



Wednesday, 21 October 2020
12:00-1:00 pm

A Zoom Webinar: <https://us02web.zoom.us/j/86828545236> Passcode: 439854

A John F. Anderson Memorial Lecture
**THE STIGMA OF CLINICIAN BURNOUT:
BREAKING THROUGH THE CULTURE OF SILENCE**

Jennifer B. Feist JD, Co-Founder, Dr. Lorna Breen Heroes' Foundation, Charlottesville VA

J. Corey Feist JD MBA, Co-Founder, Dr. Lorna Breen Heroes' Foundation and Chief
Executive Officer, UVA Physicians Group, UVA

Pam Cipriano PhD RN NEA-BC FAAN, Sadie Heath Cabaniss Professor and
Dean, School of Nursing, UVA

A. Bobby Chhabra MD, Lillian T. Pratt Distinguished Professor and Chair of
Orthopaedic Surgery and President, UVA Physicians Group, UVA

Marcia Day Childress PhD, moderator

Even before the Covid-19 pandemic's extraordinary stresses for front-line healthcare workers, doctors and nurses in the U.S. were experiencing high rates of depression, anxiety, and PTSD—and dying by suicide at twice the rate of the general population. But healthcare workforce burnout made international headlines in April 2020 with the death by suicide of Manhattan-based emergency medicine physician and Covid survivor Dr. Lorna Breen. This Medical Center Hour examines legislative efforts sparked by Dr. Breen's death to reduce stigmatization of health professionals' mental health needs and calls for healthcare organizations—and individual doctors and nurses—to develop real strategies to address burnout's root causes and create workplace cultures that truly and sustainably care for the health and well-being of those who provide care.

Co-presented with UVA Physicians Group; Compassionate Care Initiative, School of Nursing, UVA' and the Dr. Lorna Breen Heroes' Foundation

Suggested resources:

1. Feist JB, Feist JC, Cipriano P. Stigma compounds the consequences of clinician burnout during COVID-19: a call to action to break the culture of silence. *NAM Perspectives* (commentary). National Academy of Medicine, Washington DC, 2020. <https://doi.org/10.31478/202008b>
2. O'Connor M. A doctor's emergency. *Vanity Fair*, 17 Sept 2020: <https://www.vanityfair.com/style/2020/09/will-lorna-breens-death-change-doctors-mental-health>
3. UVA Graduate Medical Education discussion of provider burnout: <https://med.virginia.edu/gme/who-will-help-the-helpers-addressing-the-growing-crisis-of-provider-burnout/>
4. Dr. Lorna Breen Heroes' Foundation: <http://www.drlornabreen.org>

Jennifer Breen Feist JD is a lawyer in Charlottesville VA specializing in finance, real estate, and wealth management. She is the Co-Founder of the Dr. Lorna Breen Heroes' Foundation and sister of Dr. Lorna Breen. She serves as Treasurer of the Central Virginia Chapter of Girls on the Run and is also a co-founder of Women United, a nonprofit dedicated to supporting causes that benefit women and children. She holds a Juris Doctorate from Penn State Dickinson School of Law and a BS in Political Science from Elizabethtown College. Her passion is caring for families—both her own and others.

J. Corey Feist JD MBA, a health care executive with over 20 years of experience, is the Co-Founder of the Dr. Lorna Breen Heroes' Foundation. He is the Chief Executive Officer of the University of Virginia Physicians Group, the medical group practice of UVA Health, comprised of 1200+ physicians and advanced practice providers. He also holds an adjunct faculty appointment at the UVA Darden School of Business, where he currently teaches a course, "Managing in a Pandemic: The Challenge of COVID-19." Mr. Feist is also the chair of the board of the Charlottesville Free Clinic. Throughout his career, he has focused on transforming health care by empowering people and improving processes. Mr. Feist holds an MBA from the UVA Darden School of Business, a Juris Doctorate from Penn State Dickinson School of Law, and a bachelor's degree from Hamilton College.

Pam Cipriano PhD RN NEA-BC FAAN is a graduate of the Hospital of the University of Pennsylvania School of Nursing, American University (BSN), University of Washington (MSN), and University of Utah (PhD). She is currently Dean and Sadie Heath Cabaniss Professor of the School of Nursing, UVA. Prior to this appointment, she served two terms as president of the American Nurses Association (ANA, the largest nurses' association in the US). She is currently first vice president of the International Council of Nurses. Dr. Cipriano has extensive experience as an academic medical center executive with a focus on improving service quality and safety and the staff's working environment. For nine years, she was the chief clinical officer/chief nursing officer in the UVA Health System, responsible for all inpatient and outpatient clinical services. Under her leadership, UVA earned its initial American Nurses Credential Center "Magnet" designation in 2006. Dean Cipriano is known nationally and internationally as a strong advocate for growing nursing's influence on healthcare policy and for advancing the role and visibility of nurses. A steering committee member for the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience, Dean Cipriano has focused on interventions for Covid-induced stressors and mental health relief for frontline workers. She has also contributed to reducing regulatory burdens and revamping electronic documentation to relieve clinicians of unnecessary work. Dean Cipriano has received numerous honors and awards for exceptional leadership and contributions to the nursing profession.

A. Bobby Chhabra MD is a graduate of Johns Hopkins University (BS) and UVA (MD). After completing his residency in orthopaedic surgery at UVA, he did a fellowship in hand and upper extremity, microvascular, and congenital hand surgery at the Hand Center of San Antonio and Texas Scottish Rite Hospital. Dr. Chhabra is currently the Lillian T. Pratt Distinguished Professor and Chair of Orthopaedic Surgery, David A. Harrison Distinguished Educator, Professor of Plastic Surgery, and Professor of Pediatrics at UVA. He serves as president of the University of Virginia Physicians Group and is the School of Medicine's faculty representative to the UVA Health System Board of the Board of Visitors. Dr. Chhabra is an internationally recognized surgeon who specializes in hand, wrist, and elbow trauma and arthritis and has particular interests in sports injuries and congenital hand surgery. He maintains an active program of tissue-engineering research. As an educator, he has received the medical school's and university's highest teaching awards. He is a fellow of the American Academy of Orthopaedic Surgeons, a member of the American Society for Surgery of the Hand, a fellow of the American Orthopaedic Association, and past president of the Virginia Orthopaedic Society. He publishes and presents widely and has held visiting professorships at 21 institutions. For the last three years, Dr. Chhabra has co-hosted (with Jay James) "Best Seat in the House Injury Report, an award-winning weekly ESPN/WINA radio that focuses on injuries in college sports, the NFL, and NBA.

Ms. Feist, Mr. Feist, Dean Cipriano, and Dr. Chhabra declared no personal/professional relationships with commercial entities producing healthcare goods and/or services. Medical Center Hour planning group members M.D. Childress PhD; R.J. Bonnie LLB; R. Carpenter DrNP; J.F. Childress PhD; M.F. Marshall PhD; J. Mutter MD MA; K. Reid PhD RN FNP-C CNL; L. Shepherd JD have no personal/professional relationships with commercial entities producing healthcare goods and/or services, while R. Dillingham MD MPH reports interests with Gilead and Warm Health Technology Inc. UVA Office of Continuing Medical Education faculty and staff have no personal/professional financial relationships with commercial entities producing healthcare goods and/or services.

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Medical Center Hour programs are free of charge and open to the public. For more information, see Center for Health Humanities and Ethics: <https://med.virginia.edu/biomedical-ethics/medical-center-hour/> Watch Medical Center Hour recordings at <http://www.youtube.com/uvamch>

How to Claim Continuing Education (CE) Credit for Medical Center Hour:

Using the Google Chrome or Firefox browser on a phone, tablet, or computer, go to <https://cmetracker.net/UVA> and log into your CE account with your email and password. Choose 'CE Certificate-Eval for Credit,' enter Activity Code **139152**, then complete and submit your evaluation. You have 30 days from this program date (21 October 2020) to evaluate and obtain credit for this program. This is the only way you can receive credit for this Medical Center Hour.

The University of Virginia School of Medicine (UVA SOM) is accredited by the ACCME to provide continuing medical education for physicians. UVA SOM designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit. Physicians should claim only the credit commensurate with the extent of their participation in the activity. UVA School of Nursing (SON) Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. UVA SON Continuing Education awards 1.0 contact hour to a nurse who participates in this educational activity and completes the post-activity evaluation. UVA SOM and/or UVA SON, as accredited provider(s), awards 1.0 Hour of Participation (consistent with the designated number of AMA PRA Category 1 Credit or ANCC contact hours) to a participant who successfully completes this educational activity. UVA SOM and/or UVA SON Continuing Education maintains a record of participation for six (6) years.

Learning objectives:

1. Understand the nature, extent, and manifold risks of front-line clinician burnout in US healthcare.
2. Consider practical strategies whereby individuals and institutions can address burnout's root causes and begin transforming workplace culture for clinicians.