

WMS/WAFP Physician/PA Wellness Panel

Moderator Betsy Spomer, MD

Q & A

Questions

Panelists



*Wellness
in
Medicine
PANELISTS*

Disclosures

*Dean
Bartholomew,
MD*

*Lisa
Finkelstein,
DO*

*Jim
Hutchison,
PA-C*

*Spencer
Weston,
MD*

*Kim Yu,
MD,
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Disclosures

The speakers have no financial or other conflicts of interest to report

Dean Bartholomew, MD

- *Family Medicine*
- *Powell, WY*
- *WAFP President*
- *Direct Primary Care*

Lisa Finkelstein, DO

- *Urology*
- *Jackson, WY*
- *WMS President*
- *Advocate for telehealth*

Jim Hutchison, PA-C

- *Physician Assistant-
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- *Lander, WY*
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- *Evanston, WY*
- *CEO of FM Clinic*

Kim Yu, MD, FAAFP

- *Family Medicine*
- *AAFP Physician*
Health First

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QUESTION 1:

At what point did you know that you were burning out & that something needed to change?



QUESTION 1:

At what point did you know that you were burning out & that something needed to change?

What ultimately gave you the courage & inspiration to make the necessary changes- both personally and professionally?



QUESTION 2:

Will you share with us how you have successfully found your joy and how you plan to keep that joy alive?



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What do you see as the role of physician leaders in our state in regard to physician well-being?



QUESTION 3:

What kinds of changes do you see in yourself on a more personal level (physically, mentally, and/or emotionally) that contribute to your well-being?



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What kinds of changes do you see in yourself on a more personal level (physically, mentally, and/or emotionally) that contribute to your well-being?

How do you balance it all?



QUESTION 4:

How have you successfully created the necessary boundaries that have allowed you to maintain your personal well-being?



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How have you successfully created the necessary boundaries that have allowed you to maintain your personal well-being?

In what ways can physicians and PA's support each other in their mutual quest for well-being?



Question 5:



Will you share with us what drives your passion for physician well-being?

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What do believe is the most foundational element of physician well-being?

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Will you share with us what drives your passion for physician well-being?

What do believe is the most foundational element of physician well-being?

What do you recommend as a starting point when we begin addressing physician well-being both as individuals and in our organizations?

Thank You & Be Well!!

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