

## Medical Staff Health Committee Newsletter



### Is It A Tough Time To Be A Clinician?

The short answer is YES. Unquestionably, today's clinicians have had to contend with significant transformations in the practice of medicine. How can we make sense of change and challenge? How can we thrive? Read the first installation of a new monthly column, *The Vitalists*, for ideas and further reading -- and to join the conversation: [http://hss.semel.ucla.edu/Programs/vitalists\\_1.html](http://hss.semel.ucla.edu/Programs/vitalists_1.html)

### Featuring a Physician

Jun Sasaki is an anesthesiologist who joined the faculty in October 2013. He also joined the Medical Staff Health Committee in 2013. Jun has said the following to us in regards to his interest in physician wellness:

*We spend so much time and energy taking care of others yet we fail to take care of what is most important: ourselves and our families.*

### What is the Medical Staff Health Committee?

The Medical Staff Health Committee is available to help educate staff regarding physician well-being and compromise.

The committee assures patient safety by providing a mechanism to identify and treat staff members with conditions that compromise their ability to provide optimal patient care.

In addition, the committee encourages and monitors physician treatment and rehabilitation.

### Finding Meaning in Medicine: Managing Conflict

Faculty support! Join your colleagues to discuss managing conflict in the workplace. Take time to talk about experiences that are not usually shared among colleagues. All attending faculty members welcome!

**\*\*Refreshments will be served\*\***

**Wednesday, February 19<sup>th</sup> 12:00-1:00pm**  
200 Medical Plaza Room 447

**Friday, February 28<sup>th</sup> 12:30-1:30pm**  
SMMC Conference Room 3-G370

**Questions?** Contact Dr. Karen Miotto at 310-206-2782.

Please **RSVP** to [kmiotto@mednet.ucla.edu](mailto:kmiotto@mednet.ucla.edu).

Did you forget to RSVP? Drop-ins also welcome!

### Ombuds Services

Reminder: The UCLA Office of Ombuds Services provides information and informal assistance with university-related issues, conflicts and disputes. The office is uniquely confidential, neutral and independent.

All students, staff, faculty, administrators, retirees, alumni, and emeriti are welcome and encouraged to use this resource.

The UCLA Office of Ombuds Services:  
310-825-7627

### Do you have questions about the Medical Staff Health Committee? Contact:

Karen Miotto, MD, *Chair*  
310-206-2782  
[kmiotto@mednet.ucla.edu](mailto:kmiotto@mednet.ucla.edu)

### Committee Members

Murray Brown, MD	Scott Reiter, MD
Stephen Chen, MD	Jun Sasaki, MD
Stacy Cohen, MD	Michael Sopher, MD
Erik Dutson, MD	Paula Stoessel, PhD
Grace Holiday, CPMSM, CPCS	Sam Wald, MD
T. Warner Hudson, MD FACOEM, FAAFP	
Walter Ling, MD	
Larissa Mooney, MD	
Mark Morocco, MD	Karen Miotto, MD
Neil Parker, MD	<i>Chair</i>
Kate Perkins, MD, PhD	
Chris Pirok, MD	
Robert Pynoos, MD	

### Counseling & Consultation

The UCLA Staff and Faculty Counseling Center provides **free** counseling, assessment, and referral services to faculty and staff and their immediate family members. Contact: 310-794-0245

### Fit Zone Classes

UCLA offers numerous **FREE** fitness classes for faculty and staff.

For more information go to:  
<http://www.recreation.ucla.edu/fitzones>

### Mindfulness Tip

Bring awareness to the automatic judgments you make. Try to be conscious of your reactions.

