

WORKSHOP SUBMISSION FORMAT

Title: **PHYSICIAN RESILIENCE: ONE BITE AT A TIME**

Author(s) Information:

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Background: Physician wellbeing necessitates adequate care for one's self, including proper nutrition, exercise, sleep, stress reduction/mindfulness and avoidance of risky substance use. Of these lifestyle factors, nutrition is one of the most powerful determinates of our wellness. The literature is clear that a whole foods plant based diet is the very best diet to optimize health. If we nourish our bodies properly, we will improve our resilience, so that we can meet the physical and intellectual demands of being a physician with adequate reserve so that we feel fulfilled rather than exhausted.

Objectives:

- 1) Be familiar with the science behind whole food plant based nutrition
- 2) Participate in preparation and tasting of delicious nutritious plant based dishes
- 3) Understand how to choose which foods are nutrient dense rather than calorie dense
- 4) Agree to a nutritional Rx for Lifestyle change in yourself (with confidence level of 7 or higher and importance level of 7 or higher)
- 5) Compile an on-site survey of 4 wellness habits (Nonsmoking, BMI <25, Regular exercise, 5 fruits and veggies daily) and report statistics back to the group during the presentation.

Description: The workshop will provide evidence based facts regarding proper nutrition, so that participants have a firm understanding of the science behind whole food plant based nutrition. It will be highly interactive in that participants will literally prepare several healthy, tasty, plant based recipes and will then enjoy tasting them.

Evaluation: 1) We will ask each participant to complete a Lifestyle nutrition prescription, which provides details regarding a dietary change they are willing to make. Studies show that when people write down a planned change/health improvement, they are more likely to follow through. They will be asked to rate their readiness for change from 0-10. If they rate 7 or higher, they are in the preparation stage of change and are likely to comply. They will also be asked to rate their perception of the importance of the change from 0-10. Likewise, if they rate 7 or higher they are

more likely to comply with the change. 2) The 4 lifestyle habit\ survey could be repeated in 3-6 months to assess outcomes of physician wellness interventions by this program and by UPMC at large.

Reflection: There is no better medicine than breakfast, lunch and dinner. This workshop will make a profound impact on the participants' perception of nutritious food, and will spark further research and exploration of the topic by participants. Studies show that physicians who practice healthy behaviors are more likely to promote healthy behaviors in their own patients.

I will be supplying citations for 15-20 studies, as well as books, documentaries and websites where more information can be easily obtained. Additionally, Simone Frerk, John Howey and Robert Miller have offered to work with their culinary team to provide ALL of the food for the conference (ie all snacks and lunch) so that the participants experience complete immersion in plant based nutrition.