

# ASAP 2021

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## Burnout & Well-Being Events

### CME

Sunday, May 23, 2021 from 4:15 PM to 6:00 PM

#### [Keynote: Rebooting Healthcare](#)

Zubin "ZDoggMD" Damania, MD

**Description:** The COVID-19 pandemic has shown us how vulnerable we are in a fee-for-service healthcare model where we don't have a team to help us. In Health 3.0, two things emerge as a necessity: team-based, relationship-driven care where healthcare providers are paid to do the right thing for patients, and providers who practice at the top of their training. In addition, healthcare providers want to have a voice in a system where they are often voiceless and share issues so they can feel that they are not alone or isolated. This goes a long way to lifting that sense of burnout that people are suffering. The keynote address will cover how the healthcare system can be more connected and purpose driven. It will focus on how we can change our own way of being in the world, our own behaviors, and ways of interacting with others, that will then emerge as better healthcare system for everyone.

Monday, May 24, 2021 from 3:30 PM to 5:00 PM

#### [Harms of PA Burnout and What You Can Do Now](#)

Heidi Brown, PA-C & Talia Sierra, PA-C

**Description:** A live CME session to develop a self-care plan, assess ideal job/life and practical changes you can make now.

Wednesday, May 26, 2021 from 10:15 AM to 11:00 AM

#### [Moral Injury is Not Burnout: Recognizing, Acknowledging, and Healing Moral Injury in Healthcare Professionals](#)

Heather Hylton, MS, PA-C, DFAAPA, FASCO & Rita Brock, ReIM, MA, PhD

**Description:** Providers have faced awful challenges during the Covid 19 pandemic. Long hours, separation from their support network, lack of adequate treatment for patients, rationing care, and death have pushed many frontline providers to their limit. Has this led to burnout or something deeper like moral injury? moral injury can be connected to burnout This session will differentiate between moral injury and how to foster moral resilience.



## Burnout & Well-Being Events

### On Demand CME

#### [Building a Better Healthcare Culture](#)

Harrison Reed, MMSc, PA-C

**Description:** The impact of workplace culture on provider practice may be the best kept secret in healthcare. Interpersonal behavior in the workplace affects clinician mental health, employee retention, organizational finances, and patient outcomes. Unfortunately, research suggests that toxic behavior is ubiquitous in healthcare settings. This presentation explores the prevalence and effect of interpersonal toxicity and outlines steps to build a better healthcare culture.

#### [The Enemies Within: Combating Stress, Burnout, and Compassion Fatigue](#)

Amelia M. Duran-Stanton, LTC, SP, PA-C, PhD, DSc, MPAS, DFAAPA; Mary Showstark, MPAS, PA-C; Adhana McCarthy, PA-C, MPAS, C-IAYT; & Cassie Jo Saggus, PA-C

**Description:** PAs choose their profession based on their inherent compassion to provide selfless service to those in need. Unconsciously, during their service, providers often fail to recognize that they are not giving themselves the same amount of care that they give their patients. For some providers, the COVID-19 pandemic has led to social and physical isolation, being overworked with minimal breaks or time off, and/or the threat of losing their jobs. It has become more evident that we need to be aware and take care of our fellow healthcare providers and most importantly ourselves. Compassion fatigue is a set of symptoms, not a disease. Every healthcare provider is susceptible to burnout, stress, and compassion fatigue. We need to be aware of self-care management and resources to combat these enemies within. Learning and practicing skills that will help recognize, address, and manage these stressors are important in providing the best care for our patients.

#### [Experiences of Mistreatment and Discrimination Among Diverse PA Students](#)

Dominique Frias, MA & Cynthia X. Yuen, MA

**Description:** Research in Action (RIA): This study documents the prevalence of PA student mistreatment and found that female students and those with minority identities were disproportionately impacted. Discussion will inform efforts towards increasing inclusivity and diversity in PA programs.

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## Burnout & Well-Being Events

### [Imposter Syndrome: Implications for the PA](#)

Stephen Lewia, DMSc, PA-C

**Description:** Approximately 1 out of 3 individuals in the medical field suffer from imposter syndrome, or more formally known as imposter phenomenon (IP). Individuals with IP are driven to perform out of fear of being discovered to have a lower ability than their peers and tend to have distorted fears of failure. While IP is not found in the DSM-5, it is associated with increased stress on the individual as well as an increased propensity for depression and anxiety. The PA profession sees similar rates of IP. It occurs both in the professional stages of PAs and during both the clinical and didactic years of PA education. It has also been found to be more common in younger professionals, thus putting early career PAs at more risk. This presentation will discuss the history of IP, common cognitive distortions, symptoms, ways PAs at all levels (including students) can work to combat it, and implications with burnout.

### [Improving PA Student Mental Health Utilizing Mental Health First Aid](#)

Sarah Scantamburlo, MSW, MS, PA-C; Diana Noller, DHS, MMS, MSPT, PA-C; Ian Ward, DHSc, PA-C; Madeleine Henriquez, MPAS, PA-C; Jennifer Forbes, MHS, PA-C; Hwal Lee, PA-C

**Description:** Research in Action (RIA): Incorporating Mental Health First Aid into the PA curriculum can positively impact the mental health of PA students. PA students appreciated the value this course added to their education and future professional careers.

### [The Role of Interpersonal Toxicity on Healthcare Students' Well-Being](#)

Timothy C. McCall, PhD, Noel E. Smith, MA, Talia Sierra, PA-C, & Heidi Brown, PA-C

**Description:** Research in Action (RIA): Overview of PA student wellbeing, stress, and experiences with interpersonal toxicity from a national survey of PA students in their didactic and clinical years. Includes analysis on well-being and the extent to which experiences of interpersonal toxicity predict symptoms associated with burnout.



## Burnout & Well-Being Events

### ePosters

#### On Demand ePosters

[\*ePoster 24: Impact of shared living experience on attitudes to mental health among PA students: a prospective study using synchronous videoconferencing\*](#)

Stephanie Neary, MPA, MMS, PA-C, Mary Ruggeri, MEd, MMS, PA-C, Christopher Roman, MA, MMS, PA-C, Renée Kamauf, EdD, Julie Chilton, MD, PLLC, & Andrés Martin, MD

**Description:** This study looks at the effect of self-disclosure of mental illness and faculty modeling of vulnerability on the mental health status and help-seeking behaviors of PA students.

[\*ePoster 50: PA License Renewals and the Americans with Disabilities Act\*](#)

Emily Nettlesheim, PA-S, Jennifer Zorn, PA-C, Stephanie Neary, PA-C, & Christopher Roman, PA-C

**Description:** This study examines PA licensure renewal questions about mental and physical health conditions and their compliance with the Americans with Disabilities Act, and surveys PAs to explore health-related behaviors in light of state licensing. The results should spark advocacy efforts in many states.

[\*ePoster 72: The effect of a well-being curriculum on the mental health outcomes of first year Physician Assistant \(PA\) students\*](#)

Stephanie Neary, MPA, MMS, PA-C, Mary Ruggeri, MEd, MMS, PA-C, Christopher Roman, MA, MMS, PA-C, Eve Hoover, DMSc, MS, PA-C, DFAAPA, Bhupin Butaney, PhD, & Indigo Weller, MFA, MS

**Description:** This study looks at the effects of a dedicated well-being curriculum on the mental health outcomes of first year PA students. The curriculum combines key concepts of mindfulness and decentering, shared stories of lived experiences and vulnerability, and therapeutic writing.

[\*ePoster 131: Workplace culture and employee turnover: Predictors of PA intentions to disengage, reduce hours, or quit\*](#)

Timothy C. McCall, PhD & Noel E. Smith, MA

**Description:** Personal, professional, and wellbeing factors predictive of a PA considering or intending to become more disengaged, reduce hours, or quit a job are discussed in the context of how common this is in the PA workforce. Implications for PAs and employers will be discussed.



## Burnout & Well-Being Events

### [ePoster 140: Effects of an Educational Intervention on Prevention Compliance and Anxiety Levels During the COVID-19 Pandemic](#)

Devin Boyle, MPAS, PA-S, Kimberly Hanners, MPAS, PA-S, Jalyn Henderson, MPAS, PA-S, Madison Wickline, MPAS, PA-S, Mary Madill, MPAS, PA-C, & Mendy McClelland, MPAS, PA-C

**Description:** While research has assessed the psychological impact of COVID-19, it has failed to address the importance of prevention compliance and mental health intervention in health care students (Hasan et al., 2018; Wang et. al., 2018). The purpose of this study is to educate with this goal in mind.

### [ePoster 145: Poor Feedback Reception is Associated with Increased Burnout in PA Students](#)

Carrie Y Yuan, PA-S & Talia M Sierra, PA-C

**Description:** This study identifies if there is a correlation between negative feedback perception and increased burnout in PA students. Emotional responses between poor and excellent feedback receivers are explored as well as potentials for affecting academic performance and well-being.

### [ePoster 158: Relationship between COVID-19 pandemic-associated anxiety and burnout in NY frontline workers](#)

Kaitlyn Ross, BS, PA-S, Kaitlyn Gilsean, BS, PA-S, Josephine Reyes, BS, PA-S, Victoria Cognata, BS, PA-S, Courtney Caruso, BS, PA-S, Alison Maciocia, BS, PA-S, Sidney Obas, DMSc, MBA, PA-C, RRT, RPsgT, & Anthony V. D'Antoni, MS, DC, PhD

**Description:** This study investigates the relationship between COVID-19 associated anxiety and burnout in NYS frontline workers. Our findings can help us understand the mental health effects of COVID-19 on frontline workers. Our data can be used to develop strategies for offering mental help and limiting burnout.

### [ePoster 202: The Association between Leadership Effectiveness, Burnout, and Leadership Competency in Physician Assistant Leaders](#)

Zachary Hartsell, DHA, PA-C, John Fick, EdD, & Sonia Crandall, PhD

**Description:** Despite the rapid growth of PA leader roles, little is known regarding the characteristics of PA leaders. The purpose of this study is to better understand the relationship between leadership competency, effectiveness, and professional burnout in PA clinical leaders.



## Burnout & Well-Being Events

### Student Events

Tuesday, May 25, 2021 from 1:00 PM to 2:30 PM

#### [Putting on your Oxygen Mask: The Importance of Taking Care of your Mental Health to Succeed in PA School](#)

Christopher Roman, PA-C & Stephanie Neary, MPA, MMS, PA-C

**Description:** Mental health affects everyone from PA students to practicing PAs. Join AAPA for a discussion on mental health, and what you can do now and as you prepare for your PA career.

### On Demand Student Events

#### [The Crucial Role of Empathy in Healthcare Delivery](#)

Helen Riess, M.D.

**Description:** Dr. Riess will discuss the importance of empathy in the context of the patient, student, and clinician experience. Research has demonstrated that empathy skills can be taught and learned and must be modeled and emphasized during PA training to humanize medical and team practices. This session will discuss the causes of the widening compassion gap in US healthcare and the impact on health outcomes, quality, safety, and the patient, student, and provider experience and clinician burnout. She will present research that demonstrates the gap can be narrowed with organizational commitments to empathy and relational skills training.]

# אאאא 2021

## Burnout & Well-Being Events

### Wellness Events

Monday, May 24, 2021 from 3:30 PM to 4:15 PM

#### [3 Simple Steps to Wake Up Excited and Thrive as a Healthcare Professional \(Meeting/Networking Event\)](#)

**Description:** Career satisfaction and personal happiness often go hand in hand. Although success doesn't lead to greater happiness, studies have found that a happier brain is more creative, resourceful, and resilient, leading to greater performance.

In our "always-on" culture, healthcare professionals are jam-packed with job-related tasks on top of their family obligations. Between work, eat, and sleep, they hardly can get a minute to themselves to recharge and tap into their full potential.

On a worldwide scale, a Gallup Poll showed that only 15% of the workers said they are engaged at work. In the U.S., 60% of professionals feel that they are in mediocre or bad jobs. Exhausted professionals are not a new thing. They know that they must be committed to clients and organizations, but they are doing it while eroding their well-being. A recent study also found that the average career burnout age is 32!

As a clinician myself, I know of exhaustion. I have experienced the fear of making errors.

But the good news is that I can get you to avoid all this with a system that healthcare professionals are using to recharge their energy, boost their performance, and become both influential key players and successful individuals in their field.

Wednesday, May 26, 2021 from 9:00 AM to 9:45 AM

#### [The Art of Breathing](#)

Barbara Morrison, PA-C, BS, RYT-500

**Description:** Learn how to use the breath as a vehicle for self-relaxation. By exploring the art and science of the breath cycle we connect to our own physical and emotional states, tapping into the body's own ability to regulate itself.

Wednesday, May 26, 2021 from 1:00 PM to 1:45 PM

#### [Rediscovering the Joy in Practice](#)

**Description:** Examine the cost of our interactions with patients and how to create boundaries to stay effective. We will set an intention to understand what we can offer to others in our care while keeping our own health as a priority.



# AAPA 2021

## Burnout & Well-Being Events

### Mindfulness Lounge

Monday, May 24, 2021 from 12:00 PM to 12:45 PM

#### [Inner Workout – MindfulLee Style](#)

Lee Papa

**Description:** Join Lee Papa for an inner workout to stretch the concepts of what it means to be you. Are you stuck in an old pattern, program, or view of yourself that no longer serves? Has the past year instilled stressors that are continuing to challenge you? Go beyond the atrophy of limits, beliefs, stress, and exercise the potential of your expanded mindful awareness that plays big – with ease and grace. Enjoy this inner mindfulness-based workout, and engage in Q & A.

Tuesday, May 25, 2021 from 12:00 PM to 12:45 PM

#### [Nourish Yourself Mindfully, Give from the Overflow with Lee Papa](#)

Lee Papa

**Description:** In this session, explore the patterns of your life, relationships, and perspective of happiness. Discover how your view of yourself impacts your relationships and how to shift the pattern and tap into the accessible happiness that resides within. Participate in a clearing meditation experience and enjoy an opportunity for a Q & A.

### On Demand Meditations

#### [An Introduction to Mindfulness and Guided Meditation](#)

Lee Papa

**Description:** Get a head start on AAPA 2021 by learning foundational information on mindfulness with basic accessible instruction, a self-observation experience, and a peaceful guided meditation that is inspiring and rewarding.

#### [Waterfall Chakra Wash Meditation](#)

Lee Papa

**Description:** The healing waterfall flows with liquid love from the higher planes and is like no other, as it streams with the colors of the rainbow to wash away energies that no longer serve you. Self-care is the name of the game here at the waterfall. Feel cleansed and invigorated by the experience.

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## Burnout & Well-Being Events

### [Nourish Yourself by the River Meditation](#)

Lee Papa

**Description:** Take a trip to the forest with tall evergreen trees and a huge sky. Beyond the trees is a river like no other. Its purpose is to clear and release energies that are blocking you from your full potential and the highest expression of yourself. Take this trip of clearing negativity, self-doubt, and worry as you enjoy the vibrational nourishment.

### [Crystal Cave of Rejuvenation Meditation](#)

Lee Papa

**Description:** This extraordinary inner-visual experience is a journey to the far reaches of an ancient cave of healing and expansion. This cave is filled with restorative powers of selenite crystal and thousands of other minerals that your consciousness will choose for your experience to emotionally and energetically release and rejuvenate.

### [Journey on a Cloud Meditation](#)

Lee Papa

**Description:** In this enjoyable guided meditation, we address the release of worry, pain, and anxiety and observe them from a different perspective as you float high above the illusion on a fluffy cloud to gain understanding. Bring your blanket it gets chilly up there.

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## Burnout & Well-Being Events

### Fitness Classes

#### On Demand Fitness Classes

##### [Fitness Class - Cardio Kickboxing: 90s Edition!](#)

Heather Trudeau

**Description:** The ultimate ab-defining cardio challenge combines traditional kickboxing moves with high intensity interval training set to heart pounding 90s dance music. Join the party for an unbelievable calorie burn.

##### [Fitness Class - PA Boot Camp](#)

Heather Trudeau

**Description:** This is a total-body strength and conditioning workout with a little bit of cardio thrown in for fun. Modifications will be shown for all fitness levels.

##### [Fitness Class - PiYo® Live](#)

Heather Trudeau

**Description:** Make a power move – experience a PiYo® Live! Unleash your power with yoga and Pilates inspired moves. It is nonstop movement set to current music. You will sweat, stretch, and strengthen – all in one session! It is low impact but high intensity.

##### [Fitness Class – Yoga](#)

**Description:** Join us for a restorative yoga session between CME! Or start your day on a positive and mindful note. Never done yoga before? That's okay! This session is suitable for everyone.

Heather Trudeau