

# FRIDAYS AT THE UNIVERSITY

Physician Wellness  
December 8, 2023 | 0820-1320



## AGENDA

Earn up to 4.5 MAINPRO+ CREDITS  
4.5 MOC SECTION 1 CREDITS  
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- 0820** Welcome
- 0830** Physician Well-Being: Strategies and Resources | **Jennifer MacDonald Physician Health Program and Policy Specialist**
- 0920** Reducing Administrative Burden for the Primary Care Providers | **Ian Alexander MD CCFP**
- 1010** Fatigue Risk Management and the Implication for Physician Wellness | **Joanne Hamilton RD MEd EdD**
- 1100** **Stretch Break**
- 1130** Financial Wellness for Physicians; Tips for Financial Stability | **Harman Kaler CPA CA**
- 1220** Addressing Microaggressions in the Professional Space - Clinical Setting and on the Ward | **Joanne Hamilton RD MEd EdD**
- 1320** Closing Remarks

### Objectives:

- Understand the concept of Physician Wellness and develop a strategy for maintenance of same
- Relate to administrative burden in primary care and formulate an approach to the management
- Recognize the effects of fatigue and utilize an approach to mitigating the effects of fatigue
- Describe the role of finances in wellness and formulate a potential plan for management
- Identify microaggression in the health care setting and employ strategies to interrupt microaggressions

Rady Faculty of  
Health Sciences



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