

Medical Staff Health Committee Newsletter



Finding Meaning in Medicine: Share Your Secrets for Improving Doctor Patient Communication

Faculty support! Take a break and join us to discuss issues pertinent to your lives as medical professionals. Share your secrets for improving doctor patient communication. All attending faculty members welcome!

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

Wednesday, March 19th 12:00-1:00pm
200 Medical Plaza Room 447

Santa Monica Hospital Group date and time to be announced.

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

Please **RSVP** to kmiotto@mednet.ucla.edu.

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

True Bruin Move & Groove 5K

The Healthy Campus initiative and the Staff Assembly are partnering for the 1st Annual True Bruin Move & Groove 5K Run/Walk.

March 30, 2014 at 8:00am
Wilson Plaza

Every UCLA employee who participates will be entered in a drawing for prizes including round-trip airfare for two anywhere in the U.S. or Canada!

For more information go to:
<http://www.staffassembly.ucla.edu/events/5k-run-walk/>

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.

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

Karen Miotto, MD, *Chair*
310-206-2782
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

Alone or Together? Addressing Physician Isolation

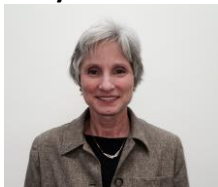
A new study published in *JAMA Internal Medicine* [1] and its accompanying commentary [2] raise several critical points about physician wellbeing, including the related problems of physician isolation and burnout as well as strategies to address each.
http://hss.semel.ucla.edu/Programs/vitalists_2.html



Mindfulness Tip

Consider gratitude. Be mindful about the people and things around you that you may have taken for granted.

Featuring a Physician



Karen Miotto, MD has had a long standing interest in Physician Wellness. She is a psychiatrist and has been the chair of the Medical Staff Health Committee for several years. Karen appreciates taking care of doctors in times of difficulty because those who have been able to seek and receive help have had transformational experiences. Karen is grateful for the opportunity to be part of those experiences because she knows how challenging it is for doctors to ask for help. Karen would like to extend the following invitation:

If you have ideas for improving physician health and wellness, I encourage you to contact me. I look forward to working with you.