



National Academy of Medicine

Action Collaborative on Clinician Well-Being and Resilience

CASE STUDY WEBINAR SERIES

Virginia Mason Kirkland Medical Center

NAM Action Collaborative on Clinician Well-Being and Resilience

Thursday, January 16, 2020

2:00-3:30 PM ET

Zoom link to join the webinar: <https://nasem.zoom.us/j/224965988>

Telephone-only option to join the webinar: +1-646-558-8656 or +1-669-900-6833

Webinar ID: 224-965-988

The NAM Action Collaborative on Clinician Well-Being and Resilience (Collaborative) is a network of more than 200 organizations committed to reversing trends in clinician burnout. The Collaborative has three goals:

1. Raise the visibility of clinician anxiety, burnout, depression, stress, and suicide
2. Improve baseline understanding of challenges to clinician well-being
3. Advance evidence-based, multidisciplinary solutions to improve patient care by caring for the caregiver.

In July 2019, the Collaborative released a case study series to highlight organizational initiatives across the country that have demonstrated success in supporting well-being and reducing burnout among practicing clinicians, trainees, and/or students. The case studies are intended to inform and inspire organizations facing similar challenges and seeking similar outcomes. To read the case studies, visit <https://nam.edu/clinicianwellbeing/case-studies/>.

This webinar will highlight the Virginia Mason Kirkland Medical Center Clinician Well-Being case study. The objectives of the webinar are to:

- Hear directly from program developers and leadership at Virginia Mason Kirkland Medical Center about successful programs and policies that have reduced clinician burnout and improved clinician well-being.
- Share lessons learned, greatest challenges, and sustainability efforts of Virginia Mason Kirkland Medical Center's well-being programs and policies.
- Allow case study readers to ask questions of program developers and leadership to gain more insight into the programs and policies at Virginia Mason Kirkland Medical Center

Agenda

2:00 pm **Introduction to the NAM Action Collaborative on Clinician Well-Being and Resilience and the Case Studies**

Charlee Alexander, MPH, Director, Action Collaborative on Clinician Well-Being and Resilience, National Academy of Medicine

2:10 pm **Introduction of Speakers**

Moderator: Susan Corbridge, PhD, APRN, FAANP, FAAN, Executive Associate Dean; Clinical Professor, College of Nursing & Department of Medicine, Division of Pulmonary, Critical Care, Allergy, & Sleep Medicine, Department of Biobehavioral Health Science, The University of Illinois at Chicago

2:15 pm **Presentations from Program Developers and Leadership**

Richard Furlong, MD, Medical Director, Virginia Mason Kirkland Medical Center

Rashell Monillas, RN, Manager of Operations, Virginia Mason Kirkland Medical Center

Jenny Park, PharmD, Clinical Pharmacist, Virginia Mason Kirkland Medical Center

Tiffany Bierbrauer, Medical Assistant Supervisor, Virginia Mason Kirkland Medical Center

2:45 pm **Moderated discussion and audience question and answer**

Moderator: Susan Corbridge, PhD, APRN, FAANP, FAAN, Executive Associate Dean; Clinical Professor, College of Nursing & Department of Medicine, Division of Pulmonary, Critical Care, Allergy, & Sleep Medicine, Department of Biobehavioral Health Science, The University of Illinois at Chicago

Format: 10 min of moderated discussion; 30 min of Q&A

3:25 pm **Wrap up and closing remarks**

Mariana Zindel, Research Associate, National Academy of Medicine

3:30 pm **Adjourn**