

ACOG

THE AMERICAN CONGRESS OF OBSTETRICIANS AND GYNECOLOGISTS

COMMITTEE ON PHYSICIAN WORK-LIFE BALANCE



Laurie Gregg, MD
Committee Co-Chair



Robert Wallace, MD, MBA
Committee Co-Chair

Mission Statement: To further ACOG's goal of providing quality care to patients, District IX's Committee on Physician Work-Life Balance actively promotes wellness in mind, body and spirit realizing that a healthy and happy physician serves as a role model for and provides higher quality care to patients.

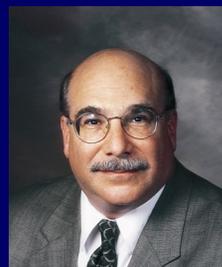
In 2010, the Committee launched a web site which promotes physician wellness and optimal patient care:

http://www.acog.org/acog_districts/dist_notice.cfm?recno=13&bulletin=3503&membersOnly=TRUE

The Committee's resource center directs Fellows to information pertaining to the following topics:

- **Litigation Stress Resources:** This portal links Fellows to articles, books, and websites addressing the process of litigation; suggests strategies for coping with the stress of litigation; and lists resources that may provide support throughout the ordeal of litigation.
- **Wellness:** Looking for ways to be re-energized? The Committee on Physician Work-Life Balance is committed to actively promoting wellness in mind, body, spirit, and realizing that a healthy and happy physician serves as a role model for and provides higher quality care to patients. Each month, Fellows receive a healthy tip from a committee member. Fellows are encouraged to have fun in practicing these healthy tips.
- **Burnout:** Check out the results of an in-depth burnout survey of Districts III & IX as well as articles that examine the critical relationships between physician burnout and personal, professional, and organizational/work-life factors.
- **Physician Satisfaction:** Physician career dissatisfaction has been found to be associated with physician stress, disruptive behavior, burnout and career exit, medical errors, reduced patient care quality, reduced patient compliance with medical instructions and higher health care costs. This portal contains articles that discuss what can be done to make doctors more satisfied with their jobs.
- **California Medical Association Confidential Assistance Line:** A confidential hotline for physicians who have substance abuse or psychological/emotional problems. The sole mission is to assist impaired doctors in helping themselves before their lives and livelihood are put into jeopardy.
- **Patient Safety Reference/Reading List:** This suggested reading list provides Fellows with a concise list of books and articles on patient safety and medical human factors.

The Committee continues to publish monthly wellness *Pearls of Wisdom* to be posted on the web site and distributed in e-communications with the Fellows of California. The committee looks forward to integrating a prevalent physician wellness theme into the 2011 Annual District Meeting.



From left to right: Chrysten Cunningham, DO, Bruce Ettinger, MD, MPH, Mibhali Bhalala, MD, Joanne Perron, MD, Jennifer Conwell, MD, Bill Probst, MD (not pictured), Harise Stein, MD (not pictured)

