

LifeBridge™

Nebraska's Physician Wellness Program

- > Confidential
- > Free
- > No Reporting

What are our goals?

- > Increase physician wellbeing through peer coaching and training.
- > Decrease individual and cultural factors leading to burnout.
- > Work with systems to create a culture of wellness.

What are we NOT?

- > **NOT** an Employee Assistance Program (EAP).
- > **NOT** treatment service delivery or monitoring.
- > **NOT** just another wellness program.

How do we do this?

PEER-TO-PEER PHYSICIAN COACHING

- > Confidential line to ensure anonymity of program participants.
- > Physicians serving as peer coaches.
- > Sessions are confidential and not reported to employer or board of medicine.
- > Addressing individual and cultural issues related to:
 - Burnout
 - Work-life balance
 - Clarifying purpose
 - Health and fitness goals
 - Improving relationships
 - Building leadership skills



**Physician calls
LifeBridge
Nebraska
1-888-569-2036**



Call center will:

- > Take basic information
- > Match with a coach



**Physician
coaching sessions**

Nebraska

Peer-to-Peer Physician Coaching

www.lifebridgenebraska.org

What lies ahead?

CONTINUED STAKEHOLDER ENGAGEMENT

- Ongoing engagement with hospital and healthcare systems leadership and administration to educate and collaborate on physician wellness.
- Work at changing the culture for physician workplace stressors.
- Secure sustainability funding. The program is funded by hospitals, healthcare systems, payers, and corporate sponsors all invested in prioritizing physician wellness in Nebraska.

EDUCATION AND TRAINING

- Meetings with physician and resident groups to identify factors leading to workplace-related burnout and how to mitigate.

COACHING CERTIFICATION CURRICULUM

- Create an accredited coaching certification program to build up internal coaching resources for hospitals and healthcare systems.
- Specific to physicians.

Leadership

Todd Stull, MD

*LifeBridge Nebraska
Medical Director*

Lindsey Hanlon, M.S., CPH

*LifeBridge Nebraska
Program Coordinator*



The LifeBridge Nebraska program was created under the Nebraska Medical Foundation in partnership with the Nebraska Medical Association (NMA). Although LifeBridge is its own LLC, continued support and advocacy for physician wellness come from the NMA. Sustainability funding is provided through LifeBridge Nebraska community partners to bring wellness to all Nebraska physicians.

