

Jointly provided by the American Psychiatric Association
and the Minnesota Psychiatric Society

MPS Spring Scientific Program & 2018 Recognition Dinner
Reclaiming Our Joy and Wonder as Healers

Saturday, April 28, 2018 7:45 am – 8:30 pm

Charleston Event Center

4525 White Bear Pkwy, White Bear Lake, MN 55110

Program Agenda

- 7:45 -8:30 am Registration / Continental Breakfast
- 8:30-8:45 am Opening Remarks – Overview, Mary Beth Lardizabal, DO, DFAPA
- 8:45-10:15 am Keynote Presentation: *A Return to Joy*, Corey Martin, MD
- 10:15-10:30 am Break
- 10:30- 11:30 am *Focusing on Awe and Wonder*, Scott Oakman, MD
- 11:30-12:30 pm *Statewide Action Framework to Reduce Burnout*, Rahul Koranne, MD, MBA, FACP
- 12:30- 1:30 pm Lunch
- 1:30- 2:30 pm [1] *Addressing Addiction in Health Care Professionals: HPSP (Health Professionals Service Program) & PSP (Physicians Serving Physicians)*, Sheila Specker, MD, and Karen Dickson, MD
[2] *Mindfulness 101*, Mary Beth Lardizabal, DO, DFAPA
[3] *Resident Wellness*, Rana Elmaghraby, MD
[4] *AMA Steps Forward – Medical Staff Wellness in Systems*, Sandra Shallcross, PhD, LP
- 2:30-3:30 pm [1], *Compassion Training*, Mary Beth Lardizabal, DO, DFAPA
[2] *Qi Gong*, Jayson King, BS, RN, BCTMB, HNB-BC
[3] *Oshibori Japanese Art of Hot Towels as a Calming Technique*, Stacy Miorana, RN, HNB-BC, HTI-PA
[4] *Therapeutic Yoga Techniques for Resilience*, Dee Churchill, Certified Yoga Therapist
- 3:30-3:45 pm Break
- 3:45-4:15 pm *Recap of Resources Panel* – Corey Martin, MD; Mary Beth Lardizabal, DO, DFAPA
- 4:15-5:00 pm *Summary Wellness Exercise and Conclusion*, Mary Beth Lardizabal, DO, DFAPA
- 5:30-6:30 pm Reception
- 6:30-7:15 pm Dinner
- 7:15 to 7:45 pm Awards and Year in Review – Paul Goering, MD, DFAPA
- 7:45-8:30 pm *Psychiatry in the 21st Century: Challenges and Opportunities*, Atha Stewart, MD, DFAPA

Overview

Professional burnout and mental health vulnerability are significant concerns affecting physicians in training and practicing physicians. Professional burnout can impact physicians' health and quality of life, the quality of care they provide, and their productivity and workforce participation. Although psychiatrists appear to be less affected than physicians from many other specialties, there is substantial evidence of burnout and vulnerability among psychiatrists, and opportunities to enhance psychiatrist wellness through research, education and intervention. Moreover, psychiatrists are in an ideal position to provide expertise and knowledge to others in the health care professions, especially with regard to distinguishing between burnout and depression and the best approaches to both conditions. This conference brings together resources developed to serve physicians at risk for burnout, and introduces solutions designed to prevent its onset.



Educational Objectives

At the end of the educational activity, the learner will be able to:

- Review agenda and planned program content.
- Discuss tools used to combat burnout and promote resilience.
- Discuss the benefits of gratitude on joy and happiness.
- Understand how to write a gratitude letter.
- Understand the correlation of happiness and the strength of our relationships.
- Discuss the importance of mindset in driving happiness in life.
- Participants will review the reasons they chose to pursue psychiatry, and how to focus on those elements that continue to produce awe and wonder.
- Review MHA statewide burnout study and findings.
- Discuss burnout in psychiatrists- what does the data show?
- Begin a dialogue to improve decrease burnout in psychiatric practice across MN.
- Discuss physician addiction tools through HPSP and PSP.
- Describe unique aspects of physicians and other health care professionals with a substance use disorder
- Describe the purpose and function of HPSP and PSP in the recovery of physicians and other health care professionals with substance use disorders
- Discuss the process for accessing HPSP and PSP.
- Apply mindfulness techniques to improve wellbeing.
- Review burnout factors for residents.
- Describe resources for residents.
- Form individual plans to address burnout.
- Review AMA Steps Forward.
- Describe HCMC steps as a system to support staff.
- Review recent research regarding compassion training.
- Describe the tenets of compassion training.
- Learn basic skill of beginning a compassion practice.
- Understand and utilize Qi Gong as a therapeutic option.
- Understand and utilize Oshibori, Japanese art of hot towels, as a calming technique.
- Participants will recognize yoga therapy as a complementary health modality.
- Participants will know where to find lists of certified yoga therapists.
- Participants will utilize brief yoga therapy techniques in their office chair to calm the nervous system and relieve tension in the body.
- Review and access available resources to address burnout and improve wellbeing.
- Determine action steps to improve their own resilience and steps to engage the institutions where they work to address the wellbeing of providers.
- Recognize three ways that psychiatric workforce and practice will change in the 21st century
- Identify strategies for supporting psychiatrists that work in diverse settings (organized health systems, corrections, VA, community health clinics, etc.)
- Educate psychiatrists about the importance of diversity and inclusion, understanding the role of social determinants, and incorporating technology to deliver high quality services to persons with mental illness and promote efforts to expand mentoring and leadership opportunities for RFMs and ECPs.

Who Should Attend

This educational activity is intended for psychiatrists, primary care physicians, psychologists, social workers, physician assistants, registered nurses, advance practice nurses, and clinic administrators. All mental health professionals and general health professionals are welcome, including students and residents.

Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Minnesota Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

Designation

The APA designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician CME Certificates

At the conclusion of the conference, physician participants will be provided with an opportunity to claim hours of participation and receive an official CME certificate by completing the online CME conference evaluation.

1. Go to <http://apapsy.ch/healers>
2. Click "Access Activity" and log in with your APA username and password or create a new account.
3. Enter the Group ID **MN181** on the Purchase page and click "Submit" to proceed to the evaluation and certificate. Select "AMA PRA Category 1 Physician" as your certificate type.

You must claim your CME credit within 60 days of the conference. **Certificates will not be issued after June 28, 2018.** For customer support, please email apalms@psych.org.

Certificate of Attendance for Non-Physicians

Non-physician participants will have the opportunity to receive a certificate of attendance. At the conclusion of the conference, participants should complete the online conference evaluation at <http://apapsy.ch/healers> in order to print a certificate of attendance. Follow the instructions above, but select "Certificate of Participation" as your certificate type.

Exhibitors

Professional Risk Management Services – Minnesota Health Community Foundation & Fast-TrackerMN



Biographical and Disclosure Information – Faculty / Planning Committee

Mary Beth Lardizabal, DO, DFAPA _____ No relevant financial relationships
Psychiatrist, Medical Director, Child & Adolescent Psychiatry, Allina Health; Chief of Staff, United Hospital, St Paul, MN

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