Physician Wellbeing: Psychological PPE in the Age of Covid and Beyond

Carol Bernstein, MD
Vice Chair for Faculty Development and Wellbeing, Departments of Psychiatry and Behavioral Science and Obstetrics and Gynecology and Women's Health
Montefiore Medical Center /Albert Einstein College of Medicine

Tuesday, July 13, 2021
12:00pm—1:00pm
You must register to access to the meeting:
https://som.ucdenver.edu/Events/Event/Details?EventID=442

Brief overview:
The presentation will focus on general factors contributing to burnout among physician faculty both during the Covid pandemic and in general. There will be a review of the overall drivers of burnout, the specific challenges in academic medicine, the difference between burnout and depression and relationship of burnout to depression and anxiety and the risk of suicide. the presentation will also focus on potential solutions at both the individual and systemic levels.

By the end of this session, participants will be able to:
- Identify key factors contributing to stress, burnout, wellbeing and resilience as they affect physicians both during Covid and beyond.
- Describe the complex interrelationships between burnout, depression and resilience and how these factors may interact with each other a result of pressures in academic medicine.
- Identify different approaches to the problem both at the individual and systemic levels.

CAROL A. BERNSTEIN, M.D. is Professor and Vice Chair for Faculty Development and Wellbeing, Departments of Psychiatry and Behavioral Science and Obstetrics and Gynecology and Women’s Health at the Montefiore Medical Center /Albert Einstein College of Medicine. She is also a Senior Scholar in the Department of Education and Organizational Development for the Accreditation Council for Graduate Medical Education (ACGME). She was previously Vice Chair for Education and Director of Residency Training in Psychiatry at NYU. From 2001-2011, Dr. Bernstein also served as the Associate Dean for Graduate Medical Education and the Designated Institutional Official for ACGME accredited training programs at NYU. Dr. Bernstein is a Past-President of the American Psychiatric Association and served the Association as Vice-President, Treasurer and Trustee-at-Large and as the chair of multiple committees. She has served as a spokesperson for the American Psychiatric Association on many occasions and received the 1997 exemplary psychiatrist award from the National Alliance for the Mentally Ill (NAMI). She is the recipient of the APA/NIMH Vestermark Award in Psychiatric Education and the APA Alexandra Symonds Award for contributions to the advancement of women in leadership and in women’s health. In 2018, Dr. Bernstein received a special Presidential commendation from the APA for her work in educating the public about mental illness through her role on Sirius/XM Doctor Radio. In 2019, she received the John Gienapp Award for notable contributions to Graduate Medical Education from the ACGME and the Distinguished Service Award from the American College of Psychiatrists. Dr. Bernstein completed medical school at the Columbia University College of Physicians and Surgeons. Following an internship in internal medicine at St. Luke’s/Roosevelt Medical Center in New York, she completed her psychiatric residency training at Columbia University and the New York State Psychiatric Institute. The speaker and planners do not have any relevant financial relationships and do not intend to reference the off-label or investigative use of commercial products and/or devices.

Continuing Medical Education
The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.