

Wellness Wednesday

**Finding and Renewing your Why - Building
Community Connections: There's Joy in That!**

Kim Yu, MD, FAAFP

Regional Medical Director, Aledade

@KimYuMD

Agenda

- Introduction
- Building Community Connections
- Joy in Leadership and Advocacy
- Resiliency
- Ikigai
- Lessons Learned

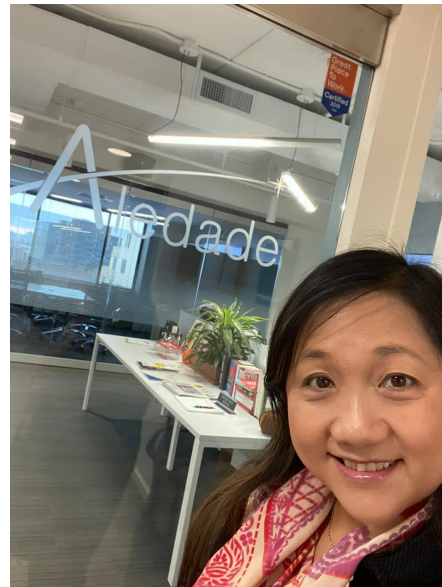
Kim Yu, MD - here's my why

#inspirecreatelead
#FindYourIkigai



Physician Moms in Family Medicine

Private group · 3.1K members



Examples of Community Engagement

- Connect patients with local resources
- Connect with local organizations
- Connect with local officials
- Connect with other family physicians through OAFP, AAFP, MIGs and other groups
- Organize a coalition

<https://www.aafp.org/family-physician/patient-care/the-everyone-project/toolkit/health-advocacy.html>

[CME](#)[Family Physician](#)[Med Student & Resident](#)[Events](#)[Membership](#)[Advocacy](#)[News](#)

[AAFP](#) / [Family Physician](#) / [Patient Care](#) / [The EveryONE Project](#) / [Toolkit](#) / [Community Engagement](#)

The EveryONE Project

Community Engagement

Advocate for Health Equity

Community engagement and advocacy for healthy public policy are key to advancing health equity at the societal level. In your role as a family physician, you have the knowledge to raise awareness about health equity and influence policy development.

Participate in advocacy efforts in your community using these AAFP resources.

The Physician Advocate

This guide from the EveryONE Project offers tips for working with community partners to promote health equity.


[READ GUIDE](#)

The image features three overlapping rectangular notes pinned to a dark gray background. The central note is light blue with a white border and is pinned at the top center with a red pushpin. It contains the text 'Why Should We Advocate?'. To its left is a yellow note, pinned at the top left with a red pushpin, containing the text 'What is Advocacy?'. To its right is another yellow note, pinned at the top right with a red pushpin, containing the text 'How Can We Advocate?'. All three notes have a slightly torn, folded corner effect on their bottom-left or bottom-right corners.

**What is
Advocacy?**

**Why Should
We Advocate?**

**How Can We
Advocate?**



What is Advocacy?

Euro Health Net - Advocacy for Health Equity

A deliberate attempt to influence decision makers and other stakeholders to support or implement policies that contribute to improving health equity using evidence.

CanMEDS – Health Advocate

Physicians contribute their expertise and influence as they work with communities or patient populations to improve health. They work with those they serve to determine and understand needs, speak on behalf of others when required, and support the mobilization of resources to effect change.

Crisis in Flint Water





Advocacy



What about now during COVID?

- Vaccinations - helping with debunking myths; assisting in vaccination clinics/roll outs
- Your current work and assistance
- Education of public
- Research
- Role modeling and staying safe
- Connecting to resources
- #ThisIsOurShot campaign



What Advocacy and Leadership look like

Jerry Abraham, MD

"Advocacy should be an essential activity of every physician's portfolio of work – and while the demands on physicians continue to mount, now more than ever, physicians making their voices heard in the halls of government is essential. It's critical that our policymakers hear directly from us about the issues that matter to our patients and make a difference in improving health for our society."



Advocacy in Action

Ways Family Doctors around the world have helped advance health equity: share stories from around the world, eg.

- PPE - giving masks and face shields to essential workers, food industry workers, shelters, prisons, nursing homes; wear a mask campaigns
- Patient education via social media - webinars, videos made by family physicians for their patients
- Testing - advocating for and providing testing for special populations
- Addressing racism

Collective Response Creation of LATIN –19

Latinx Advocacy Team & Interdisciplinary Network for COVID-19

- Weekly Wednesday at noon zoom meetings since March 18
- Representation from Community Activists, Duke Health (FM, Peds, OB, IM, Nursing, Midwives, PA), Duke University Schools And Centers, ODI, DPS, City Of Durham, UNC, NGOs El Centro Hispano, La Semilla, Isla School, NCchild, Curamericas Global, Llibott Consultorios Medicos, El Futuro, Charlotte Center For Legal Advocacy, Health Departments (Durham, Orange, Chatham), FQHCs (Lincoln, Piedmont), Samaritan Health Center, DHHS, NC Medicaid, CCNC, Wake County Colleagues, NCCARE 360 Representatives, College Foundation NC, Students, FM Resident Human Rights Lawyers, Chaplains, Faith Based organization leaders, elected officials, Latinx, Allies
- Information from clinical frontline providers seeing patients and realizing trends (able to intervene and help BEFORE numbers are showing in trends)
- Sharing of resources



Policy change



NCDHHS Advisor Dr. Viviana Martinez-Bianchi stresses the importance of wearing a mask to prevent the spread of COVID-19.

Named Medical Advisor for Hispanic/LatinX Services to the NC Government and NC DHHS, and to Andrea Harris TaskForce. Member of the Durham Renewal and Recovery Taskforce. Co-Leading Testing team for HMP for NCDHHS

Steering Committee for vaccine allocation protocol.

Latinx People with COVID-19 Face Unique Challenges in Getting Healthcare Providers to Take Them Seriously

BY MARIA BLUETT | JUL 20, 2020 | 10:00 A.M.



Examples from OAFP physicians



WKBN.COM

Local doctors warn symptoms from heat can lead to severe situations

Dr. Mike
Sevilla,
President
OAFP

Examples from OAFP physicians

Dr. Kelly
Meehan-de
la Cruz



Examples from OAFP physicians

Dr. Mary
Krebs
Gronbeck



<https://www.aafp.org/news/family-doc-focus/20200413fdf-krebs.html>



Mary KG

January 10 · 🧑🏻

So happy to get the moderna vaccine. I've seen too many die or suffer long term consequences of this terrible virus. I'm doing this for myself, my family, patients, and my community. Whenever it's your turn, please get the vaccine. I'll post any side effects, but I'll take them over covid.



What if



Find your community

- Local
- National
- International



Local, National or International Community



TEAM ABOUT US OUR WORK MEMBERSHIP PRESS GET INVOLVED DONATE



SEA is a network of nonprofit organizations in the U.S. and abroad that provide year-round, long-term support to young people who deserve and desire more.

Squash - Academics - Mentoring - College - Careers



International Experience in
creating Awareness of Zika
Virus in Managua,
Nicaragua.

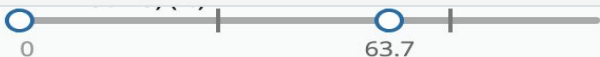




500 Cities Mapper

Getting Started: Select a city. Select indicator(s) to map. Adjust thresholds to change map.

IL: Chicago



☒ Older Men (65+) Up to Date on Core Clinical Preventive Svcs (%)

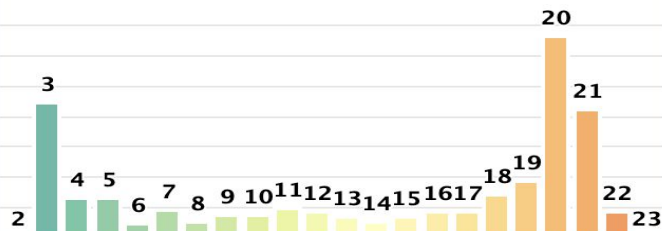


☒ Older Women (65+) Up to Date on Core Clinical Preventive Svcs (%)



Where Do Indicators Overlap?

hover over bar to highlight areas on the map



EXPLORE RELATIONSHIPS

17031460100 - Chicago, IL

Population: 3,405

Unhealthy Behaviors

Binge Drinking (%):	16.1%
Current Smoking (%):	23.6%
No Leisure Time Physical Activity (%):	36%
Obesity (%):	43.4%
Sleeping Less than 7 Hours (%):	43%

Health Outcomes

Current Asthma (%):	11.1%
High Blood Pressure (%):	42.3%
Chronic Kidney Disease (%):	4.4%
Chronic Obstructive Pulmonary Disease (COPD) (%):	8.9%
Coronary Heart Disease (%):	7.3%
Diabetes (%):	16.8%
Mental Health Not Good (%):	16%
Physical Health Not Good (%):	16.2%
All Teeth Lost (%):	26%
Stroke (%):	5.2%

Prevention

Current Lack of Health Insurance (%):	20.8%
Visits to Dentist or Dental Clinic (%):	42.2%
Taking Medicine for High Blood Pressure Control (%):	76.4%
Fecal Occult Blood Test, Sigmoidoscopy, or Colonoscopy (ages 50-75) (%):	49.7%
Older Men (65+) Up to Date on Core Clinical Preventive Svcs (%):	23.4%
Older Women (65+) Up to Date on Core Clinical Preventive Svcs (%):	17.9%

Population Health

Geo hot spot mapping and other tools

Community Health Center Association of MS and Aledade had a collaborative to serve Medicaid patients
- increased primary care by 106% despite COVID

- Mobile units to where patients hadn't had preventive care visits
- Mammogram events; community events
- Flyers in 30k kids backpacks, across 38 schools
- 20k Postcards, >8,400 texts



Select Language ▼



Food



Housing



Transit



Physical
Health



Mental
Health



Care



Money/Goods



Family



Work &
Education



Legal

little rock, AR (72204) / food / **Food Pantry (13)**

Sort by

RELEVANCE

CLOSEST



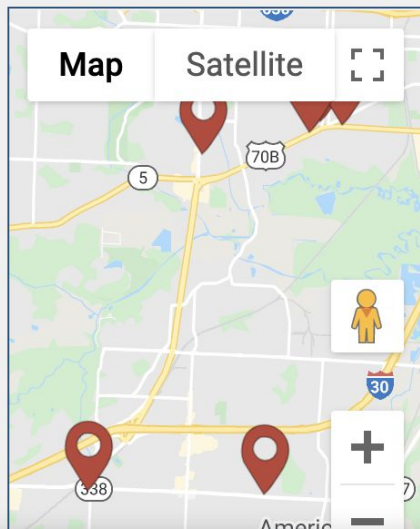
Personal Filters ▼



Program Filters ▼



Income Eligibility ▼



☐ Food Pantry Locator

by **Arkansas Foodbank**

COVID-19 Response Program ⓘ

Arkansas Foodbank has a pantry locator for those in need to easily find food pantries. Services provided:- Pantry locator map Please visit

Main Services: **emergency food** , **food pantry**

Serving: **anyone in need** , **all ages** , **covid19**

MORE INFO ▼



SAVE



SHARE



NOTES



SUGGEST

→ NEXT STEPS

Nighborhood Navigator

Next Steps:

Go to the **program's website**.

Serves your state

Closed Now : **See open hours** ▼

If you think you are too small to be effective, you have never been in bed with a mosquito





Mike Sevilla

December 24, 2020 · 🌐

Family Physicians will lead us out of the pandemic. Great post from our friend and Family Physician Dr. Kim Yu:

"Courtesy of Dr. Mantravadi, photo collage of over 1,000 women physicians vaccinated against [#COVID19!](#) [#ThisIsOurShot](#) [#WhyWeVax](#) [#famdocs4vax](#) [#inspirecreatelead](#)



Kim Yu is with Tina Louise Tanner and 14 others.

March 11 · 🌐

[#ThisIsOurShot](#) You'll hear it mentioned in this fantastic ad. Why? Because it's true. Getting your Covid-19 vaccine is the way out of this pandemic back to the people we love, the life we knew, to the things we hope one day to be able to do, when we can meet again, hug again, be again. I hope when it's your turn, you'll get vaccinated. [#inspirecreatelead](#)



YOUTUBE.COM

Former Presidents and First Ladies 'It's Up To You' :60 | Ad Council and COVID Collaborative

Ever feel like this?



- https://en.wikipedia.org/wiki/Eastern_mole#/media/File:ScalopusAquaticus.jpg; CC BY-SA 3.0 Kenneth Catania

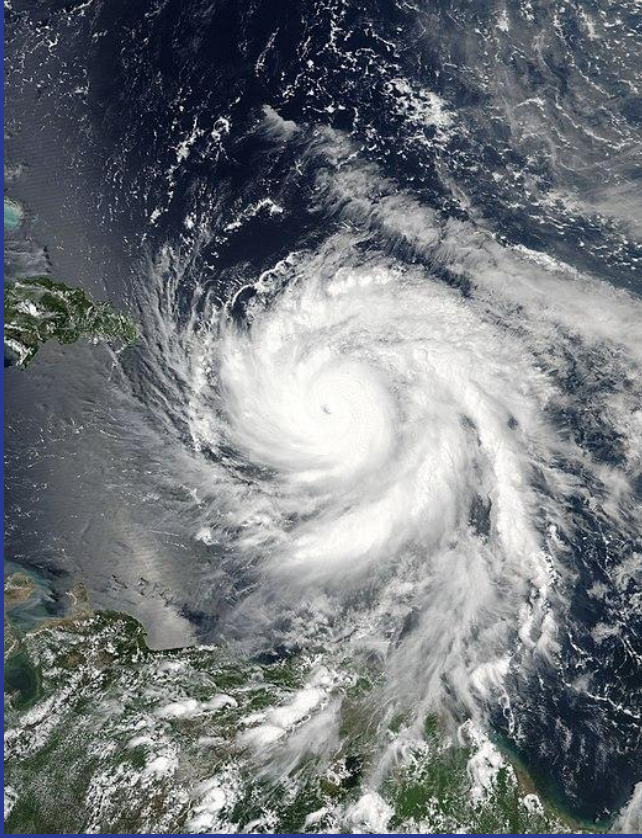
How to recognize Burnout in oneself

Provider Resilience Phone App

<https://itunes.apple.com/ca/app/provider-resilience/id559806962?mt=8>

- Provider Resilience App (download for free in the app store)
- Maslach Burnout Inventory
- Mini Z burnout tool
- Others



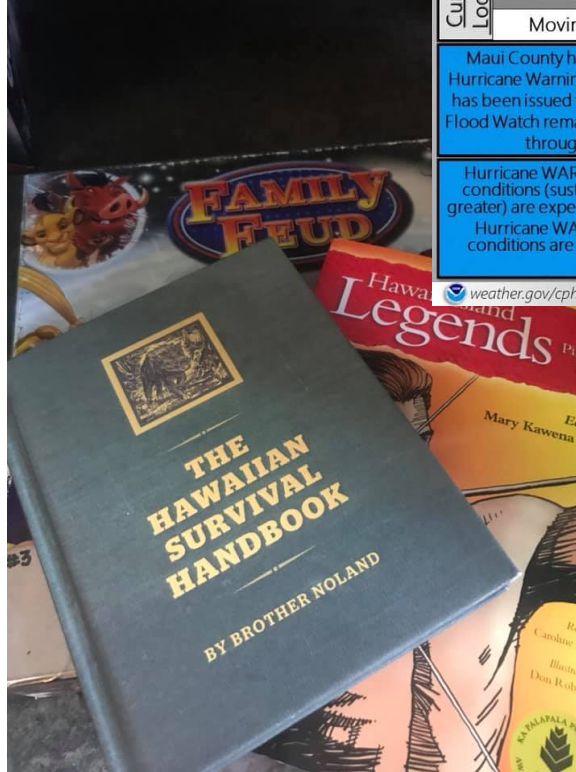


What I learned from Hurricane Maria

Puerto Rico, Hurricane Maria 2017 - raised \$110k for 66 generators, medications, supplies, food, water



Take Time to Heal



Major Hurricane Lane

Hurricane Warning Hawaii & Maui Co
Hurricane Watch Honolulu & Kauai



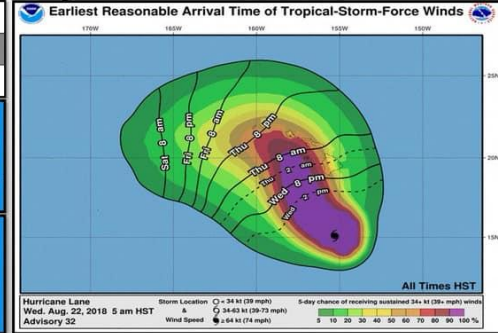
Central Pacific Hurricane Center
Honolulu Forecast Office
Wednesday, August 22, 2018

Update Time: Aug 22 2018 500 AM HST

Current Location	Lat: 15.1N	Lon: 155.3W
	Wind: 155 MPH	Pres: 935 MB
	Moving: WNW AT 9 MPH	

Maui County has been upgraded to a Hurricane Warning and a Hurricane Watch has been issued for Kauai County. A Flash Flood Watch remains in effect for all islands through Friday Night.

Hurricane WARNING means hurricane conditions (sustained winds 74 mph or greater) are expected in the next 36 hours.
Hurricane WATCH means hurricane conditions are possible in the next 48 hours.



Filling your bucket

**“This storm is real, and our fear is real,”
said the horse. But our love is real, and in
the end, love wins,” *from the Boy, the mole,
the fox and the Horse.***

Connect with the World of Family Doctors!



How to find joy in medicine, one day at a time

- FPM Feb 2019

“To avoid burnout as a busy family physician, it is important to **remind yourself each day of your mission and what brings you joy,**” writes Barbara Stanford, MD, of Grand Rapids, Mich.

“Developing strong relationships with the right team of physicians and staff can also make your day so much better.” As part of a huddle at the end of the day, Stanford’s team has found it helpful to ask, **“What joy did you find in family medicine today?”** She writes, “The discussion that follows **helps us remember why we are here.**”



**Consider your Ikigai -
Your reason for being**

**There can be no greater
champion for healthcare
in America and right here
in OH than YOU**

Exercise

On a piece of paper:

Write:

1. Your mission, your reason for being
2. What you are good at
3. What your vision
4. Your Red Spot – where are you

What steps do you need to take to get to your red spot?

The Mayo Clinic model

Decreasing burnout through increased control, community and shared values

- Swensen et al, 2016 Physician Organization collaboration reduces physician burnout and promotes engagement
- Focus groups to identify local opportunities to improve care of patients and mitigate drivers of burnout
- Empowerment of physicians to develop and implement solutions to burnout in their work area, providing time and a team to achieve work
- Monitoring of outcomes, recognizing accomplishments and sharing best practices
- Morale increased 17%, teamwork 12%, satisfaction with handoffs 11%
- 50% of work units experienced increase in satisfaction or engagement or both



07 . 30 . 2021

COVID-19 And Physician Burnout: Addressing The Issue Head-On

READ ARTICLE



Write Write Write

"When I think of resilience, I think of this quote by Viktor Frankl: 'Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom,'" said Dr. Yu. "This past year and a half, physicians' response to the pandemic has been nothing short of heroic. They have been resilient in managing their practices and steadfast in providing care despite all the difficulties. My hope is that all health care heroes take time to heal and practice more self compassion."

<https://resources.aledade.com/blogs/covid-19-and-physician-burnout-addressing-the-issue-head-on>

Connect, Renew, Refresh



Taking inventory

What are you thankful for?

Who can you connect with?

What concrete steps will you take to build resilience this week?

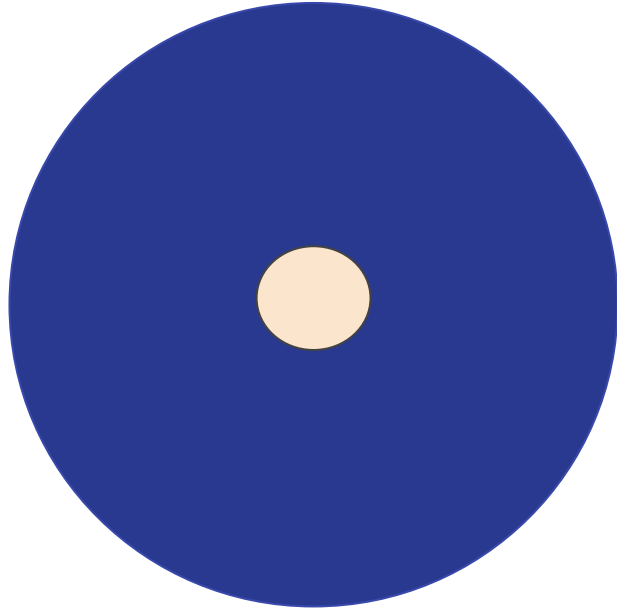




***I alone cannot change the world, but I can cast a stone
across the water to create many ripples.***

Mother Teresa

Lastly, never forget the patient!



Who is at the center of your mission?

Contact Information

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@KimYuMD #inspirecreatelead

248 345 2915

Please keep in touch! Stay safe!

Other Resources

- AMA Steps Forward <https://www.stepsforward.org/>
- <https://www.stepsforward.org/modules/improving-physician-resilience>
- AAFP Physician Wellness/Physician Health First
<https://www.aafp.org/membership/benefits/physician-health-first.html>
<https://www.aafp.org/fpm/2013/0100/p25.html>
- Physician wellbeing survey – free for AAFP members – see the physician health first website as listed above.
- <https://nam.edu/clinicianwellbeing/>
- HappyMD – Stop Physician Burnout – Dike Drummond
https://www.amazon.com/Stop-Physician-Burnout-Working-Harder/dp/1937660346/ref=pd_sim_14_5?_encoding=UTF8&pd_rd_i=1937660346&pd_rd_r=0VJRJDN1HBMK4TBJPQXY&pd_rd_w=f3J3Y&pd_rd_wg=0bLoQ&psc=1&refRID=0VJRJDN1HBMK4TBJPQXY
- Jay Winner – Relaxation on the run -
https://www.amazon.com/Relaxation-Run-Practical-Lifestyle-Healthier-ebook/dp/B011A0T6YE/ref=sr_1_1?s=books&ie=UTF8&qid=1527794355&sr=1-1&keywords=jAY+WINNER
- Facebook group – Physician Health and Wellbeing
- Provider Resilience App