

# 2nd Osler Symposium – 2012 Program Schedule

## PRE-CONFERENCE

### FRIDAY, OCTOBER 19

**Finding Balance Through Yoga and Breathing: An Intensive Workshop**  
4:00–9:00pm  
(see Page 9 for details)

### SATURDAY, OCTOBER 20

**Finding Balance Through Yoga and Breathing: An Intensive Workshop**  
8:00am–12:00pm  
(continued from Friday)

## SATURDAY, OCT 20

8:00am–12:00pm **FOR EARLY ARRIVERS...**  
(not attending pre-conference)  
**Hike Torrey Pines State Park**

12:00pm **REGISTRATION OPENS**

### SETTING THE STAGE

*“In no relationship is the physician more often derelict than in his duty to himself.”*

1:30–1:40pm **WELCOME**  
Introductions & Announcements  
*Mancuso, Najm, Searles & Slishman*

1:40–2:00pm **Sir William Osler – A Doctor (and Man) for the Ages**  
*Norcross*

2:00–3:15pm **The Vanishing Oath – Film**  
*Pando*

3:15–3:30pm **BREAK**

3:30–4:15pm **Balance and Resilience in a Medical Life**  
*Searles*

4:15–5:15pm **Physician Wellness: Missing Quality Indicator**  
*Lemaire*

5:15–5:30pm **BREAK**

5:30–6:15pm **Your Hard Wiring: Know Thyself Before All Else**  
*Pando*

6:15–6:45pm **Q&A and Discussion: Setting the Stage for the Next Three Days**  
Moderator: *Najm*  
Panel: *Lemaire, Norcross, Pando, & Searles*

6:45–8:30pm **OPENING DINNER**  
**“Grandma’s Beans!”**  
*Last*

Saturday: Max of 4.50 AMA PRA Category 1 Credits™

## SUNDAY, OCT 21

### RETURN TO WELLNESS – SELF CARE

*“... rest, food, fresh air, and exercise – the quadrangle of health.”*

7:30–8:15am **MORNING EXERCISE**  
Meditation, Yoga, Jogging

8:15–9:00am **BREAKFAST**

9:00–9:45am **THE BODY**  
**Movement to Wellness: Understanding the Health Benefits of Physician Activity**  
*Sallis*

9:45–10:30am **Garden of Wellness: Food and Nutrition**  
*Minich*

10:30–10:50am **Q&A and Discussion: The Body**  
Moderator: *Najm*  
Panel: *Minich and Sallis*

10:50–11:05am **BREAK**

11:05–11:50am **THE MIND**  
**Educating Mind and Heart: Meditation, Mind Training & the Inner Healer**  
*Dacher*

11:50–12:35pm **Healthy Pleasures: The Health Benefits of Sensuality, Optimism and Altruism**  
*Sobel*

12:35–1:00pm **Q&A and Discussion: The Mind**  
Moderator: *Searles*  
Panel: *Dacher and Sobel*

1:00–4:30pm **BOX LUNCH & PLAY**  
*“The key is movement – and movement that is play.”*  
– George Sheehan, MD

4:30–5:45pm **Breakouts Session A**

5:45–7:00pm **Breakouts Session B**  
(Sessions listed on Page 8)

7:00–8:30pm **DINNER** (on your own)

8:30–10:00pm **An Evening of Burnout Prophylaxis: Slightly Funnier than Placebo**  
*ZDoggMD*

Sunday: Max of 7.25 AMA PRA Category 1 Credits™

## MONDAY, OCT 22

### BALANCE

*“... the more you see of life outside the narrow circle of your work the better equipped you will be for the struggle.”*

7:30–8:15am **MORNING EXERCISE**  
Meditation, Yoga, Jogging

8:15–9:00am **BREAKFAST**

9:00–9:45am **THE HEART**  
**Medical Marriages and Other Intimate Relationships**  
*Myers*

9:45–10:30am **On Bonds, Bodies, and Brains: Neurobiology of Feeling–Full Connections**  
*MacDonald*

10:30–10:50am **Q&A and Discussion: The Heart**  
Moderator: *Searles*  
Panel: *MacDonald and Myers*

10:50–11:05am **BREAK**

11:05–11:50am **THE SPIRIT**  
**Medicine and Literature: Can Poetry Make You a Better Doctor?**  
*Shapiro*

11:50–12:35pm **The (Spiritually) Connected Doctor: How Your Spirit and Empathy Trump the Smartphone**  
*Bonakdar*

12:35–1:00pm **Q&A and Discussion: The Spirit**  
Moderator: *Najm*  
Panel: *Bonakdar and Shapiro*

1:00–4:30pm **BOX LUNCH & PLAY**  
*“As a child I felt joy, never realizing how infrequent those occasions would be in the years ahead.”*  
– George Sheehan, MD

4:30–5:45pm **Breakouts Session C**

5:45–7:00pm **Breakouts Session D**  
(Sessions listed on Page 8)

7:00–8:30pm **DINNER** (on your own)

8:30–10:00pm **Endorphins Event! – Helpers High... The Healing Power of Doing Good**  
*Luks*

Monday: Max of 7.25 AMA PRA Category 1 Credits™



# Inaugural Lee Lipsenthal Lecture

## Finding Balance in a Medical Life™



presented by  
**Dean Ornish, MD**  
**Tuesday,**  
**October 23**  
**8:00-9:00pm**

Lee Lipsenthal profoundly touched all who attended the inaugural Osler Symposium in 2011. To honor Lee and the role he played in setting the standard of excellence for all future Osler Symposia, we have established a lecture in his name. We are honored that Dr. Dean Ornish—Lee’s mentor, colleague, friend and “brother”—accepted our invitation to present the first Lee Lipsenthal Lecture. In the foreword of Lee’s book titled for the program he created—*Finding Balance in a Medical Life*—Dean wrote: “Lee is a doctor’s doctor who embodies the best qualities of a physician—keen intellect, excellent clinician, compassionate friend, and clear communicator.” Lee focused on the life-changing aspects of Love and Gratitude in his work—the Lee Lipsenthal Lecture will as well.

**TUESDAY, OCT 23**

### GOING FORWARD

*“... Now the way of life that I preach is a habit to be acquired gradually by long and steady repetition. It is the practice of living for the day only, and for the day’s work.”*

7:30-8:15am	<b>MORNING EXERCISE</b> Meditation, Yoga, Jogging
8:15-9:00am	<b>BREAKFAST</b>
9:00-9:45am	<b>The Power of Touch: Enhancing Our Interactions Through Palpation</b> Kurisu
9:45-10:30am	<b>Care of a Doctor’s Soul</b> Moore
10:30-10:45am	<b>BREAK</b>
10:45-11:30am	<b>Limitless Compassion</b> Shlim
11:30-12:15pm	<b>Humanism in Medicine: A Trauma Surgeon’s Journey</b> Scalea
12:15-12:45pm	<b>Q&amp;A and Discussion: Going Forward</b> <b>Moderator:</b> Searles <b>Panel:</b> Kurisu, Moore, Scalea and Shlim
12:45-1:00pm	<b>BREAK</b>
1:00-1:30pm	<b>Conference Wrap-Up...</b> <i>“In purity and holiness I will guard my life and my art”</i> – The Hippocratic Oath <b>Moderator:</b> Slishman <b>Panel:</b> Mancuso, Najm, Norcross, and Searles
1:30-3:00pm	<b>BOX LUNCH &amp; FREE TIME</b>
3:00-4:15pm	<b>Breakouts Session E</b>
4:15-5:30pm	<b>Breakouts Session F</b> (Sessions listed on Page 8)
6:30-9:00pm	<b>FAREWELL BANQUET</b>
6:30-8:00pm	<b>Reception &amp; Dinner</b>
8:00-9:00pm	<b>Inaugural Lee Lipsenthal Lecture</b> Ornish
9:00pm	<b>Until we meet again...</b>

Tuesday: Max of 7.50 AMA PRA Category 1 Credits™

### POST-CONFERENCE

**WEDNESDAY, OCTOBER 24**

**The Healer Within: A Transpersonal & Experiential Workshop**  
8:30am–5:00pm  
(see Page 9 for details)

**ATTENTION**

### ..... ABOUT THE EDUCATION .....

#### ACCREDITATION:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of California, San Diego School of Medicine and the Endorphin Power Company. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

#### AMA:

The University of California, San Diego School of Medicine designates this live activity for a maximum of **44.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### AAFP:

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

#### AAPA:

Accepts **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME to grant Category 1 credit.

#### BRN:

For the purpose of recertification, the American Nurses Credentialing Center accepts **AMA PRA Category 1 Credits™** issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts **AMA PRA Category 1 Credits™** (report up to **44.0** hours of credit and list “CME Category 1” as the provider number).

#### NOTE:

Osler Symposium (main conference) – maximum **26.5 AMA PRA Category 1 Credits™**.

#### CULTURAL AND LINGUISTIC COMPETENCY:

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals

or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient’s primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at <http://cme.ucsd.edu>.

#### DISCLOSURE:

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual’s control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

#### OBJECTIVES

**At the end of this CME activity, participants should be able to:**

- Describe key personal and group behaviors and barriers leading to a stressful practice and burnout.
- Determine the aspects of their personality and behavior that help or hinder their progress, personal growth and patient care.
- Review the nature of stress for healthcare practitioners.
- Recognize and utilize available resources and support groups to enhance wellness.
- Develop personal, practice and environmental changes to support the priority objectives of a wellness program.
- Acquire tools to modify their stress responses and better manage internal and external stress.
- Prepare a successful personal wellness program that will create a culture of health and well-being and facilitate lifestyle behavior change and growth.

### \* SUPPORTERS .....

We welcome financial support for this CME activity in the form of educational grants and exhibits. For information about grant support and exhibits, please **Contact** Janice Mancuso at: **Email:** [janice@EndorphinPower.org](mailto:janice@EndorphinPower.org) **Phone:** 505-506-4496 • **Fax:** 505-266-3695  
**OslerSymposia.org**