

Accreditation Statement:

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 providership of University Medical Center of SN and the AAP Nevada Chapter. The University Medical Center is accredited by the Institute of Medical Quality/California Medical Association (IMQ/CMA) to provide Continuing Medical Education for physicians. University Medical Center of SN designates this live educational activity for a maximum of two (2.0) *AMA PRA Category 1 Credit(s)*™

Disclosure Statement:

It is the policy of University Medical Center of SN to ensure balance, Independence, objectivity, and scientific rigor in all its individually sponsored or jointly sponsored educational programs.

Sandra Abdullah, LCSW, Anne Weisman, Ph.D have nothing to disclose. The planning committee members: Pam Greenspon, MD, Betsy Huang, MD, and Kami Larsen, MD have nothing to disclose.



**Participants wishing to stay and walk a trail may want to bring walking shoes

Objectives:

- To discuss and engage retreat participants in the practice of mindfulness
- Define self-awareness as a realm of self-care
- Define physician burnout, the prevalence and the consequences
- Define physician wellness and steps needed to promote wellness in the individual, practices and communities
- Review changes in medical school and residency training
- Review consequences of physician stress on health outcomes for physicians and patient care

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



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The American Academy of Pediatrics - Nevada Chapter



Physician Wellness Retreat

*Saturday—
April 29, 2017
Mt. Charleston
Resort—Las Vegas
Take 95N to the
Kyle Canyon Exit*

2.0 Ethics CME



Health & Wellness

As physicians, we know practicing medicine is often stressful.

Increasing practice demands and ever-evolving societal expectations can generate intense pressure.

It is the hope that this 1/2 day retreat will give you some of the tools necessary to help with day-to-day pressures that a physician endures.

Sandra Abdullah, LCSW
Clinical Director of Behavioral Health for Nevada Health Centers, Inc.

Anne Weisman, Ph.D., M.P.H., L.M.T.

Director of Wellness & Integrative Medicine, UNLV School of Medicine

AGENDA:

Saturday—April 29, 2017

8:00am—Registration & Breakfast

8:30am—AAP Welcome

9:00am—“Mindfulness- Oh Come On—Really?” -

Sandra Abdullah, LCSW

10:00 am—Break

10:15am—“Physician Burnout” -
Anne Weisman, Ph.D., M.P.H., L.M.T,

11:30am— Lunch & Trail hike
(Hike is optional)



Registration Fees:

AAP Members—50.00

Non-Members—75.00

Residents—25.00

Hike/Trail walk

Name & Title

E-mail

Please make check payable to
AAP Nevada Chapter - P.O.
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Las Vegas, Nevada 89114

**Please RSVP by e-mail by
4/26/2017**

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The American Academy of Pediatrics - Nevada Chapter

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