



THE OSLER SYMPOSIA

Education, Exercise and Inspiration

*for
Mind, Body, Heart and Spirit*

WHO Are the Sponsoring Organizations and Key People Involved?

The **Endorphin Power Company** (EPC), a 501(c)(3) nonprofit organization in Albuquerque, NM is the producer of The Osler Symposia (TOS), and the **University of California, San Diego School of Medicine** (UCSD) is the accrediting body.

Sam Slishman, MD, an emergency physician, founded EPC in 2003.

Wadie Najm, MD, MEd, Clinical Professor of Family Medicine at the University of California, Irvine School of Medicine (UCI) and Medical Director of UCI's Susan Samueli Integrative Medicine Center; and

Chris Searles, MD, Associate Clinical Professor of Family Medicine, and Program Co-Director, Combined Family Medicine and Psychiatry Program at UCSD, are the Program Co-Chairs of TOS.

Janice Mancuso has been a medical conference professional for 30+ years and is the Creator of The Osler Symposia.

William Norcross, MD, Clinical Professor of Family Medicine and Executive Director of the Physician Assessment and Clinical Education (PACE) Program at UCSD, has been (and continues to be) a champion of TOS since the mid 1980s when Janice worked with him and first presented the idea.

WHAT is the Need for The Osler Symposia?

There is a real and documented crisis in medicine today. Practicing physicians—especially in primary care—are struggling with burnout and/or leaving the practice of medicine. The projected shortage of US doctors by 2025 is 150,000, according to the Association of American Medical Colleges.

WHAT is the Concept?

The Osler Symposia are scholarly, practical and evidence-based continuing medical education (CME) conferences with the mission of helping physicians stay in medicine. The Osler Symposia are unique conferences whose faculty are nationally and internationally renowned and who have genuine passion for their work and love for education.

Each symposium provides an optimal environment where doctors (and spouses) come together to gain knowledge skills and tools to help balance their lives—professionally and personally. Faculty members teach, among other things, evidence-based coping skills on how to prevent or recover from burnout. Also, the symposia serve as a forum where physicians and their partners can express their fears, concerns, and disillusionment with the business of medicine; that lessens the sense of isolation that is prevalent among doctors today.

Over the course of several full days where faculty and registrants converse, exercise, play, and eat together, strong bonds of community are formed. By the end, attendees find their passion for their work has been reignited. They return home inspired, hopeful, empowered by the realization they are not alone, and ready to continue to fight the good fight, and thrive...not just survive.

WHEN & WHERE are The Osler Symposia held?

The Inaugural Osler Symposium was held in Albuquerque in May 2011. Attendees hailed from 23 states and 5 countries. The next takes place in San Diego in October 2012. In 2013, we plan to offer two symposia—May in Albuquerque and October in San Diego.

WHY are the Symposia named for Sir William Osler?

Sir William Osler (1849-1919), often referred to as the Father of Modern Medicine, was one of the founding physicians of Johns Hopkins Medical School. *"His enduring influence rests on a legacy of clinical, scientific, literary, educational and intra-professional achievements, linked to the lodestone of a remarkable personality, and bound together by ethical principles and an extraordinary humanism."* *"In a world where doctors have become 'providers' and patients 'consumers'; where cost containment' and third party payers limit choices; where access to medical care is limited or non-existent, and life-saving drugs marketed at egregiously high cost, the example of Osler and 'virtue ethics' are a beacon in an evolving, and frequently, disturbing practice of medicine."* (Golden, RL. William Osler's medical ethics in the 21st century. *IJME*. Vol IX, No 1, 62-63.) Osler wrote his own epitaph, *"that I taught medical students in the ward."* He continues to teach and inspire physicians in the 21st century.

How are The Osler Symposia funded?

The primary source of funding for our inaugural conference was through attendee registration fees.

For The Osler Symposia to grow at a rate in keeping with the rate physicians are departing medicine, we are seeking to raise a total of \$100,000 during our 2012 sponsorship recruitment campaign. These funds will be used largely for marketing and promotion and will enable us to reach physicians truly in need of this experience.

Unlike more specific CME programs such as “emergency pediatrics,” it is challenging to identify and reach our target audience among the nearly one million licensed US doctors. Unfortunately there is no mailing list that identifies struggling physicians contemplating leaving medicine mid-career or early retirement.

We also hope corporations will choose to directly sponsor physicians who want to attend.

NEWSWORTHY FACTS & STATEMENTS

- Based on 2004 data, it is estimated the total cost for replacing one physician in family practice, internal medicine or pediatrics to be approximately \$250,000. (*Patients, Physicians and Employees: Satisfaction Trifecta Brings Bottom Line Results, Press Ganey, 2005*)
- Physicians have the highest suicide rate of any other profession and female doctors are outnumbering their male counterparts in taking their own lives. One in 16 surgeons (members of the American College of Surgeons) reported suicidal ideation during the previous year in a June 2008 survey. Suicidal ideation was strongly related to symptoms of depression and burnout (emotional exhaustion, depersonalization, and low personal accomplishment). (*Shanafelt, TD et al, Arch Surg. 2011;146(1):54-62*)
- “We have many individual physicians who cannot share with anyone, not even family members, the kinds of ordeals and stresses we go through.” “Burnout leads to early retirement, leaving the practice of medicine and pursuing another career, as well as illness, etc. I think we need to intervene. I think we need to be there for each other. We need to care.” “I want to add an extension to the old proverb, ‘Physician Heal Thyself.’ Physician Love Thyself. Physician Love Thy Colleague.” (*Patricia Lindholm, MD, President, Minnesota Medical Association, Inaugural address, Sept 2010*)
- “A shift in the culture of care and wellness of physicians is necessary.” (*Wallace, JE et al, Lancet, Nov 14, 2009*)
- “It is possible to change the conversation from burnout to wellness, and the time for that change is now.” (*Eckleberry-Hunt, J et al, J Grad Med Educ, Dec 2009*)
- “As Bernie Siegel says, ‘People need *inspiration* so that they can undergo a *transformation* which allows them to use the *information* they have to choose healthy behaviors.’” (*Integrative Health Care –Complementary and Alternative Therapies for the Whole Person, by Vic Sierpina, MD, 2001*)

REFERENCES

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