

2015 **NORTH CAROLINA MEDICAL SOCIETY** ANNUAL MEETING

# Resilience in Challenging Times



OCTOBER 23-24, 2015 - GRANDOVER RESORT, GREENSBORO, NC

This continuing medical education activity is jointly provided by the  
North Carolina Medical Society and the Southern Regional Area Health Education Center.



# ANNUAL MEETING OVERVIEW

We invite you to attend the 161<sup>st</sup> Annual Meeting and House of Delegates of the North Carolina Medical Society, which will be held at the Grandover Resort in Greensboro on October 23-24.

This is the one opportunity in the year in which friends and colleagues from throughout the state gather to socialize, network and educate themselves on the latest developments affecting health care. We hope you and your family will take advantage of the meeting's events, as well as the opportunities for fun and relaxation available at the Grandover.

## Resilience

The practice of medicine is ever evolving and becoming more complex. In today's health care environment, physicians and PAs have to be as competent in dealing with the business of medicine as they are in caring for their patients. This double duty often leads to a work-life imbalance — a feeling of burnout that can affect patient care and relationships with colleagues and family. This year's meeting is dedicated to addressing these imbalances and teaching attendees ways in which they can modify their behavior to become more resilient in challenging times.

## Meeting Accommodations

The Annual Meeting will take place at the Grandover Resort in Greensboro. The deadline for reservations in the NCMS room block is **September 25**. When making your reservation, be sure to mention you are attending the NCMS Annual Meeting to receive the special group rate of \$181 per night plus tax.

### **Reservations: (800) 472-6301**

While at the Grandover, be sure to take advantage of the many amenities the resort offers, from spa services to golf outings.

For more information on the resort, including dining and recreation options, visit [www.grandoverresort.com](http://www.grandoverresort.com).



“The greatest  
glory in living  
lies not in never  
falling but in  
rising every time  
we fall.”

- Nelson Mandela

# ANNUAL MEETING SCHEDULE OF EVENTS

## Friday, October 23, 2015

7:30am-9:30am	NCMS Benefit Plan Trustee Breakfast Meeting <i>Savoy Room</i>	1:30pm-6:30pm	Leadership College 2016 Class Orientation <i>Clermont Room</i>
7:30am-10:30am	NC Chapter, American College of Physicians Council Meeting <i>Beaumont Room</i>	2:00pm-3:00pm	Break in Exhibit Hall <i>Grandville AB</i>
8:30am-11:00am	Foundation Board of Trustees Breakfast and Meeting <i>Berkeley Room</i>	3:00pm-5:30pm	House of Delegates: Session 1 <i>Grandville CD</i>
8:30am-7:00pm	Meeting Registration Desk Open <i>Grandville Prefunction Area</i>	5:30pm-7:00pm	Cocktail Reception in Exhibit Hall <i>Grandville AB</i>
9:00am-1:00pm	Commission for Public Health Meeting <i>Whitehall Room</i>	7:00pm-7:45pm	President's Inauguration <i>Carlisle Ballroom</i>
9:30am-12:00pm	NCMS Board of Directors Meeting <i>Provencal Room</i>	7:45pm-11:00pm	Inaugural Reception <i>Grandville CD</i>
10:30am-12:30pm	<b>Educational Session: "Keys to Resilience: Thriving Through Change"</b> <i>Grandville CD</i>	<b>Saturday, October 24, 2015</b>	
11:00am-7:00pm	Exhibit Hall Open <i>Grandville AB</i>	7:00am-8:00am	AMA Delegation Meeting <i>Provencal Room</i>
11:30am-3:00pm	CPP Annual Meeting and Lunch <i>Nottingham Room</i>	7:00am-1:00pm	Meeting Registration Desk Open <i>Grandville Prefunction Area</i>
12:00pm-3:00pm	NC OB/GYN Society Executive Committee Meeting <i>Regents Boardroom</i>	7:00am-1:00pm	Exhibit Hall Open <i>Grandville AB</i>
12:30pm-1:00pm	Boxed Lunches <i>Grandville AB</i>	8:30am-9:30am	NCMS PAC Breakfast <i>Carlisle Ballroom</i>
12:30pm-1:30pm	Leadership College 2015-2016 Class Meeting & Lunch <i>Grandview A</i>	8:30am-9:30am	Speaker/Reference Committee Caucus <i>Riviera Room</i>
1:00pm-2:00pm	<b>Educational Session: "Mastering the Art of Behavior Change"</b> <i>Grandville CD</i>	9:30am-10:00am	Break in Exhibit Hall <i>Grandville AB</i>
1:00pm-5:00pm	Residents/Students Poster Session <i>Grandville AB</i>	10:00am-1:00pm	House of Delegates: Session 2 <i>Grandville CD</i>
1:30pm-5:00pm	Leadership College 2015 Class Presentations <i>Grandview A</i>	11:45am	Boxed Lunches <i>Grandville CD</i>
		1:00pm-2:00pm	NCMS Board of Directors Open Forum <i>Grandville CD</i>
		1:00pm-3:00pm	Women in Medicine Lunch <i>Grandview Ballroom</i>
		1:00pm	Optional Golf Outing <i>Grandover West Course</i>
		2:00pm-4:00pm	Specialty Societies Summit <i>Grandville CD</i>

# ANNUAL MEETING CONTINUING MEDICAL EDUCATION



“It is not the  
strongest  
of the species  
that survive,  
nor the most  
intelligent,  
but the one most  
responsive to  
change.”

- Charles Darwin

Health care providers have a strong commitment to help patients by utilizing the providers' great knowledge base. Unfortunately, this desire doesn't ensure that providers can achieve and sustain the required effort needed for their patients, co-workers/staff and themselves to feel engaged and positive about the process to achieve optimal outcomes. In this meeting's program, participants will be introduced to basic approaches for developing greater fulfillment and resilience in practicing medicine.

## Objectives:

- Discuss why providers have more burnout than many other US workers, despite the rewarding aspects of helping others as a medical provider.
- List five levels of engagement in worksite wellness.
- Describe three barriers to optimal engagement in the worksite.
- Compare some medical specialties with other specialties regarding higher or lower rates of job burnout.
- Review methods medical providers can use to develop greater emotional resilience to offset the significant risk of burnout.

## Credit Statement:

*AMA PRA Category 1 Credit™ - 3.0 hours*

The Southern Regional AHEC designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Accreditation:

This activity has been planned and implemented in accordance with the Essentials and Standards of the North Carolina Medical Society through the joint providership of the Southern Regional AHEC and the North Carolina Medical Society. The Southern Regional AHEC is accredited by the NCMS to provide continuing medical education for physicians.

## Additional Credit:

Other health professionals will receive Southern Regional AHEC CEU and/or contact hours and a certificate of attendance from an AMA PRA Category 1™ activity. These certificates are accepted by the NC boards for physician assistants, nurse practitioners and nurses. License requirements are subject to change. Southern Regional AHEC recommends participants contact their licensing board with specific questions. Southern Regional AHEC will provide .3 Continuing Education Units (3.0 contact hours) to participants upon completion of this activity.

## Disclosure Statement:

The Southern Regional AHEC adheres to ACCME Essential Areas and Policies regarding industry support of continuing medical education. Disclosure of faculty/planning committee members and commercial relationships will be made known at the activity. Speakers are also expected to openly disclose a discussion of any off-label, experimental or investigational use of drugs or devices in their presentations.



# ANNUAL MEETING CONTINUING MEDICAL EDUCATION

## Keys to Resilience: Thriving Through Change

**Friday, October 23, 10:30AM-12:30PM**

**Speaker: Wayne M. Sotile, PhD**

Although the practice of medicine can be incredibly meaningful and personally fulfilling, it is also demanding and stressful. Recent studies have revealed that over 46 percent of practicing physicians suffer from workplace burnout, a syndrome characterized by a loss of enthusiasm for work (emotional exhaustion), feelings of cynicism (depersonalization) and a low sense of personal accomplishment. Although difficult to fully measure and quantify, findings of recent studies suggest that burnout may erode professionalism, influence quality of care, increase the risk for medical errors and promote early retirement. Discover what individual physicians, PAs and physician leaders can do to bounce back from burnout and how they can deepen resilience for themselves, the people they work with and the people they love. Join well-known author and speaker Wayne Sotile, PhD, as he shares practical tools to improve resilience during times of crisis.

### About Wayne M. Sotile, PhD

Wayne M. Sotile is the founder of the Center for Physician Resilience in Davidson, North Carolina. He is a national thought leader on physician well-being and work/life issues for contemporary medical families and health care professionals. Dr. Sotile consults with medical group practices and health care systems nationwide, teaching evidence-based strategies for deepening multidisciplinary collaboration and collegiality while coping with change. He has authored or co-authored nine books, including the landmark publication, *The Resilient Physician* (AMA Press, 2002) and *Letting Go of What's Holding You Back* (Harry Abrams, 2007). He is published widely in the peer-reviewed medical literature.



Wayne M. Sotile, PhD

## Mastering the Art of Behavior Change

**Sponsored by the NCMS Employee Benefit Plan**

**Friday, October 23, 1:00PM-2:00PM**

**Speaker: Laura Putnam, MA**

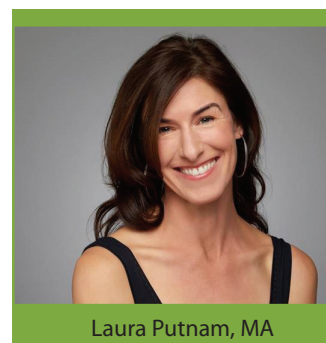
Physician burnout is happening at an alarmingly high rate and is negatively impacting performance on the job, as well as quality of life outside the job. The question is – what can you do about it? How can you do a better job of practicing what you preach to prevent and mitigate this widespread epidemic? This session focuses on the “now what?” piece and how to translate knowledge into action.

Whether the task is self-care or patient care – the issue largely comes down to the thorny topic of behavior change. The truth is: you already know what to do to improve your overall well-being, and so do your patients (for the most part)! The real issue is closing the “knowing and doing gap,” which requires addressing the motivation conundrum.

Learn about the research behind motivation and what you can do to better set yourself up for making personal change. These findings are also useful in empowering your patients to make change in their lives.

### About Laura Putnam, MA

Laura Putnam, MA, CEO and founder of Motion Infusion Inc., is a speaker, trainer and consultant on employee well-being and human performance. She consults with Fortune 500 companies, nonprofit organizations and academic institutions, using a movement-based and holistic approach to improving health, engagement and innovation in the workplace. With a dual focus on enacting individual behavioral changes and facilitating broader organizational changes, she is a frequent speaker at national and international conferences and events. She covers topics such as health promotion, motivation and behavior change, human performance, creativity and innovation and building a strong organizational culture. She also serves as Chair of the American Heart Association Greater Bay Area 2020 Task Force.



Laura Putnam, MA

# ANNUAL MEETING HIGHLIGHTS



**Keys to Resilience: Thriving Through Change** (10/23): Discover what individual physicians, PAs, and physician leaders can do to bounce back from burnout and how they can deepen resilience. *(See page 5 for details)*

**Mastering the Art of Behavior Change** (10/23): This session focuses on how to translate knowledge into action with behavior change in regard to workplace burnout. *(See page 5 for details)*

**House of Delegates** (10/23 & 10/24): Help to shape health policy and hear important briefings from leadership during these two sessions of the House.

**3<sup>rd</sup> Annual Poster Session Sponsored by MagMutual Insurance Company** (10/23): Residents, fellows and medical students will have their clinical posters on display and up for judging. Review the latest research and clinical vignettes! Interested in participating? Visit [www.ncmedsoc.org/annualmeeting](http://www.ncmedsoc.org/annualmeeting) for details.

**Cocktail Reception** (10/23): After a day of CME and meetings, relax and mingle with your friends and family during this casual reception.

**Exhibit Hall** (10/23-10/24): Check out the Exhibit Hall and visit with our meeting supporters. Be sure to enter drawings for prizes!

**NCMS PAC Breakfast** (10/24): Get fortified with breakfast and the latest legislative developments! *NCMS PAC membership required.*

**Women in Medicine Luncheon** (10/24): Female members and prospective members are invited to attend this networking luncheon.

**Specialty Societies Summit** (10/24): This gathering of the leadership and lobbyists of all specialty medical societies and the NCMS is designed as a forum on legislative and regulatory issues impacting the medical profession, and is also an opportunity for specialties and individuals to share issues, questions, concerns and suggestions with your colleagues.

**Golf Outing** (10/24): When the meeting winds down, it's time to work on your game! Tee times start at 1:00pm for your afternoon golf outing. (Golf fee: \$75)

“Man never  
made any  
material as  
resilient as the  
human spirit.”

- Bernard Williams



Dr. Schaaf

**Presidential Inauguration** (10/23): **Docia E. Hickey, MD**, will be inducted as the 162<sup>nd</sup> President of the NCMS and **Robert E. Schaaf, MD, FACR**, will be presented with the Presidential Pin for his service in 2014-2015.

**Inaugural Reception** (10/23): All meeting attendees and their guests are invited to this reception honoring Dr. Hickey's presidency. Dance the night away with DJ Barry Miller and enjoy drinks and heavy hors d'oeuvres!



Dr. Hickey

# ANNUAL MEETING REGISTRATION

☐ YES, I will attend the 2015 NCMS Annual Meeting.

Name	Degree(s)
Specialty	Practice Name/Affiliation
E-mail address	
Name(s) of Guest(s)	
Special Needs/Dietary Requirements	

DELEGATE? ☐ Yes ☐ No

If yes: representing which organization/section?

## PLEASE SELECT FROM BELOW:

(more than one option may apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Physician                       | <input type="checkbox"/> Poster Session Presenter  |
| <input type="checkbox"/> 2015 or 2016 Leadership Scholar | <input type="checkbox"/> Practice Staff Member     |
| <input type="checkbox"/> Physician Assistant             | <input type="checkbox"/> County Executive Director |
| <input type="checkbox"/> Resident/Fellow                 | <input type="checkbox"/> Exhibitor                 |
| <input type="checkbox"/> Student                         | <input type="checkbox"/> Guest                     |

NCMS MEMBER? ☐ Yes ☐ No

## PLEASE INDICATE THE **NUMBER** ATTENDING THE EVENTS BELOW

- |   |  |
|---|--|
| ___ Keys to Resilience CME (Fri.)                   | ___ NCMS PAC Breakfast (Sat.) *            |
| ___ Mastering the Art of Behavior Change CME (Fri.) | ___ House of Delegates Session 2 (Sat.)    |
| ___ House of Delegates Session 1 (Fri.)             | ___ Women in Medicine Luncheon             |
| ___ Cocktail Reception (Fri.)                       | ___ Specialty Societies Summit (Sat.)      |
| ___ Presidential Inauguration (Fri.)                | ___ Golf Outing (Sat.) \$75 fee per golfer |
| ___ Inaugural Reception (Fri.)                      |  |

\*NCMS PAC membership required to attend

## FEES AND PAYMENT

If you have golf fees, please provide payment information below.

TOTAL FEES: \$ \_\_\_\_\_

- ☐ I have enclosed a check made payable to the North Carolina Medical Society
- ☐ Please charge my \_\_\_ Visa \_\_\_ Mastercard

Credit Card Number

Exp. Date (MM/YY)

Security Code

Name on Credit Card

Fax this form to (919) 833-2023 | Return by mail: NCMS, PO Box 27167, Raleigh, NC 27611

REGISTER ONLINE ANYTIME AT [WWW.NCMEDSOC.ORG/ANNUALMEETING](http://WWW.NCMEDSOC.ORG/ANNUALMEETING)



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OCTOBER 23-24, 2015 – GRANDOVER RESORT, GREENSBORO, NC

## Re·sil·ience

[ri-zil-yuh ns, -zil-ee-uh ns] noun

1. the ability of a substance or object to spring back into shape; elasticity.
2. the capacity to recover quickly from difficulties; toughness.



North Carolina



**Medical Society**

*Leadership in Medicine*

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