



CASENETWORK

Advancing Core Skills for Clinical Care and Self-Care

COREWELLNESS Presentation

CaseNetwork Wellbeing Expertise

 **COREWELLNESS**
A PHYSICIAN WELLNESS PROGRAM



by Jeffrey Levy, MD and Louis Nepris, MD



Jeffrey Levy, MD

CEO and Founder, CaseNetwork

- Developed 14 online psychology and wellness curricula over the last 20 years
- Author of CoreWellness: A Physician Wellness Program
- Internationally recognized expert in e-learning
- Previous Medical Director for the University of Pennsylvania; Vice-Chair, Resident Director, and Medical School Director at Albert Einstein Medical Center
- Physician (Ob/Gyn)

For health professionals—and everyone else



A DOCTOR'S DOZEN

12 STRATEGIES FOR PERSONAL HEALTH
AND A CULTURE OF WELLNESS



CATHERINE FLORIO PIPAS MD, MPH

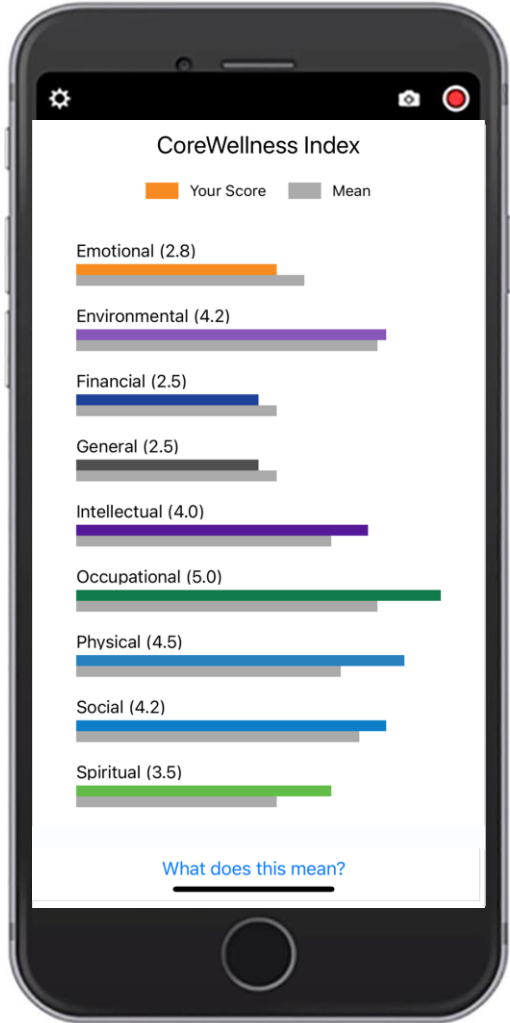
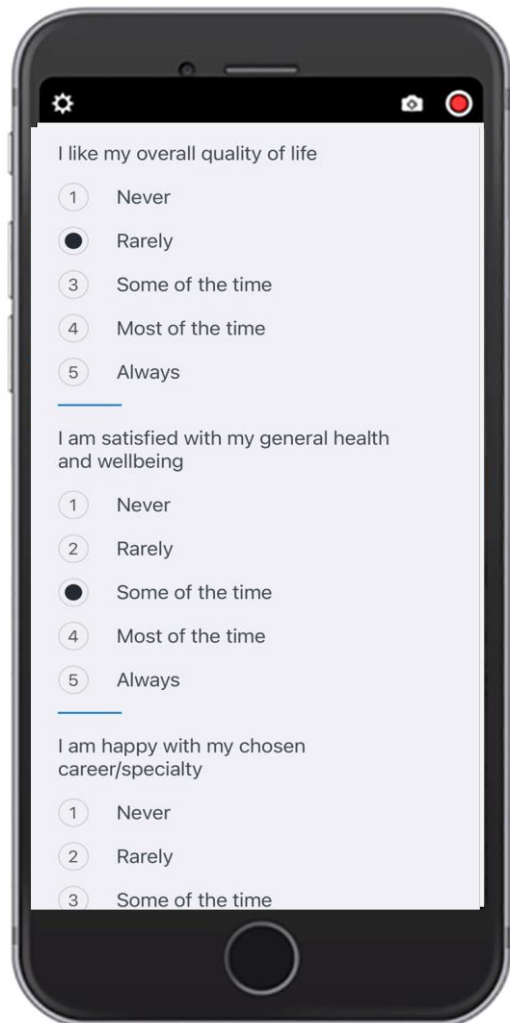
Catherine Pipas, MD, MPH

Chief Wellness Officer, CaseNetwork

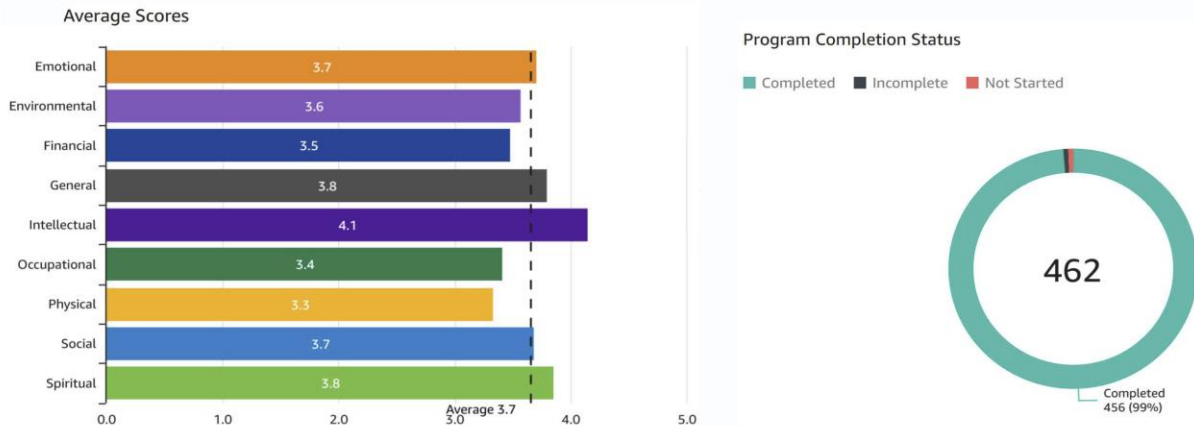
- National and international lecturer on wellness
- Author of A Doctor's Dozen: 12 Strategies for Personal Health and a Culture of Wellness
- Previous Assistant Dean, Vice Chair, Chief Clinical Officer, & Director of Education and Research at Dartmouth
- Administrative Board of the Association of American Medical Colleges (AAMC), STFM Board of Directors
- Physician (Family Medicine)



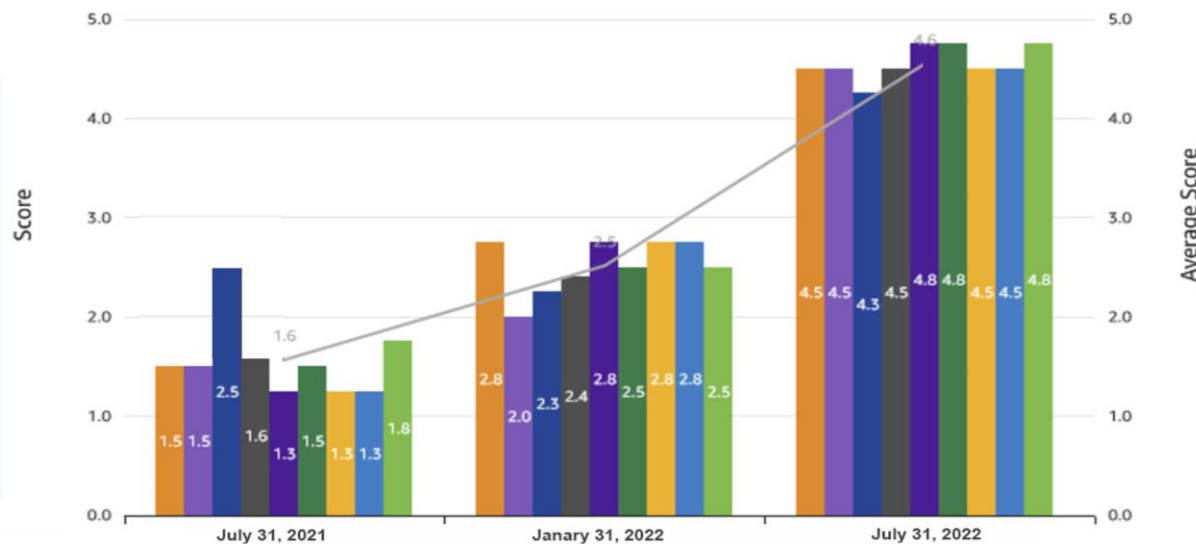
The **CoreWellness Index (CWI)** is a comprehensive assessment tool that assesses 8 domains of wellness and is specifically designed for healthcare students and professionals.



CoreWellness Institution Report



All Users	Users Completed	Users in Progress	New Program Complet...	Average Progress	Average Days to Comp...
462	456	3	+1	99%	3.02



COREWELLNESS

The CoreWellness[®] curriculum is designed to improve the wellbeing of healthcare students, trainees, and faculty by increasing their knowledge, skills, and attitudes utilizing evidence-based wellbeing strategies.



32 Challenges/Exercises

Physical

- Do you eat healthy foods and have a balanced diet?
- Do you exercise regularly or make the time to stay physically active?
- Are you tired on most days due to a lack of sleep or problems with sleep?
- Are you up-to-date with your own health screenings and preventive care?

Emotional

- Are you feeling disconnected from emotions, emotionally exhausted, or numb?
- Are you feeling overwhelmed managing chronic daily worries and stress?
- Are you experiencing an extreme emotion like grief from a recent loss?
- Do you find yourself going through most days with generalized negativity?

Spiritual

- Do you lack inner peace or connection to something bigger than yourself?
- Does your work lack meaning and purpose?
- Are you finding a misalignment of your values with those of your institution?
- Do you struggle to be present in the moment?

Social

- Do you have limited connections with family and friends?
- Do you experience isolation at work?
- Do you lack leisure time and activities?
- Do you struggle to maintain a mentor or receive mentoring?

Intellectual

- Are you struggling to remain open to new ideas and perspectives?
- Are you keeping up with new knowledge and pursuing career goals?
- Do you lack confidence in your professional knowledge and skills?
- Are you resistant to feedback and constructive criticism?

Occupational

- Are you experiencing conflict at work?
- Are you struggling to find work-life balance?
- Do you feel powerless to improve working conditions?
- Are you frustrated with a broken health care system and need a change?

Environmental

- Are you struggling to be a better steward of the environment?
- Are you frustrated with limited time to spend outdoors and with nature?
- Are you in need of healthier behaviors in your home environment?
- Are you experiencing an unsupportive or even toxic work environment?

Financial

- Do you have difficulty staying within your budget?
- Do student loans and/or other debts pose an enormous burden?
- Are you unsure how to save enough money for retirement?
- Are you deciding on whether to adjust your schedule and work part time?

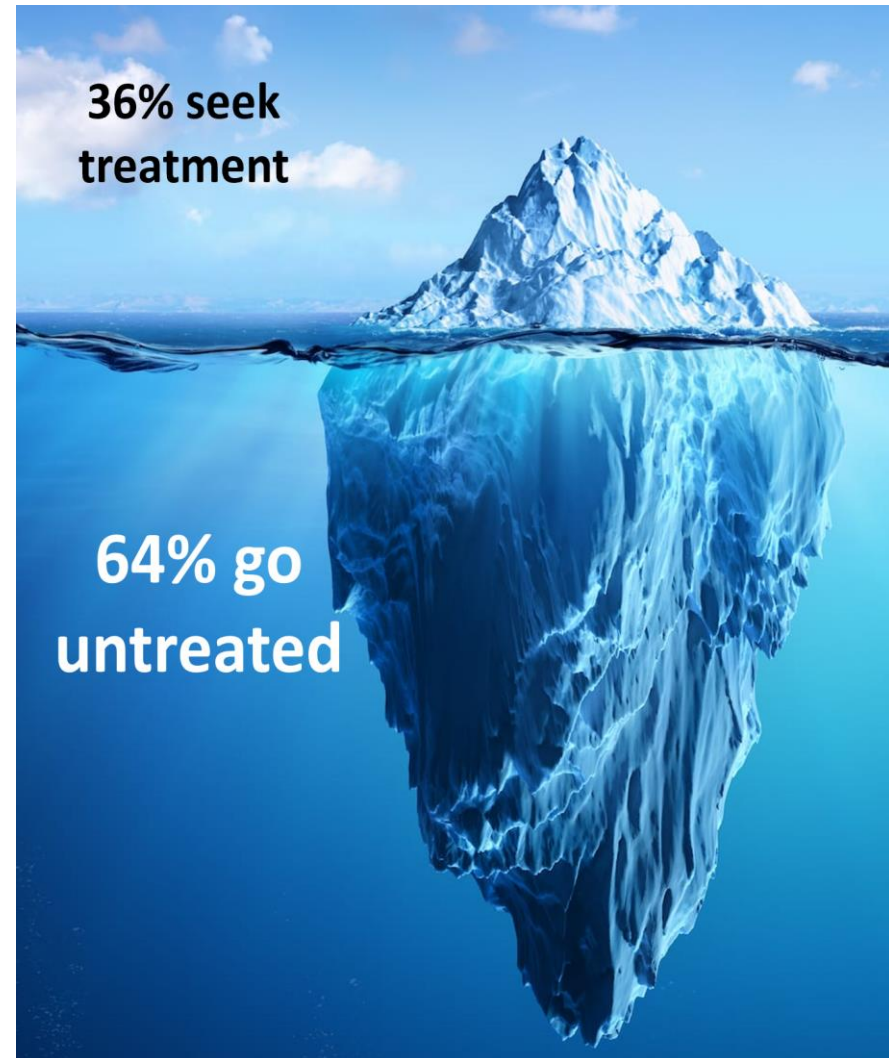
COREWELLNESS

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32 Challenges/Exercises

CoreWellness helps reach the most vulnerable individuals with severe burnout, depression, and anxiety who may never seek the mental health professional treatment they need.



Introduction to the Program

8 Domains of Wellbeing

Wellbeing has 8 domains that are important. Tap each domain below to get a brief description.



Supporting Evidence

PDF

Wellbeing Strategies

As part of your learning journey, you will complete 32 interactive exercises based on the following evidence-based wellbeing strategies:

- » Resilience building
- » Mindfulness
- » Emotional intelligence
- » Cognitive behavioral therapy (CBT) and cognitive reframing
- » Appreciative inquiry and gratitude
- » Work-life balance
- » Prioritizing purpose
- » Conflict resolution
- » Leadership
- » Narrative medicine (story telling)

Wellness Coach Introduces Emotional Wellbeing

If this is your first Emotional Wellbeing challenge, click on the arrow below to review the introduction video by your Wellness Coach --

Dr. Catherine Florio Pipas



Your Coach on Emotional Wellbeing (1 minute)



Video Transcript



PRE SURVEY

START

(0 attempts left)

To what degree are you knowledgeable about identifying and rating your emotions?

- A 5. Extremely
- 4. Very
- C 3. Somewhat
- D 2. Not very
- E 1. Not at all

Emotional Temperature Exercise

Emotional Temperature Intensity Scale

You will rate your emotions on the following scale:

5. Very strong and I need help dealing with this emotion
4. Strong and somewhat distracting
3. Noticeable, but not interfering
2. Slightly noticeable, but easily ignored
1. No distress, or I didn't have this emotion last week

Your Results

Emotions	Rating
> Anger	5
> Annoyance	3
> Rage	3
> Disgust	3
> Embarrassment	2
> Envy	2
> Fear	2
> Anxiety	2
> Guilt	1
> Rejection	1
> Jealousy	1
> Despair	1
> Loneliness	1
> Sadness	1
> Apathy	1
> Boredom	1

Focus on the emotions that are causing you the most distress (4s and 5s).

Explore Your Emotions

You selected the emotion below:

Anger

Click the arrows below to fill out the requested information for this intense emotion.

Stressor >

Date and Time >

Thoughts >

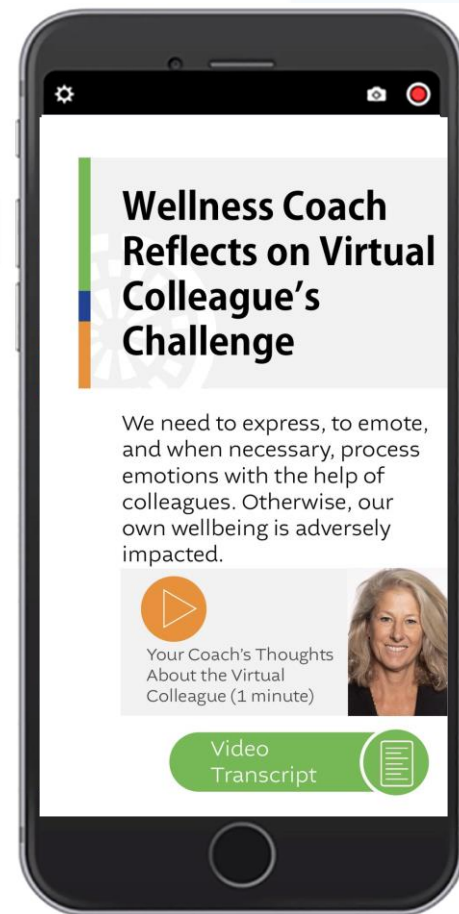
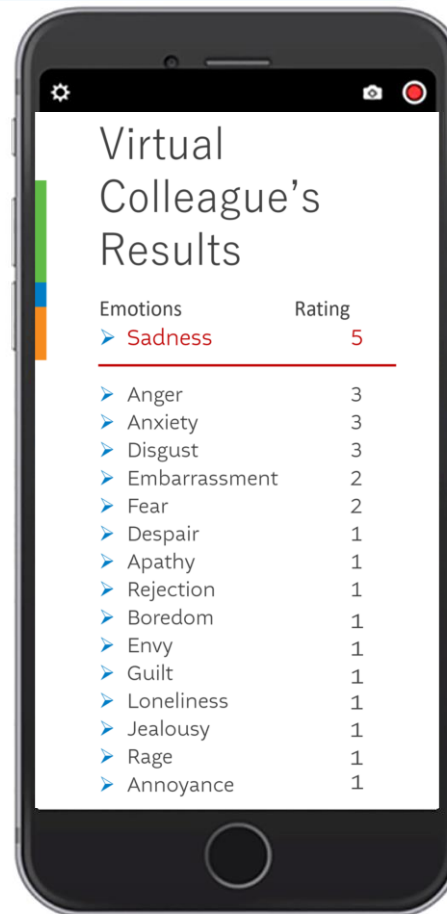
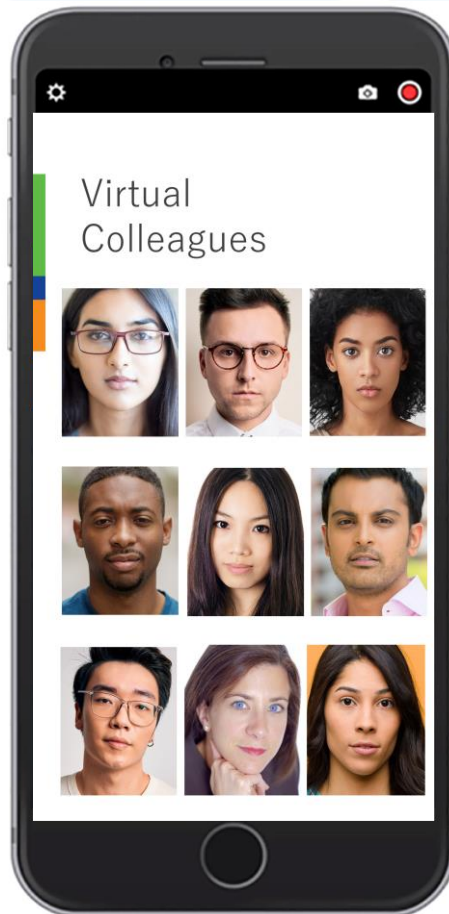
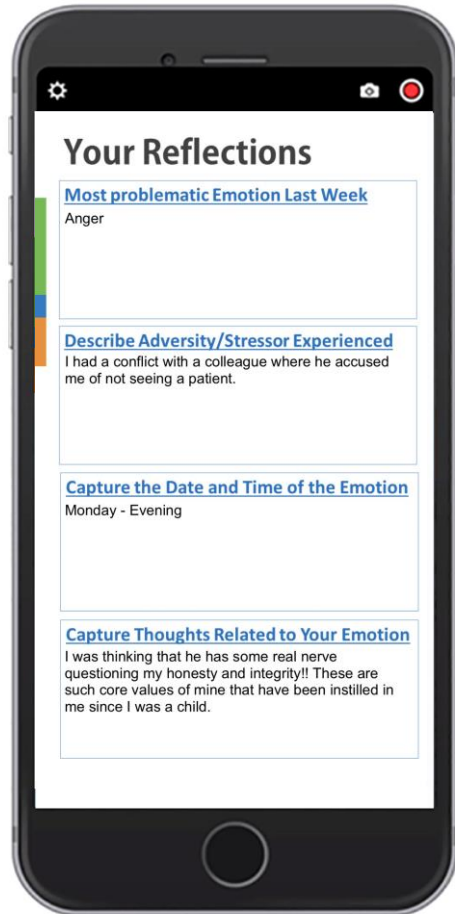
Thinking

Can you remember what you were **THINKING** when you experienced **anger** within the last week?

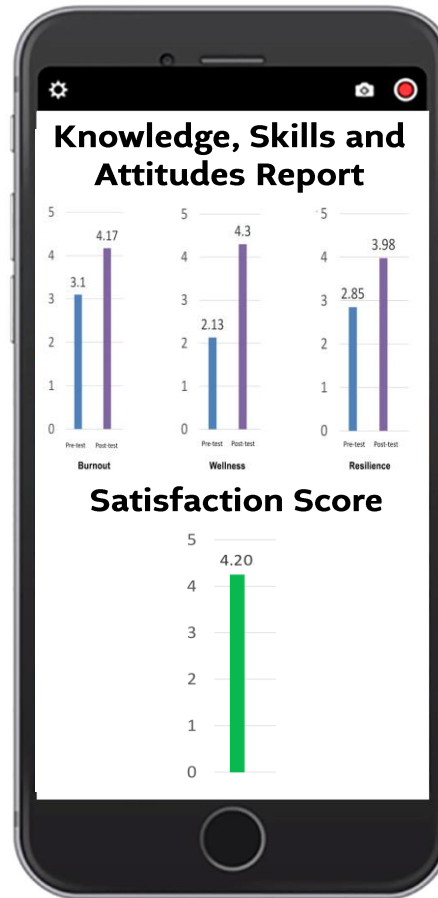
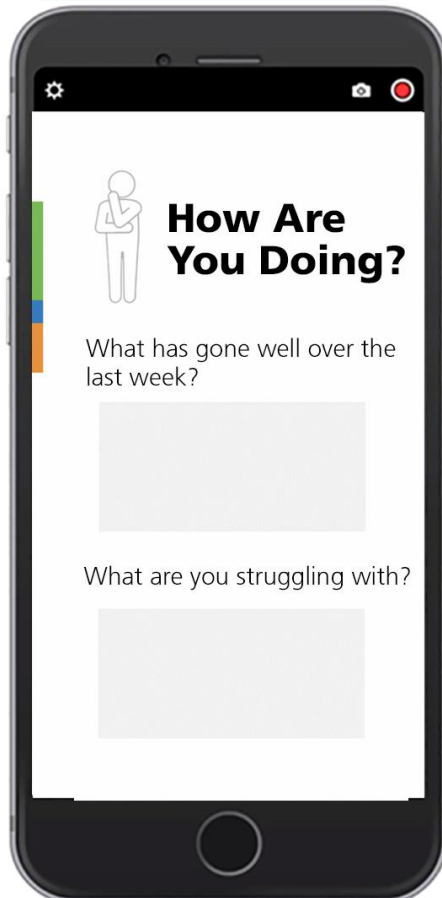
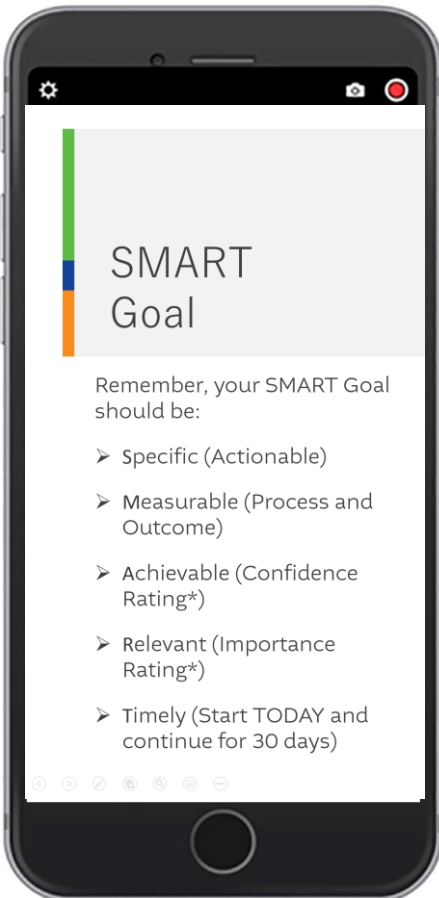
Thoughts.

ADD TO MY JOURNAL

Exercise Reinforcement



Sustained Learning and Results

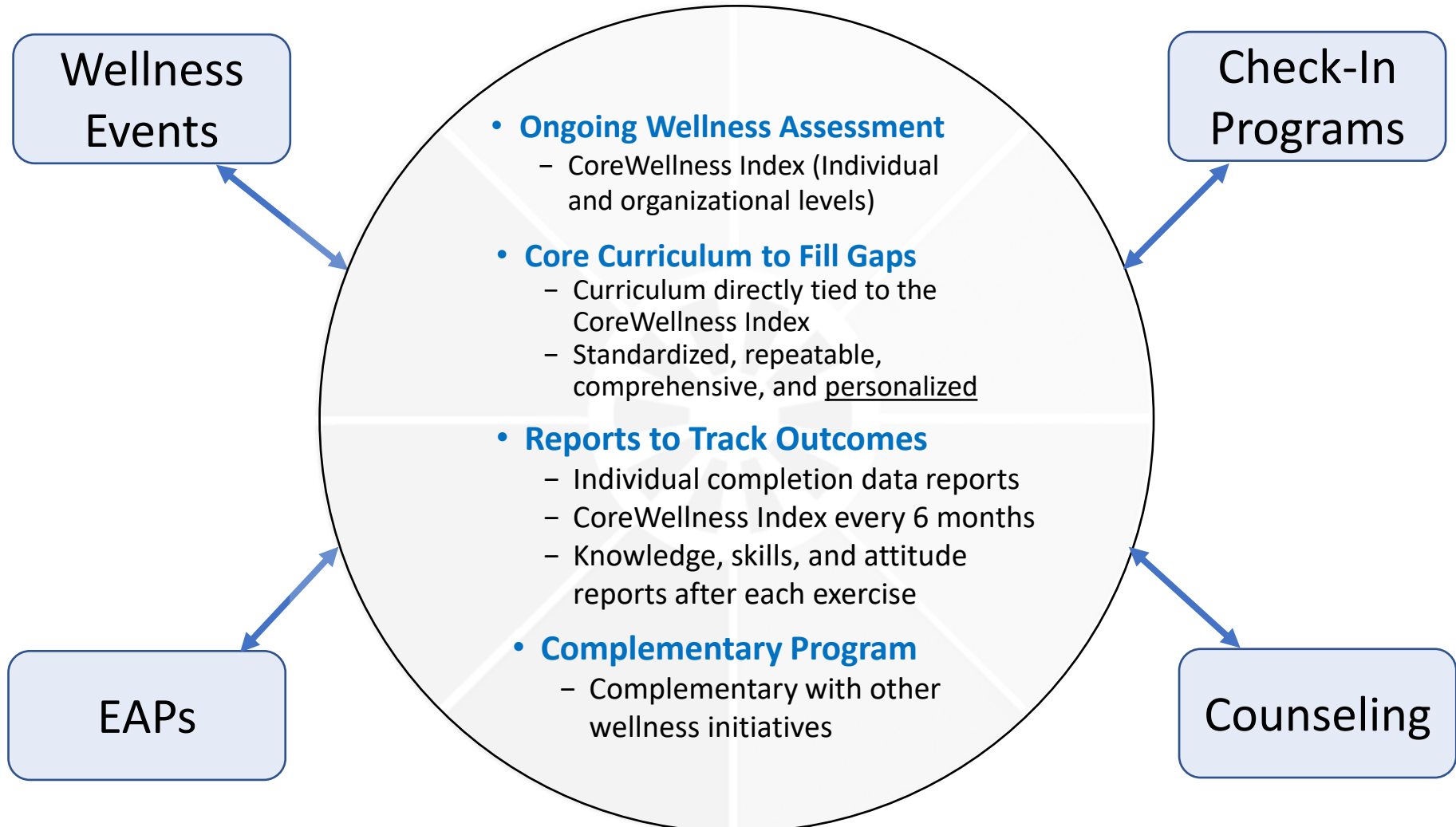


Learner Reflections

- I need to prioritize my wellbeing.
- I am not feeling alone anymore.
- I can deal with my emotions in a healthier manner.
- I now understand the value of cognitive reframing.
- Sometimes I feel like I don't belong, but the virtual colleague perspectives were refreshing.
- SMART Goals will help me tackle my distracting emotions
- My beliefs are the links between my adversities and consequences.
- I better understand my triggers which will help me cope.
- My emotions are valuable in understanding who I am.
- I learned to value what I have.
- I feel comfortable analyzing the cause of my emotions.
- Other people struggle with anxiety too.
- Challenging my beliefs can have a huge impact!
- Understanding my emotions will improve my patient care.

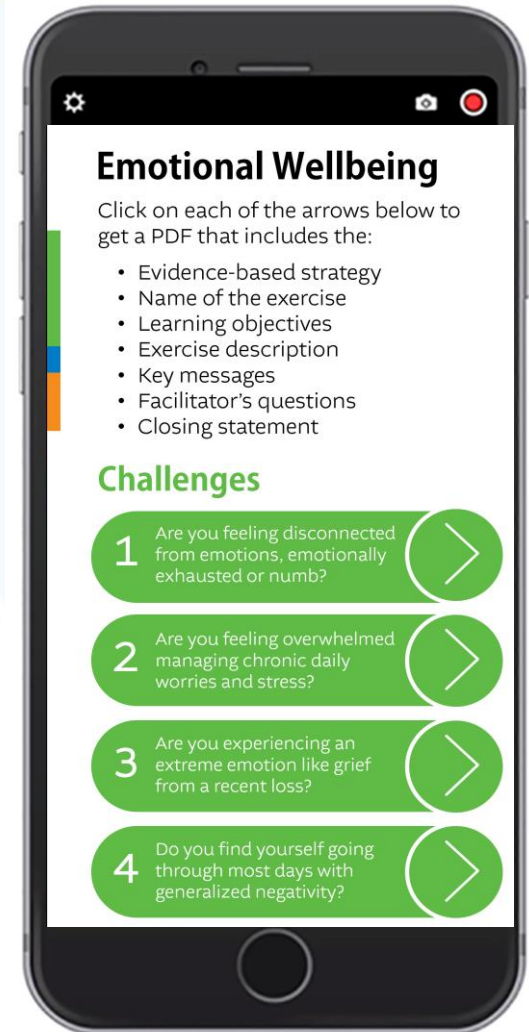
Creating a Culture of Wellness Summary

COREWELLNESS



Additional Resources Provided

- Implementation strategy session with Dr. Cathy Pipas
- Facilitator's Guide for small group discussions
- CoreWellness Collaborative for Research and Learning – monthly discussions about best practices and challenges with many of the institutions utilizing CoreWellness



Screenshot from
Facilitator's Guide