

Physician Wellbeing Updates & Resources

University of Nebraska
Medical Center



Nebraska
Medicine

Clinician Wellbeing at NM/UNMC



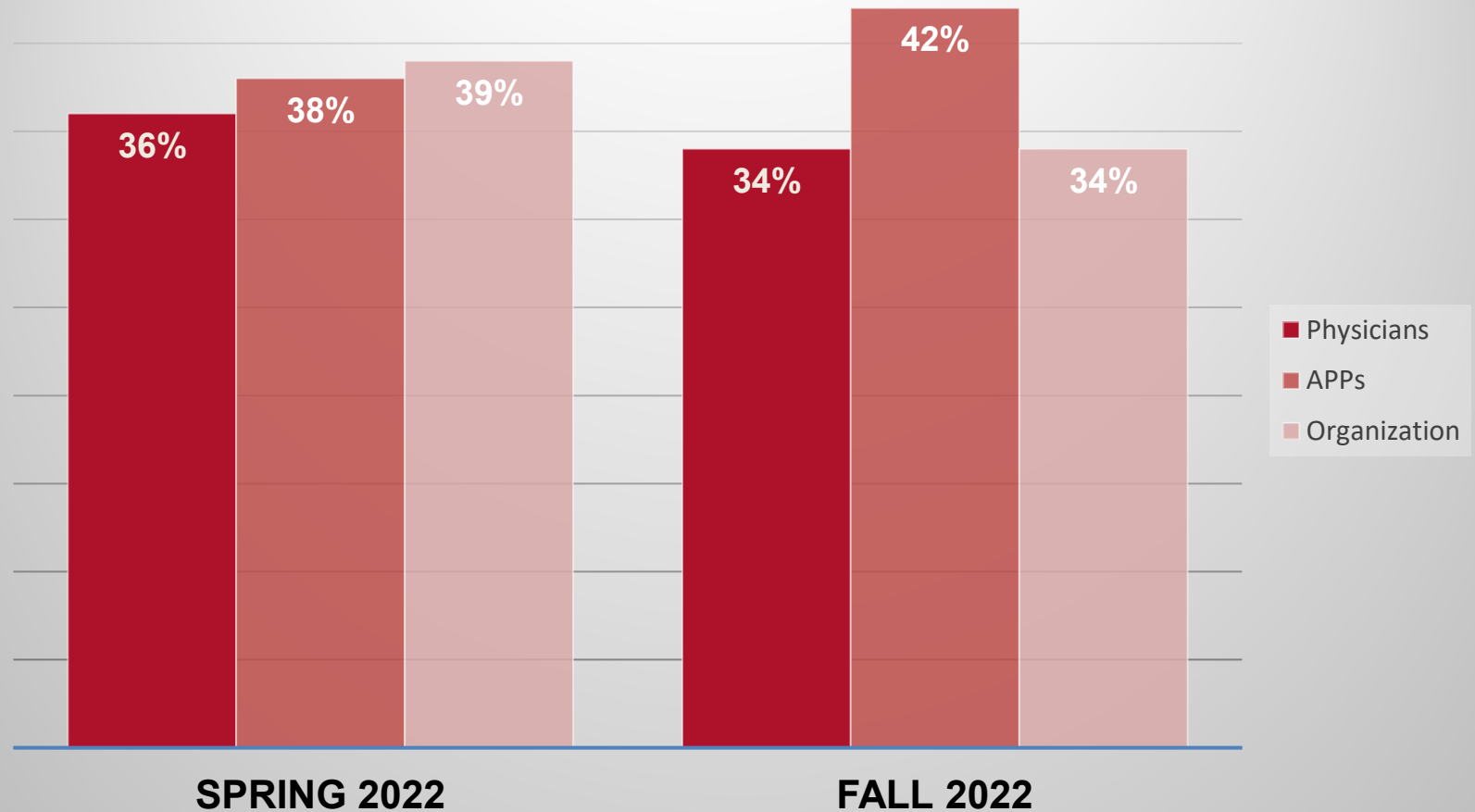
Vision: to be recognized nationally as an organization that cultivates joy and enhances professional fulfillment for every clinician

Mission: to create a healthcare system that continuously improves practice **efficiency**, fosters a **culture** of wellbeing, provides easy access to a variety of **outstanding resources**, and supports & develops **leaders** that advance wellbeing

Purpose: to reduce the risk and consequences of clinician burnout and mental health conditions, to improve clinician engagement and retention, and to improve patient care quality, safety, experience, and access to care



% experiencing burnout



- Physician Burnout decreased by 2%
- APP Burnout increased by 4%
- Organizational Burnout decreased by 5%



What's New

- Peer-to-Peer Program
- Scope of Practice Workgroup
- Physician Wellbeing Council
- Leaders CARE Program
- Dashboard development
- In-Basket Improvement Group
- Partnership with AMA – new Primary Care Professional Satisfaction Taskforce



Peer-to-Peer Program

Steve Wengel, MD

Professor of Psychiatry & Assistant Vice Chancellor for Campus Wellness

cell 402-203-0911; email: swengel@unmc.edu

What is the PTPP? If you are feeling stressed/distressed, anxious, or burnt out, or are having specific struggles with insomnia, lack of motivation, or other related symptoms, you can call or text me and we will set up a time at your convenience to talk – on the phone, in person, or via Zoom. We will have an informal, off-the-record conversation and I can help steer you toward resources that can help with what you are dealing with. Sometimes this is peer coaching; sometimes it is mental health care, such as counseling or medication for anxiety or depression.

Who will know that I have used this service? Only you and me! I will not inform your boss or colleagues, or anyone else. (The only exception to this is if there is evidence of dangerousness to self or others, in which case there are reporting requirements I need to observe.)

Will there be written records, either in the electronic health record, or elsewhere? No! I may take some notes while we are talking for my own benefit, but these will be destroyed. No written record will be kept of our conversation.



Physician Wellbeing Select Internal & External Resources

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COUNSELING, EMOTIONAL SUPPORT AND WELLNESS RESOURCES

If you are having thoughts of harming yourself or others, please call 911, visit your nearest emergency department, or call the National Suicide Prevention Lifeline at 988.

At Nebraska Medicine and UNMC, we care about our colleagues and want them to live healthy, fulfilling lives. It's our responsibility to take care of each other, which includes watching for signs of distress.

Our organization is committed to providing resources for its employees, which are outlined below.

Emotional Support & Wellness Resources for all Providers and Staff

Are you or a colleague experiencing anxiety, uncertainty, fear, exhaustion, sadness, or insomnia? Nebraska Medicine/UNMC is committed to taking care of its providers and colleagues. [Here is a flyer you can print and post in your area.](#)

If you would like a member of the Peers in Need of Support (PiNS) team to reach out to you, [complete this confidential form.](#)

Please see the resources available in the chart below.

Resource	Brief Description	Contact Information
Peer Support	Colleagues are matched with one of our behavioral health responders, made up of Nebraska Medicine and UNMC psychologists, psychiatrists, social workers, marriage and family therapists, staff chaplains and other trained staff. This is not a formal evaluation or treatment, but a supportive peer to listen, offer suggestions, share resources and make referrals when needed. Requests are handled confidentially and are separate from HR, One Chart or other record-keeping systems.	pins@nebraskamed.com (Requests for 1:1 support should only be made by colleagues themselves, and not by their peers or supervisors)
Team Support	Members of the ethics team and wellbeing leaders are available to guide debriefs after stressful events such as unexpected patient or colleague deaths, assaults, difficult codes, medical errors, and other stressful circumstances. Our goal is to help take care of each other while you take care of our patients. Requests and meetings are confidential.	Contact Jacob Dahlke, director of Ethics, at jdahlke@nebraskamed.com

[Shout Out for Safety Report \(Incident Reporting\)](#)

[Be Extraordinary Together](#)

[Apollo \(Resource Center\)](#)

[Cafe Menus and Food Service](#)

[Clinic Information](#)

[Colleague Pulse Check](#)

[Colleague Referral Form](#)

[Counseling Resources](#)

[Empower Your Wellbeing Forums](#)

[Infectious Disease Protocols – COVID-19](#)

[Health Tracking System \(COVID-19, Influenza and TB\)](#)

[Workday / MyHR \(former Lawson\)](#)

[MyTime \(Resource Center\)](#)

[One Chart \(Citrix\)](#)

[Outlook Email](#)

[Strata](#)

[One Chart Resources](#)

[Phone Directory](#)

[Remote Work Resources](#)

[Work/Support Requests](#)

[Smart Square](#)

[Zero Harm Training Materials](#)



Internal Resources

- UNMC Creative Coaching Program - <https://www.unmc.edu/facdev/career/coaching/coaching-program.html>
- 1:1 personalized EHR efficiency support – email providertrainers@nebraskamed.com
- Employee Assistance Program via Arbor Family Counseling - 402-330-0960 or <https://arborfamilycounseling.com>
- Peers in Need of Support (PiNS) - Email pins@nebraskamed.com
- Team Support (i.e. debriefs after stressful events such as unexpected patient deaths, assaults, difficult codes, medical errors, and other stressful circumstances. Requests and meetings are confidential. Email jdahlke@nebraskamed.com



UNMC Coaching Program

[Coaching | Office of Faculty Development | University of Nebraska Medical Center \(unmc.edu\)](https://unmc.edu/coaching)

A FREE coaching program designed specifically for UNMC faculty.

To obtain an internal coach for yourself, please follow these steps:

1. Determine if coaching is right for you.
2. Browse the coach directory.
3. Complete the intake form (all requests are treated as strictly confidential)

Common Coaching Topics:

- Career planning
- Career transition
- Developing leadership strategies
- Difficult people/conversations
- Systemic workplace issues
- Work/life integration



EHR Efficiency Support

Bookings link for 1 hour efficiency sessions:

<https://outlook.office365.com/owa/calendar/OneChartTrainingEstablishedProvider@univnebrmedcntr.onmicrosoft.com/bookings/>

Or email: providertrainers@nebraskamed.com



PiNS

- Connect with a behavioral health professional or trained colleague
- Confidential, no records are kept
- PiNS can assist teams with debriefs after difficult patient scenarios in addition to helping individuals 1:1 for any stressor
- PiNS volunteers are also able to make recommendations & referrals for additional support services

It is normal during this time to feel exhausted, stressed out, sad or anxious.

**You are not alone.
Support is available.**

Simply scan the QR code using your phone's camera to share your contact information with the Peers in Need of Support (PiNS) team. You can also email pins@nebraskamed.com. Someone will reach out to you promptly.



You can also call the Employee Assistance Program (EAP) 24/7 to reach a professional counselor.

402.330.0960 or 1.800.922.7379



Select External Resources for Physicians

- LifeBridge Coaches - <http://lifebridgenebraska.org/>
- MOMS Wellness Assessment and & free behavioral health services - <https://omahamedical.com>
- MOMS Wellness Center





**METRO OMAHA
MEDICAL SOCIETY**
WELLNESS CENTER

Now open to all physicians!

Physicians in the Omaha area now have their own pop-up wellness center courtesy of the Metro Omaha Medical Society Foundation. This innovative space will be open to use any time through March of 2022. We will also host meditation, yoga, and creative writing classes, happy hours and more!

633 N. 114th Street

(Miracle Hills strip mall between Thai Pepper and Salon Aura)

Open to Physicians 24 Hours a day by Using Access Code:

Please call 402-393-1415 or email cwang@omahamedical.com

Scan for Upcoming Events List



Resource Guidance

- For support & direction in accessing both internal and external resources
 - Sarah Richards, MD (Senior Medical Director, Clinician Experience, Nebraska Medicine)
 - 402-319-6363 (cell)
 - serichards@unmc.edu
 - Steve Wengel, MD (Assistant Vice Chancellor for Campus Wellness, UNMC)
 - 402-203-0911 (cell)
 - swengel@unmc.edu



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