



LB286 SafeHaven

Executive Summary

At a glance

LB286 provides confidentiality protections for **physicians** participating in the LifeBridge Nebraska physician wellness program. This comes as an effort to **reduce stigma** surrounding accessing mental health and wellness services.


LifeBridge Overview

LifeBridge is a statewide physician wellness program developed by the Nebraska Medical Foundation. Adaptations to a national model were made including the use of peer physician coaches. Any Nebraska-licensed physician can call the free and confidential line and get paired with a Nebraska physician coach. Topics range from:

- Feelings of stressed and burned out
- Dealing with medical malpractice
- EHR difficulties
- Communication skills
- Work/life balance
- Leadership and growth opportunities

Professional coaching has been found to be an effective tool in decreasing emotional exhaustion and increasing engagement and professional fulfillment. These can be protective factors in developing more serious issues leading to impairment.



 **1-888-569-2036**
Confidential Line

 www.lifebridgenebraska.org

THE CHALLENGE



The recent COVID-19 pandemic has exasperated adverse mental health outcomes in the physician population. Physicians were experiencing career fatigue and symptoms prior to the onset of the pandemic but are now facing increased pressures due to a decreased workforce, increased job expectations, and societal stigma. Various surveys have indicated increased rates of burnout of up to 60% among physicians. Physicians face stigma and professional obstacles to seeking appropriate care and treatment for burnout and related mental health concerns.

SOLUTIONS



The LifeBridge Nebraska physician wellness program partnered with the Nebraska Medical Association and Senator Lyn Walz to introduce LB286 to provide confidentiality protections for physicians seeking help for their personal health and wellness. This bill passed and took effect September 2023.



**Confidentiality
Protections**



**Peer Support and
Coaching**



**Culture of
Wellness**

BENEFITS OF LB286



Confidentiality of Participation

1

Any record of your participation in the LifeBridge Nebraska program is **strictly confidential** and cannot be discovered, subpoenaed, or subject to reporting requirements unless you voluntarily request the release of this information in writing. The only exception to this confidentiality protection is if your physician peer coach determines that your condition poses a danger to public health and safety due to your continued practice of medicine or surgery.

Protection from Disclosure

2

As a participant in the LifeBridge Nebraska program, you are **not obligated to disclose your involvement** to any healthcare facility, hospital, medical staff personnel, accreditation organization, graduate medical education oversight body, health insurer, government agency, or other entity. Your contact with or participation in the program may not be used as a condition for participation, employment, credentialing, payment, licensure, compliance, or any other requirement.