

**UC DAVIS/UC IRVINE TRAIN NEW TRAINERS (TNT)
CLINICIAN HEALTH AND WELLBEING (CHWB) FELLOWSHIP
April 2022 – October 2022**

April 25, 2022	CHWB Fellowship Program Kickoff	Via Zoom Noon – 2pm
May 2022	Two Monthly Teleconference 1.5 Hour Teaching & Discussion Sessions Monday, May 9th and Monday, May 23rd* <i>*Reading: Chapter 1. Suicide and the Professional Culture of Medicine</i> <i>*Reading: Chapter 2. Burnout and Depression</i> One monthly one-hour mentoring session w/TNT faculty <i>Assignment and discussion with mentor: How to identify symptoms of clinician burnout and depression</i>	Via Zoom Noon – 1:30pm Via Zoom or in-person
June 2022	Two Monthly Teleconference 1.5 Hour Teaching & Discussion Sessions Monday, June 6th and Monday, June 20th <i>*Reading: Chapter 3. Alcohol Use Disorders</i> <i>*Reading: Chapter 4. Substance (narcotic and other) Use Disorders</i> One monthly one-hour mentoring session w/TNT faculty <i>Assignment and discussion with mentor: What are the impact of provider addictions on patient care?</i>	Via Zoom Noon – 1:30pm Via Zoom or in-person
June 17th, 2022	<i>Optional Drop-in Final Project Discussion Session- Drs. Yellowlees & Hurria, Noon – 2pm via Zoom</i>	
July 2022	Two Monthly Teleconference 1.5 Hour Teaching & Discussion Sessions Monday, July 11th and Monday, July 25th <i>*Reading: Chapter 5. Anxiety, Engagement in Treatment & the impact on Second Victims</i> <i>*Reading: Chapter 6. Personality disorders and disruptive physicians</i> One monthly one-hour mentoring session w/TNT faculty <i>Assignment and discussion with mentor: How to prevent becoming a second victim</i>	Via Zoom Noon – 1:30pm Via Zoom or in-person
July 15th, 2022	CHWB Online Conference & Fellowship Program Meeting Friday, July 15th	Via Zoom or in-person 9am – 4pm

August 2022 Two Monthly Teleconference 1.5 Hour Teaching & Discussion Sessions Via Zoom
Monday, August 8th and Monday, August 22nd Noon – 1:30pm
**Reading: Chapter 8. How Individual Physicians Should Care for Themselves*
**Reading: Chapter 10. How Individual physicians should treat their colleagues*
One monthly one-hour mentoring session w/TNT faculty Via Zoom or in-person
Assignment and discussion with mentor: How to achieve work-life balance and successfully retire

September 2022 Two Monthly Teleconference 1.5 Hour Teaching & Discussion Sessions Via Zoom
Monday, Sept. 12th and Monday, Sept. 26th Noon – 1:30pm
**Reading: Chapter 9. Caring for potentially impaired physicians: Systemic & Organizational Solutions*
**Reading: Chapter 8. Aging Physicians and Cognitive Screening*
One monthly one-hour mentoring session w/TNT faculty Via Zoom or in-person
Assignment and discussion with mentor: How to recognize symptoms in colleagues

October 2022 **Monday, October 3rd- Noon – 1:30pm Bonus Zoom Webinar:**
A Chief Medical Officer’s Perspective on Clinician Wellbeing Via Zoom
Friday, October 21st, Fellowship Virtual Wrap-Up Session 9am – 4pm Via Zoom

Required Reading

1. Yellowlees Peter. Physician Suicide: Cases and Commentaries. 2018. American Psychiatric Publishing Inc.
2. Yellowlees, Peter. Physician Well-being: Cases and Solutions. 2020. American Psychiatric Publishing Inc.
3. Taking Action Against Clinician Burnout, A Systems Approach to Professional Well-Being. National Academy of Medicine. **Free PDF.**

Suggested Reading

1. Mayo Clinic Strategies to Reduce Burnout: 12 Actions to Create the Ideal Workplace (Mayo Clinic Scientific Press) Feb 7, 2020
by Stephen Swensen MD MMM, Tait Shanafelt MD.

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