



MEDICAL BOARD OF CALIFORNIA
Executive Office



All California Hospitals
Attn: Medical Chief of Staff

Dear Doctor:

The Medical Board of California (Board) has created a Physician Wellness Committee (Committee) to advise the Board on topics related to the health and wellness of physicians licensed in the State of California.

The Board and the members of the Committee believe that there is a direct relationship between the wellness of physicians and the quality of care they provide to patients. The charge given to the Committee is to develop recommendations that promote and sustain the emotional and physical health of physicians, as part of the Board's overall responsibilities to oversee the professional performance of licensed physicians and to protect the safety of healthcare consumers.

The intent of the Committee is to act as a conduit to provide information to California physicians regarding the availability of suitable educational programs, books, courses, lectures, and online resources addressing physician wellness. As physicians take a more personal and proactive approach to supporting their health, the result will be greater career fulfillment, less stress and burnout, and improved patient safety and satisfaction.

In order to gain a better understanding of what health and wellness resources currently are available to California physicians through their hospitals, the Committee has developed a brief survey for hospital medical staff organizations. A copy of the survey is attached; however, to facilitate completion of the survey and the tabulation of the responses, please log in to [Survey Monkey].

This survey should require less than five minutes to complete. We suggest that the survey be completed by the Chair of your hospital's Well Being of Physicians Committee. We hope that the surveys will be completed by [DATE]. To find out more about the Board's Wellness Committee, please follow this link: <http://www.medbd.ca.gov/board/wellness.html>.

We thank you for your time and support of our efforts. If you have questions or comments about this survey, please contact Kevin A. Schunke, the Committee's staff manager, at kschunke@mbc.ca.gov or at (916) 263-2368.

Thank you for your attention to this matter and, in so doing, for supporting physician wellness.

Best Regards,

Members of the Physician Wellness Committee

Shelton Duruisseau, Ph.D., Chair

John Chin, MD

Daniel Giang, MD

Laurie Gregg, MD

Peter Moskowitz, M.D

William Norcross, M.D.

PHYSICIAN WELLNESS EDUCATION: SURVEY OF CALIF. HOSPITALS

Does your hospital have a Wellness Program/Committee dedicated to the wellness of your medical staff? (A "Wellness Committee/Program" is defined as one which assists and promotes work/life balance and encourages improved physician health and wellness, by providing lectures, workshops, retreats, publications, online resources, etc. for members of its medical staff.)

Yes

If yes, who is invited to participate? (check all that apply)

Physicians only

All health care providers

Staff at all levels

Further, if yes, do you offer:

A stand-alone Wellness Committee

Wellness programs under the auspices of your Well-being Committee

No. Please skip to Q####

How often does your Wellness Committee/Program meet?

once a month

once a quarter

twice a year

yearly

other (specify) _____

How often does your Wellness Committee/Program offer educational programs?

once a month

once a quarter

twice a year

yearly

other (specify) _____

How many members serve on your Wellness Committee/Program?

1

2-5

6-10

more than 10

Do you appoint, elect, or recruit Wellness Committee/Program members?

physician or hospital leadership appoints the members

medical staff elects the members

volunteers are selected as members

Do you appoint, elect, or recruit Wellness Committee/Program members with specific training or expertise?

Yes

If yes, from which categories of training/expertise do you recruit? (check all that apply)

addiction medicine

anesthesiology

psychiatry

psychology

physician health

physician(s) who themselves are in recovery from addiction

Other (specify) _____

No

Does your Well-being Committee provide specific training or education for new Wellness Committee/Program members?

- Yes
- No

During the past five years, what types of programs has your Wellness Committee/Program provided to your medical staff? (check all that apply)

- lectures by local physicians
- lectures by regional/national authorities
- workshops by local, regional/national authorities
- physician retreats on the topic of physician health/wellness
- Other (specify) _____
- None or N/A

During the past five years, what types of resources has your Wellness Committee/Program provided to your medical staff? (check all that apply)

- lectures or workshops on managing the stress of medical practice
- lectures or workshops on dealing with litigation stress
- lectures or workshops on relaxation techniques such as meditation
- lectures or workshops on improving time management skills
- lectures or workshops on strategic career management
- lectures or workshops on life planning
- lectures or workshops on retirement planning
- lectures or workshops on strategic money management
- lectures or workshops on improving work/life balance
- lectures or workshops on living and eating for health
- lectures or workshops on recognizing burnout/depression
- lectures or workshops on recognizing substance abuse/unhealthy behaviors in self or colleagues
- Other (specify) _____

Q####. Which of the following resources would be most helpful to support the work of your Wellness Committee/Program to strengthen and enhance the wellness of your medical staff?

- a list of physician speakers who have expertise in wellness topics
- a website devoted to resources on topics related to wellness
- a list of physicians who provide workshops on topics related to wellness
- a reading list of books/articles addressing issues related to wellness
- DVD's for home study on topics related to wellness
- Web-based e-learning modules on topics related to wellness
- Other(specify) _____

Should CME courses / workshops devoted to topics listed in Q####, above, be made available to California physicians, or are sufficient courses already available?

- Yes, additional CME courses / workshops are needed
- No, sufficient courses are available

For future reference, who is the appropriate person to contact in regards to your hospital's Wellness Committee/Program?

- Contact Person: _____
- Position/Title: _____
- Hospital Name: _____
- Address: _____
- City/Zip: _____, CA _____
- Telephone: _____
- E-mail Address: _____