

Course Description

This half day program is designed for busy Family Medicine Physicians. Through this CME session we hope to provide ways for healthcare providers to specifically identify whether they or their colleagues are showing signs of burnout or depression and if so, how best to seek out resources for help and determine best options for treatment. The program will also allow opportunities to practice some basic mindfulness skills and exercises to support mindful practice.



Directions to the UC San Diego School of Medicine Medical Education and Telemedicine Bldg

To UC San Diego from I-5 North/South:

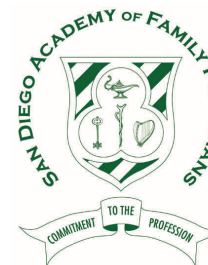
- Take La Jolla Village Drive Exit and go West (from I-5 North - turn right; from I-5 South - turn left)
- Go past the signal at Villa La Jolla Drive at the bottom of the hill, but stay in the right lane.
- Proceed up hill 0.1 mile, stay in far right lane to get to Gilman Drive.
- At signal, turn right uphill to Gilman Dr.
- Go one block uphill to Sir William Osler Drive, turn right.
- Turn right (downhill) into lot #P604. DO NOT purchase a permit from one of the parking kiosks, **PARKING IS FREE ON SATURDAYS IN LOT #P604**, behind the Biomed Library.
- Walk up the steps to the right (East) and across the lawn to the 3 Story Medical Education - Telemedicine (MET) Bldg.
- We will be in the Lower Auditorium but entry is on the ground level in the courtyard., Rm. 143.

SAN DIEGO ACADEMY OF FAMILY PHYSICIANS

Phone: 858-458-9439
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sabrinabazzo@gmail.com

P.O. Box 910144
San Diego, CA 92191
www.sandiegoafp.org

San Diego Academy of Family Physicians Presents...



'Primary Care Sustainability: Physician Burnout, Depression and Suicide in Modern Healthcare'

**Saturday, November 15th, 2014
8:00am to 12:30pm**

Campus of University of California,
San Diego, Medical Education
Telemedicine Building

Register Online at:
www.tinyurl.com/ammfm2014



PRIMARY CARE SUSTAINABILITY: 2014 ALL MEMBER MTG

****Register Online at:**

www.tinyurl.com/ammfm2014

NAME: _____

CIRCLE ONE: MD DO RN PA Other

AAFP MEMBERSHIP #: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ PH: () _____

E-Mail Address: _____

*SDAFP Member: \$50

*Non-Member: \$70

* Must be postmarked by 11/7/14

Refund requests and late or on-site registration will be assessed a \$10 fee. Refund request deadline is 11/7/14.

Continental Breakfast & Refreshment Break will be provided.

Please make checks payable to:
San Diego Academy of Family Physicians
P.O. Box 910144
San Diego, CA 92191-0144
Ph: 858-458-9439
Fax: 858-458-9467
www.sandiegoafp.org

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**Saturday, November 15th, 2014
University of California, San
Diego, Medical Education
Telemedicine (MET) Building**

Morning Yoga Session	7:30am
Welcome and Introduction	8:00am
Burnout and Depression in Primary Care <i>Isabel G. Newton, MD, PhD</i>	8:10am
Refreshment Break	9:10am
Mindfulness in Medicine <i>Beth Mulligan, PA-C</i>	9:20am
Refreshment Break	10:30am
From Burnout to Resilience: Discovering the Treasures Hiding in Your Own Life <i>Helane Fronck MD, FACP</i>	10:40am
Summary and Conclusion	12:20pm
Distribution of CME Certificates	12:30pm



Program Faculty

Helane Fronck, M.D., FACP La Jolla Vein Care
Asst Clinical Professor of Medicine, UCSD School of Medicine, Certified Physician Development Coach

Beth Mulligan, P.A. Susan Samuelli Center for Integrative Medicine, University of California, Irvine, School of Medicine

Heidi Meyer, M.D. Department of Family Medicine, Kaiser Permanente Medical Group San Diego, CA

Isabel G. Newton, M.D., Ph.D. Physician, Radiology Service, Vascular and Interventional Radiology Breast Imaging, VA San Diego Healthcare System

This Live activity has been reviewed and is acceptable for up to 4.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Questions? Please contact SDAFP:

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