

MISSION IN MOTION

Physician & APP Well-Being Quarterly Newsletter

vol. 2

Spring 2023

Physician Team Leadership Program Launches Third Cohort

Mary Beth Thornton, Annisha Robson,
AdventHealth Leadership Institute

The Physician Team Leadership program with the Leadership Institute launched its 3rd cohort within the Multi-State Division in February 2023. This cohort consists of 47 physicians, administrators, and advanced practice providers.

AdventHealth Leadership Institute and Corporate Clinical Leadership have partnered with Harvard Business Publishing to offer a unique leadership development course. Over a six-month period, the participants will go through six learning modules, some of them including Faith-Based Health Care and Mission, Leading with Influence and Empathy, and Clinical Quality and Excellence. The program will then conclude with a four-day trip in Boston including a lecture from a Harvard Professor followed by a signature leadership experience reviewing contemporary leadership lessons from the battlefield.

This group will also graduate in Boston as the 4th cohort for this program. Central Florida Division North will be the next cohort to launch in August 2023.



Visit Our Website!

The AdventHealth Physician and Advanced Practice Provider Well-Being website provides a wealth of resources including support hotlines, educational opportunities, and more to help you live a whole provider life. Scan the QR code to learn more.



Upcoming Events

2023 Joy & Wholeness Summit

July 10-12, 2023 • Park City, Utah

Coalition for Physician Well-Being

Contact Marjorie Tatlonghari at info@forphysician.org to learn more.

Finding Meaning in Medicine

Ongoing • Regional

AdventHealth Physician and Advanced Practice Provider Well-Being

Contact your PWB/CMI specialist, manager, or regional director to learn more about upcoming meetings.

Free CME Opportunities for Providers

Kellie Queen, *AdventHealth Central Florida Division AHMG*

Central Florida Division South has recently rolled out a FREE CME opportunity to our providers at the medical group. At this time, anyone at AdventHealth that wants to take advantage of this wonderful opportunity may do so.

Please reach out to Kellie.Queen@AdventHealth.com if you have any questions.

Lifestyle Medicine and Food As Medicine ESSENTIALS Course Bundle

This Course Bundle provides a foundational, evidence-based introduction to the field, focusing on nutrition education for the prevention and treatment of chronic disease.

- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)

Non-member price: \$220 - FREE with code

www.lifestylemedicine.org/essentials

Code: **ESS-ADVENT**



SCAN ME

Lifestyle Medicine & Food As Medicine
ESSENTIALS Course Bundle



CME Credits
5.5 AMA PRA
Category 1 Credit™



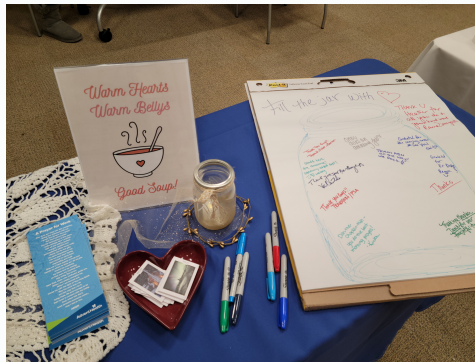
You're Souper! Staff Appreciation Night

Heather Hoffman,
AdventHealth Great Lakes Region

A few of our physician well-being champions at Bolingbrook have built staff appreciation events into their schedule of well-being events.

Medical Staff President, Dr. Rama Davarapalli, insists she gets the most wellness by serving others and these events are her favorite. Dr.

Davarapalli and Dr. Stephen Wyers can be seen here serving up soup at the January 24th You're Souper! Staff Appreciation Night.



Supporting the S.T.R.O.N.G. Program

Ravindran Sabapathy, MD, Margaret Geisler, *AdventHealth Medical Group Shawnee Mission*

We know that working in health care means facing situations that few others will ever endure. Our Supporting the S.T.R.O.N.G. Program exists to connect you with readily available support and stands for the many strengths you bring to our team:

- **S**olver: you make the complicated look manageable
- **T**ogether: you are a key part of how we're greater as a whole
- **R**esourceful: you find solutions that elevate patient care
- **O**vercomer: you come to work each day in complex situations
- **N**eeded: your time and talents are vital to our success
- **G**rateful: we are so thankful for how you support so many

In these ways and more, we honor your strength — seen and unseen — and are here to support you with a variety of provider resources to process the mental and emotional challenges that come with this career path.

To learn more about the Supporting the S.T.R.O.N.G. Program, [visit this link](#).

Finding Meaning in Medicine

Cynthia Stark, *Centura & Parker Adventist Hospital*

Physician well-being is a top priority here at Parker Adventist Hospital. Our goal is for our physicians to have a community of support; we want them to feel valued, loved, and heard. Our clinical mission team partnered with our physician well-being champion, Dr. Vandna Jerath. We came together to host a Finding Meaning in Medicine dinner for physicians. We promoted our topic throughout the hospital and surrounding clinics. The topic for the evening was medical malpractice, litigation, and the effects it had on our well-being, which is quite a heavy topic. We heard from our physicians that they needed support in this area. We structured the evening to enjoy dinner together and begin our discussion. We gave everyone an opportunity to share their story and throughout the evening we focused on three questions to guide our conversation.

1. How has an adverse clinical event or medical malpractice incident or litigation affected your well-being?
2. How do you cope with an adverse clinical event or malpractice lawsuit involving you or a close colleague?
3. What have you learned going through an adverse clinical event or medical malpractice litigation?

The night was filled with hard stories, tears, laughter, and true companionship. Going through malpractice and litigation is isolating, emotional, and painful. Our physicians spoke about the pain they felt, and we discussed ways we can support each other who are going through it and the aftermath of it. This was a night we all felt renewed. We all needed this outlet. We will continue to support our physicians and now we are planning the next Finding Meaning in Medicine dinner.



A Provider Caring for Her Patient's Family

Gretchen Leonard, *AdventHealth Central Florida Division*

When Dr. T, one of our pediatric cardiologists, did a procedure on one of her patients last week, the parents seemed a little off. Afterwards, the father pulled her aside and told her that another one of their children had just passed away a few days before. They still came in because they didn't want to reschedule the procedure. Dr. T was shocked that they were there, and she asked them how they were doing. She felt helpless, not knowing what to say or how to help them.

When I rounded on her the next day, and she said, "Gretchen, I didn't know what to do." I told her she did the right thing by engaging with them and asking if they had support, for caring for them. She asked if there was anything else she could do. I shared with her about the eSpiritual Care center and I gave her cards to give them when they come for their follow up. "They may not make the phone call, but at least we can offer them support," I told her. She told me she was grateful that we were able to give the family something, and I told her that by caring for them, she already had!

A Message from Tim Cook

Chief Mission Integration Officer | Senior Vice President

Dear Team...

Do you ever get a God Whisper? An out of the blue encouraging text from someone, an email, a call, an old-fashioned written note something that just makes you smile...something that just catches your heart and you just feel compelled to say "thank you Lord" for that? I got an email this week thanking me for something I didn't even realize I did! It made me smile and I realized God just whispered encouragement into me at a moment that I needed it!

I am pretty confident that each of you, on a regular basis, are whispers from God into someone's life. Your presence, your smile, your heart, your prayers, and your kind words are used each day in ways you may never know, but they are real moments that God uses to encourage where there is discouragement.

Encourage one another and build each other up, just as in fact you are doing!! **1 Thessalonians 5:11**

Be Encouraged and Ever Upward...

Tim