



THE UNIVERSITY OF ARIZONA

Center for
Integrative Medicine



Physician Wellbeing

The University of Arizona Center for Integrative Medicine has developed a 4.5-hour online course to help institutions and residency programs address challenges physicians face in maintaining their health and wellbeing.

Course Objective: The course curriculum explores strategies for physicians to build healthy resilience, manage chronic stress, prevent burnout, and practice mindfulness as it relates to the learning and working environment.

Course Features: Following are just some of the features of the course:

- Pre-Post Course Self Assessments
- Materials/Handouts
- Mindfulness Practice Exercises
- Written Self Reflections
- Foundational Training in Resiliency Skills
- Videos and Interactive Exercises
- Certificate of Completion

For more information on the course contact:

azcim-residency@email.arizona.edu

Visit our website at www.azcim.org

Course Benefits:

Some of the benefits of completing the course include:

- Meets many of the ACGME's Common Program Requirements for physician wellbeing
- Increases physician resiliency and hardiness
- Decreases physician burnout
- Provides strategies for coping with stress

What the residents are saying:

"Great exercises and reflection experience."

"I learned tools not only for myself, but to teach my patients."

"I found the reflective writing exercises and videos very helpful."

"It gave me good insight into how I can manage my stress."



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How does the University of Arizona Center for Integrative Medicine Physician Wellbeing Course help address the new ACGME requirements?

ACGME Requirements	UACIM Physician Wellbeing Course
<p>Physician self-care is an important component of professionalism; it is a learned skill set that must be nurtured within the context of Graduate Medical Education.</p>	<p>The process of professionalization includes reflection on experiences as a physician. This course provides a space for resident reflection on many aspects of their life and health and promotes ongoing practice of reflection and other skills to build resiliency.</p>
<p>Institutions & Residency Programs must:</p> <ul style="list-style-type: none"> • Make efforts to enhance the meaning that the residents find in the experience of being a physician, including protecting time with patients, minimization of non-physician obligations, provision of administrative support, promotion of autonomy and flexibility, and enhancement of professional relationships. 	<p>The course teaches residents resiliency activities: including journaling and meditation as methods for self-reflection and mindfulness practices, both of which have been shown to help increase meaning while also increasing resiliency and decreasing burnout.</p>
<p>Institutions & Residency Programs must:</p> <ul style="list-style-type: none"> • Educate faculty members and residents in identification of the symptoms of burnout, depression, and substance abuse, including means to assist those who experience these conditions. Residents and faculty members must also be educated to recognize those symptoms in themselves and how to seek appropriate care. • Provide access to appropriate tools for self-screening. 	<p>The course includes the Maslach Burnout Inventory (MBI) assessment providing the resident with information on their current risk for burnout, depersonalization, and emotional exhaustion. It also includes content that covers burnout, long term consequences of burnout, and risk factors for burnout. Resiliency self-assessments are included along with information on how these results impact the resident's current state of burnout and wellbeing.</p>
<p>Institutions & Residency Programs must:</p> <ul style="list-style-type: none"> • Educate physicians to be appropriately rested and fit to provide care required by patients. • Provide policies and programs that encourage optimal resident and faculty member well-being which includes having time away from work to engage with family and friends, as well as to attend to personal needs and to one's own health, including adequate rest, healthy diet, and regular exercise. • Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation, in alertness management and fatigue mitigation processes, and encourage residents to use these processes to manage the potential negative effects of fatigue on patient care and leaning. 	<p>The course includes a Wellbeing Inventory, providing the resident with a deep reflection on their current state of health and an opportunity to set goals for personal improvement. Evidence based recommendations for sleep, exercise and nutrition and their impact on health are explored in the course.</p>

Institutional Pricing					
Number of residents	1-100	101-249	250-499	500-999	1000-2000
Set up fee (one time cost) to be trained	\$3,000	\$3,000	\$3,000	\$3,000	\$3,000
Curriculum subscription cost (Annual)	\$1,150	\$2,400	\$3,600	\$5,800	\$7,000

New and existing Integrative Medicine Residency sites are eligible for a discount off the Institutional pricing.

Please contact: azcim-bizdev@list.arizona.edu