reviewers

It was determined during the planning process that the content of this CME activity is not related to the products or services of a commercial interest. Therefore, there are no relevant financial relationships to identify, and no conflicts of interest to identify or resolve. (ACCME 11/25/14)

©2017 The University of Texas MD Anderson Cancer Center. All rights reserved. No part of this work can be reproduced, distributed, or otherwise used without the express permission from The University of Texas MD Anderson Cancer Center.

All statements and opinions contained herein are solely those of the individual speakers and may not reflect those of The University of Texas MD Anderson Cancer Center.



Q

Handwriting practice lines for the letter Q. The page contains 18 sets of horizontal lines. Each set consists of a top line, a middle line, and a bottom line. The letter Q is written on the first three sets of lines. The first set shows a solid black Q. The second set shows a dashed black Q. The third set shows a solid black Q with a dashed outline. The remaining 15 sets of lines are blank for practice.



[FIRST NAME]
[LAST NAME]

[INSTITUTION LINE 1
INSTITUTION LINE 2
INSTITUTION LINE 3]

THE UNIVERSITY *of* TEXAS SYSTEM

**BEYOND
RESILIENCY 
TRAINING**