

SAMPLE QUESTIONS FOR WELLNESS SURVEY OF CALIF. HOSPITALS

How often does your hospital's Well-being Committee meet?

- Weekly
- Once a month
- Once a quarter
- Twice a year
- Sporadically, as needed

Does your hospital have a Wellness Program/Committee dedicated to the wellness of your staff? (A "Wellness Committee/Program" is defined as assisting and promoting the balance of a person's personal and professional life, encouraging improved health and wellness through the provision of lectures, workshops, retreats, publications, online resources, etc.)

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 (or 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
- anesthesiologist
- 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? (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? (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

Q####. Which of the following resources would be most helpful to support the work of your hospital to strengthen and enhance physician wellness?

- 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: _____