

## An innovative educational design “Do No Harm” – A Film Showing With Panel Discussion

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# AN INNOVATIVE EDUCATIONAL DESIGN

## “Do No Harm” – A Film Showing With Panel Discussion

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### Educational Need

Physician burnout, depression and rising rates of suicide are growing concerns (Patel, et al., 2019). Residency programs are researching and implementing provider wellness programs to address this need. Few programs train residents in recognizing and responding to distressed colleagues at risk for suicide (Zabar, et al., 2019). Lehigh Valley Health Network (LVHN) has been considering ways to address physician suicide and burnout. As one way to stimulate dialogue around these issues, in 2018, LVHN contracted to host a screening of the film, “Do No Harm”, which focuses on the issues of physician suicide and burnout. LVHN’s Designated Institutional Official came to the Continuing Education Program Specialists with a plan to bring these difficult topics to the forefront and partnered with a newly-formed network Physician Wellness Committee to move forward with a plan to extend and build on wellness efforts.



### Educational Design

The event planning committee wished to spark dialogue and provide resources related to physician wellness, burnout and suicide. The film, “Do No Harm”, was chosen as a basis for this educational activity. The 60-minute film was shown on Sept. 10, 2019, which coincided with National Suicide Prevention Day. The film screening was followed by a panel discussion. In addition to the Film Director/Producer, Robyn Symon, the panel included LVHN leadership: Chief Wellness Officer as Moderator, Chief Academic Officer/Associate Dean for Educational Affairs, Chair of Psychiatry, President of LVHN Medical Staff, and Chief Quality and Patient Safety Officer. Event participants received a Physician Wellness Toolkit including resource contacts for counseling, wellness, etc., and a stress ball, a mini gratitude notebook and a pack of tissues. Additionally, counselors from the Employee Assistance Program and hospital Chaplains were in attendance to provide emotional support.

The film was screened live at one LVHN hospital site and videoconferenced to 3 additional sites.

2 AMA PRA Category 1 Credits™ awarded.

### Post-Activity Evaluation Results

78% rate of return

Overall	Strongly Agree (5)	Agree (4)	Undecided (3)	Disagree (2)	Strongly Disagree (1)	Mean
The objective(s) for this activity were met.	63%	33%	2%	0%	2%	4.56
The pacing of this activity was appropriate.	60%	36%	4%	0%	0%	4.57
The panel discussion kept me engaged.	46%	44%	6%	3%	1%	4.32
I would recommend a similar educational activity to others.	65%	29%	3%	2%	1%	4.57

### Participant Comments Included

“[The event] helped the medical student/resident struggle feel recognized. Personally, it helped me feel that I was not alone with my emotional reactions to medical school/residency/patient deaths.”

“I feel better knowing that other providers are feeling the same things that I am.”

“The film was powerful. Two days later I’m still thinking and reacting to what I saw. I have a stronger appreciation for the pressure that medical students, residents, and doctors are under. The panel discussion was also useful, not just for the answers given, but because it opened the door for doctors in the audience to speak out.”

“This was the best event that I’ve ever attended.”

### Future Plans

- Follow-up communication will be sent to all participants.
- The Physician Wellness Committee will continue to provide support and resources to all providers.
- This event, or something similar, may be repeated in the Spring of 2020.

