

# Enduring Material Activity

**Title:** Physician Health and Wellbeing

**Description:** 2022 CME Evening Live Activity Series; Enduring Material

**Course Objectives:**

Upon completion of this course, the participant will be able to:

1. Identify Physician Burnout and Impairment,
2. Take Steps to Achieve Improved Physician Health Wellness, and
3. Develop/Implement Physician Wellness Skills.

**Target Audience:**

This 1-hour activity is intended for Physicians, Advanced Practice Providers of all specialties.

**Educational Methods:** Lecture, and Case-Studies

**Prerequisites:** None

**Faculty:** **Rebecca Castro, MD**, is a Board Certified in Psychiatry and Neurology 28 years in practice and is the Medical Director of the GRMC Heritage and Teddy Buerger Center, as well as serving patients in her private practice.

**Chris Mata, LCSW**, has a Master's in Social Work and has served 22 years as the Director of the GRMC Heritage, Teddy Buerger Center and Outpatient Mental Health/Chemical Dependency Services.

**Credit(s):** I AMA PRA Category I Credit(s)<sup>™</sup> (Internet Enduring)  
I Medical Ethics and/or Professional Responsibility

**Original Program Date:** January 1, 2023

**Access/Expiration Date:** December 31, 2025

**Recording Link/Passcode:**

[https://us02web.zoom.us/rec/share/FeV3\\_yKzituF9FyUquR\\_dIfXnluqQ8MopORRpKU6oZ0LKbRjoWSaRcuWqMKr25p.nW-aOIduNOUQJQeI](https://us02web.zoom.us/rec/share/FeV3_yKzituF9FyUquR_dIfXnluqQ8MopORRpKU6oZ0LKbRjoWSaRcuWqMKr25p.nW-aOIduNOUQJQeI)

Passcode: u0Ub7&Z&

**Program Slides/PDF: (link)**

**Post Eval Survey (Required):**

To receive CME credit, physicians must complete the post eval survey following participation in the activity.

Link to this post eval survey: <https://www.surveymonkey.com/r/GMFP9JF>

**Certificate of Completion Instructions:**

To receive your Certificate of Completion for this Enduring Material, please complete the post eval survey (see link above) and contact Deana Henk via email ([dhenk@guadalupehealthcare.com](mailto:dhenk@guadalupehealthcare.com)) who will provide you with the certificate of completion.

**CME Credit Statement:**

Guadalupe Regional Medical Center's CME Renaissance Program is accredited by the Texas Medical Association to provide continuing medical education for physicians.

Guadalupe Regional Medical Center designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Ethics Credit Statement:**

This course has been designed by GRMC for 1 hour of ethics credit in medical ethics and/or professional responsibility.

**Disclosure:**

The speakers, contributors, editors, planners and reviewers have no relevant financial relationships with ineligible companies.

**Disclaimer:**

The information and opinions in the online CME courses should not be used or referred to as primary medical or legal sources nor construed as establishing medical standards of care for patients or for the purposes of litigation, including expert testimony. The standard of care is dependent upon the particular facts and circumstances of each individual case and no generalization can be made that would apply to all cases. The information presented should be used as a resource, selected and adapted with the advice of your attorney.

**Bibliography:**

Bright, Robert P., and Lois Krahn. "Impaired physicians: how to recognize, when to report, and where to refer: legal and ethical issues complicate intervening when a colleague needs assistance." *Current Psychiatry*, vol. 9, no. 6, June 2010, pp. 11+. Gale OneFile: Health and Medicine, [link.gale.com/apps/doc/A230438671/HRCA?u=anon~69afbb26&sid=googleScholar&xid=b0a267bb](http://link.gale.com/apps/doc/A230438671/HRCA?u=anon~69afbb26&sid=googleScholar&xid=b0a267bb). Accessed 12 Dec. 2022.

Gabriel A. Sara. What Is Burnout, and Why Is It so Prevalent? - Medscape - Jan 01, 2017.

Panagioti M, Geraghty K, Johnson J, et al. Association Between Physician Burnout and Patient Safety, Professionalism, and Patient Satisfaction: A Systematic Review and Meta-analysis. *JAMA Intern Med*. 2018;178(10):1317–1331. doi:10.1001/jamainternmed.2018.3713

Shanafelt TD, Hasan O, Dyrbye LN, et al. Changes in burnout and satisfaction with work-life balance in physicians and the general US working population between 2011 and 2014. *Mayo Clin Proc*. 2015;90(12):1600-1613. doi:10.1016/j.mayocp.2015.08.023