

Come join us for the next in-person education event!

ETHEA and HFMA are proud to offer:

Where: Calhoun's On the River, 400 Neyland Dr, Knoxville, TN 37902

When: August 16th – networking and dinner begin at 5:30pm, panel discussion at 6pm.

Cost: \$10 for ACHE member, \$15 for non-members



This event offers 1.5 Face to Face education credits.



Sustainable Strategies to Support Resiliency and Professional Well-being for Healthcare Professionals

Adverse patient events have been attributed to healthcare staff who have experienced difficulty sleeping, reduced job satisfaction, impaired behavior and anxiety. These attributes contribute to more serious consequences such as burnout, depression, post-traumatic disorder and suicidal ideation. The suicide rate for physicians is higher than that for any other profession, in part because of the stress of medical school, risk for malpractice, sleep deprivation and challenges with work/life balance.

During this panel, participants will learn sustainable strategies and approaches that will address well-being and resiliency for healthcare professionals in today's healthcare environment.

Topics will include:

- Strategies for promoting and sustaining personal and leadership resilience.
- Practical and evidence-based practices for reducing staff burnout and improving wellness, employee engagement and organizational productivity.
- Leadership strategies to foster resilience and professional well-being for healthcare professionals.
- Strategies that have proven to be beneficial in addressing issues related to job-dissatisfaction and job-anxiety.
- Support needs and Initiatives to support resiliency and professional well-being that are unique to physicians.
- Actions leaders can take to create and sustain teams that are professionally thriving.

Moderator:

Dr. Randal Dabbs, Team Health Co-Founder and President, Practice Development

Randal Dabbs, MD, FACEP, FAAFP, is a co-founder of TeamHealth and served as president and chief medical officer for more than 15 years. As current president of practice development, he has created and deployed many national programs that enhance the practice of medicine. Dr. Dabbs received his bachelor's degree from the University of Tennessee at Martin and his medical degree from the University of Tennessee Center for Health Sciences. He completed his residency training in family medicine at the University of Tennessee Medical Center in Knoxville. He is both ABEM and ABFM certified. He is passionate about and regularly lectures on clinician retention, leadership development, and improving both the provider and patient experience.



Panelists:

Dr. Nicole Shields, Physician Covenant Health and Medical Director Lincoln Memorial University

Dr. Shields currently works for Covenant Health as a primary care provider in rural, underserved East Tennessee. She is also the Medical Director for the LMU Physician Assistant Program. She has over 14 years of experience in the medical field. She graduated from University of Florida College of Medicine in 2008 and completed her residence in Duke's AHEC Family Medicine Residency Program. Dr. Shields is Board Certified in Family Medicine. Her passions are mentorship, physician advocacy, and all things primary care and preventive medicine. Her personal interests are regenerative farming, travel, and lakeside activities.



Dr. Kate Atchley, Executive Director, Executive Programs at the University of Tennessee

Dr. Atchley is the executive director of the college's Executive Education Healthcare Division and director of the college's Physician Executive MBA and Healthcare Leadership Executive MBA. Since joining the college in 2000, she has served in a number of leadership positions. Kate earned her PhD in industrial/organizational psychology from the University of Tennessee and is a licensed psychologist in the state of Tennessee. Her areas of interest include employee selection, executive development, physician leadership, and change management.



Ryan Thaler, Medical student Lincoln Memorial University

Ryan Thaler is a fourth-year medical student at LMU-DCOM Knoxville. He earned a Bachelor's of Science from Eastern Kentucky University in 2019, majoring in Biomedical Sciences and minoring in Chemistry. He recently completed his third-year clinical rotations at Fort Sanders Regional and other Covenant Health facilities. He is passionate about mental health and plans to apply to psychiatry residency programs later this year. In his spare time, he enjoys hiking, kayaking, watching soccer, cooking, finding new places to eat, and spending time with his family.



This program has been developed and is presented locally by ETHEA. The American College of Healthcare Executives has awarded 1.5 ACHE Face-to-Face Education hours to this program. To receive credit for this program, your name MUST appear on the sign-in sheet.

For any questions regarding this event, please contact Chris McCracken at chrismccracken629@gmail.com

Please RSVP by signing up on our website: <https://myethea.com/meetinginfo.php>