

# Physician and Health Professional Well-Being Course



## Description

This course, led by Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM, and funded through the generous support of the Ardmore Institute of Health, was created to describe and apply approaches that support health professionals in achieving and sustaining a total healthy lifestyle, including eating a whole food plant-based diet, being physically active, and engaging in mindfulness and positive psychology activities. The course offers exercises to harness personal strengths and leadership skills for improving workplace culture/systems and to engage in effective, positive health care team and patient interactions. Learners will also conduct a well-being assessment and develop a personal action plan.

## Learning Objectives

- Describe and apply approaches that support physicians and other health professionals in achieving and sustaining a comprehensive healthy lifestyle, including eating a whole food plant based diet, being physically active, and engaging in positive psychology activities
- Apply positive psychology activities for emotional well-being and physical health and to support healthy behaviors
- Conduct a brief flourishing assessment and develop a personal well-being action plan
- Implement at least one strategy for influencing health care workplace culture to support well-being of health teams

## Target Audience

Physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, registered dietitians, physical therapists, occupational therapists, psychologists, social workers, and more!

## Format

The course is composed of a series of modules viewed in a digital format. Users are able to click through the voice-over module presentations at their own pace. Interactive scenarios, reflective exercises, images, audio, and video have been added to enhance the learner's experience.

**Course Length is 5 hours.**

## Pricing

|  | Non-Member | Member                    |
|--|------------|---------------------------|
| Physician/<br>Doctoral                 | \$200      | <del>\$200</del> \$150    |
| Non-Doctoral<br>Health<br>Professional | \$150      | <del>\$150</del> \$112.50 |
| Student                                | \$100      | <del>\$100</del> \$75     |

[lifestylemedicine.org/education](https://lifestylemedicine.org/education)

# Outline

## Module 1: Introduction to Physician and Health Professional Well-Being | Kristin Collins, PhD, MS

### Learning Objectives:

- Describe how lifestyle medicine and positive psychology interventions reinforce each other to achieve well-being outcomes
- Define well-being and the elements that contribute to well-being
- Define burnout and identify the consequences of burnout in healthcare
- Describe the positive impacts of personal healthy habits and positive emotions

## Module 2: Healthy Lifestyle Approaches | Beth Frates, MD, FACLM, DipABLM

### Learning Objectives:

- Conduct a personal healthy habits assessment
- Identify strategies and tools to help maximize a healthy lifestyle at work and home
- Create a SMART goal in a healthy lifestyle area

## Module 3: Positive Psychology and Other Emotional Well-Being Approaches | Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM

### Learning Objectives:

- Conduct a personal flourishing and subjective well-being self-assessment
- Describe positive psychology approaches that can promote total well-being
- Apply positive psychology approaches for self care

## Module 4: Well-Being in the Health Care Workplace | Kaylan A. Baban, MD, MPH, DipABLM

### Learning Objectives:

- Identify workplace cultures and systems that can trigger burnout
- Describe workplace cultures that promote well-being
- Describe organizational strategies to reduce burnout and increase well-being
- Describe how positive interactions in the workplace can promote well-being
- Use leadership skills to promote a culture of well-being in clinical practices and large health care settings
- Create personal action items to boost well-being in the workplace



# Accreditation

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

### Designation Statement

Rush University Medical Center designates this enduring learning activity for a maximum of 5.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This activity is being presented without bias and without commercial support.

### ANCC Credit Designation – Nurses

The maximum number of hours awarded for this CE activity is 5.00 contact hours.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation. Rush University designates this live activity for 5.00 Continuing Education credit(s).

The Commission on Dietetic Registration accepts self-study programs approved through the ACCME.

The American Board of Lifestyle Medicine has approved 5.0 maintenance of certification credits for this learning activity.

The AAFP has reviewed the Physician and Health Professional Well-Being Course and deemed it acceptable for up to 5.00 Enduring Materials, Self-Study AAFP Prescribed credit. Term of Approval is 10/16/2021 to 10/16/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 5 continuing education credits for NBC-HWCs upon successful completion of the Physician and Health Professional Well-Being course.

