



LifeBridge™

Nebraska's Physician Wellness Program

ANNUAL REPORT
2024

www.lifebridgenebraska.org

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ABOUT US

The LifeBridge Nebraska physician wellness program is committed to promoting the well-being of our physicians. We believe that by prioritizing the mental and physical health of our physicians, we can enhance patient safety and improve access to care for all.

Our mission is to provide physicians with the resources and support they need to maintain their own health and well-being, so they can provide the highest quality care to their patients. We recognize that physicians face unique stressors and challenges that can impact their mental and physical health, and we are committed to addressing these issues through a comprehensive wellness program.



JOANN SCHAEFER, MD

Medical Director



LINDSEY HANLON, MS, CPH

Program Coordinator

Meet Our Coaches

JOANN SCHAEFER, MD



Dr. Schaefer received her medical degree from Creighton University in family medicine. Her medical experience includes working in a clinical setting as well as having served as the state's Chief Medical Officer for 11 years. She strives to focus on the whole person, leading to more positive outcomes. Dr. Schaefer leads from all sides of healthcare—she's a trusted, proven, positive change agent and influencer. Be it as a physician, a payer, a regulator, and a patient, she harnesses her passion as a trailblazer for good.

MICHELLE SELL, MD

Dr. Sell is a practicing family physician in Columbus, Nebraska. She has over 10 years of experience working as a rural physician in both private and employed practices. Dr. Sell has experience navigating the generational gaps and is familiar with the nuances of providing care to aging parents. As a busy physician, spouse, and mother of three children, she understands the difficulties of life balance. Dr. Sell is a Nebraska native and attended undergrad and medical school in Nebraska.



MARK DAVIS, MD



Dr. Davis completed medical school and an OB/GYN residency at the University of Nebraska Medicine. In 1997, Dr. Davis left a private practice group to establish a solo OB/GYN practice alongside a team of NPs and PAs. In 2018, Dr. Davis transitioned to the hospital physicians' group where he continued surgeries and deliveries up until 2021. Dr. Davis has championed implementation for two EHRs. Currently, as the Medical Director of IT, a Certified Physician Builder in EPIC, and a Certified Physician Executive, Dr. Davis serves as Vice President/CMO for Faith Regional Health Services in Norfolk, NE.

RENEE ENGLER, MD

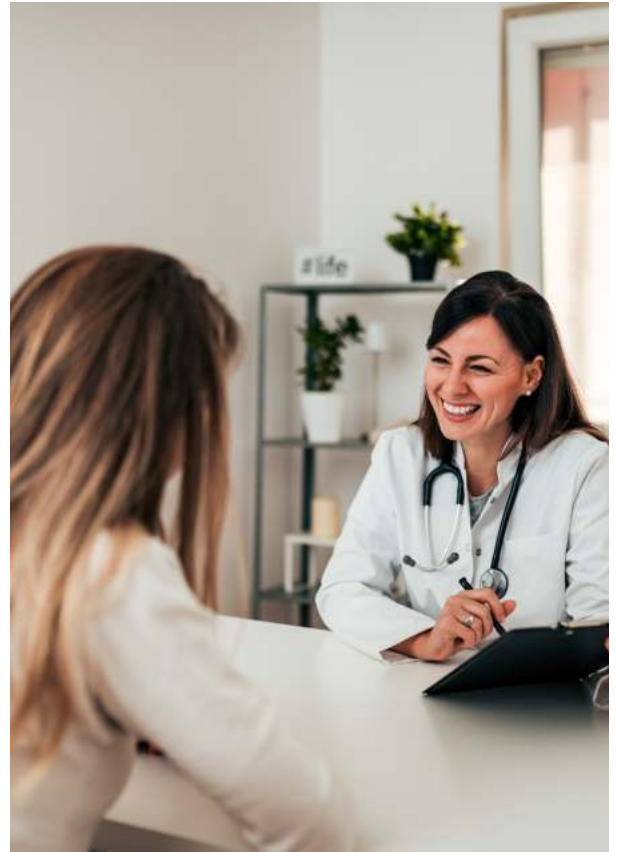
Dr. Engler is a graduate of the University of Nebraska Medical Center specializing in Emergency Medicine. She trained at SUMMA Health in Akron, Ohio. She spent the first half of her career at Bryan Health and is now practicing at Great Plains Health in North Platte, NE. Dr. Engler can identify with every stage in a physician's career and is passionate about helping physicians find fulfillment in their career while maintaining a work life balance. Her successes are from a life based on Christ, wonderful family, and friends.



Why Choose Coaching?

Through LifeBridge Nebraska, our physician coaches have been trained in coaching practices to best support other physicians in addressing their health and wellbeing. The practice of medicine looks different than it did 20, 10, and even 5 years ago. There are increased data collection and administrative functions, RVU-based systems, patient satisfaction targets and all with decreased autonomy for physicians.

- ✓ Coaching provides a non-clinical, evidence-based approach to assess a situation from a different perspective.
- ✓ Discovering yourself as a person (values clarification, communication styles, and thinking patterns) lends well to how you respond to different situations.
- ✓ Maladaptive response techniques can lead to increased stress and frustration. Compounding issues can lead to symptoms of burnout.



Our approach at LifeBridge is to catch things early and upstream. Coaching has been a long-standing tool for top CEO executives in the healthcare, finance, and business industries. Physicians are the leaders of the healthcare team and can benefit from coaching.



Your initial meeting can be spent learning about you as a physician and what you want to focus on. You will also learn the coach's philosophy to coaching. After setting the groundwork for the coaching process, a roadmap will be established using tools for coaching sessions to broaden one's self-awareness and explore opportunities for growth.

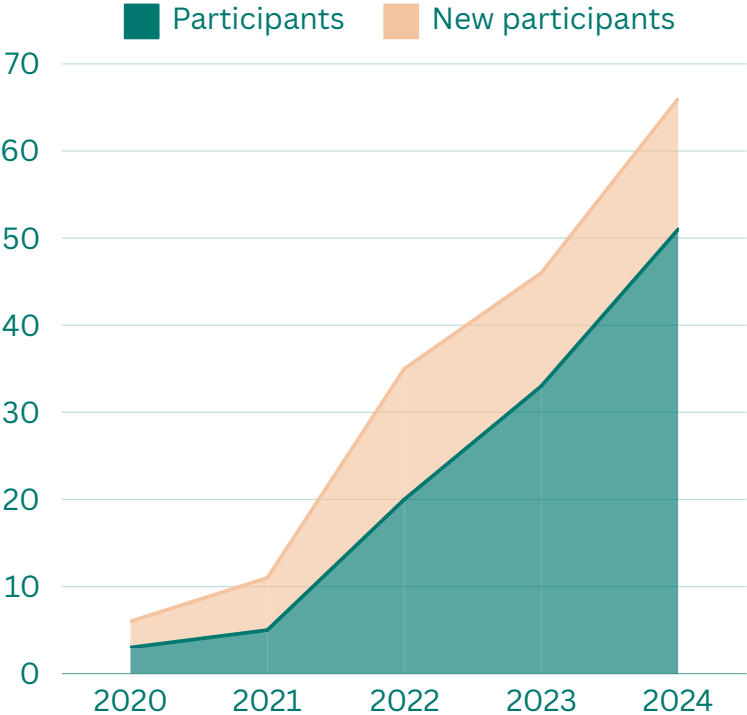
Our Impact

Overview

LifeBridge Nebraska was launched in late 2020. Since the inception, the program has grown and expanded to meet the needs of physicians across the state. Data is provided from the beginning of the program through 2024.

In Nebraska, most counties experience physician shortages in numerous subspecialties. It has been positive to see a variety of specialties take advantage of the LifeBridge program.

Participant Specialties		
Family & General Medicine	Internal Medicine	Hospitalist
Neurology	OB/GYN	Pediatrics
Orthopaedics	Pathology	Surgery
Urology	Ophtalmology	Emergency
Oncology	Residency Program	Other



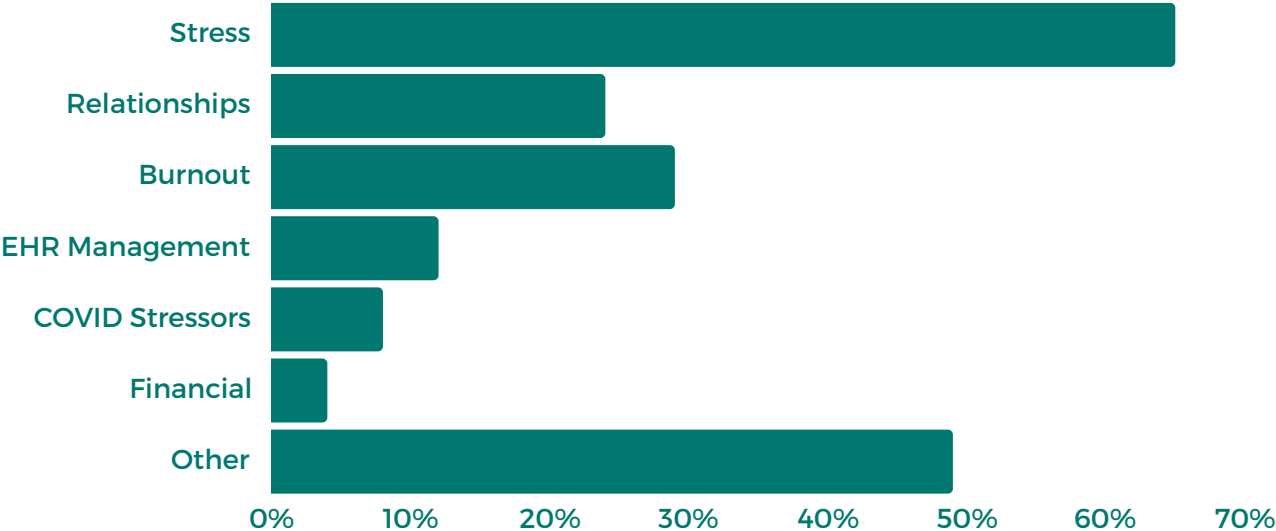
Utilization

Participation in the program has grown from year to year as awareness of the program increases. Growing trust in the confidentiality of LifeBridge and the coaching relationship has led to an increase in physicians using it.

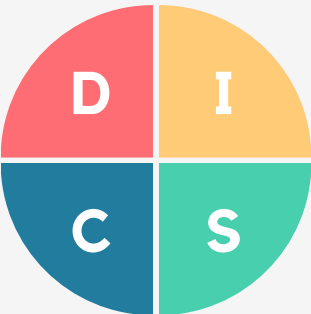
While the program is seeing a growth of new physicians each year, interestingly enough, 50% of physicians have remained in frequent contact with their coach since beginning the program. Building a connection of trust is imperative for an effective coaching relationship.

Our Impact

Upon starting the program, LifeBridge collects non-identifying demographic information to track program needs. To date, both male and female physicians are using the program at similar rates. Physicians working in Urban settings (72%) are using the program more frequently than Rural counterparts (28%). Physicians that are hospital-system employed (23.5%), employed by a large group (>9) (21.6%), and employed by a small group (<10) (19.6%) are using the program the most, followed by private practice, hospital-based practice, and in a residency program.



Physicians identify top reasons for calling in to use the program. “Other” includes things such as retirement transitions, career and leadership coaching, board exams, practice transition, health issues, private practice management, finding purpose in job, legal and probation issues. LifeBridge Nebraska coaches have provided more than **200 sessions** totaling **over 190 hours** of coaching provided.



A core foundation of effective coaching is understanding one’s own behaviors and communication styles as well as being able to identify those styles in others. LifeBridge Nebraska coaches are trained on administering and utilizing the DISC assessment. Results help to shape coaching sessions centered on personal growth and development. Physicians have found this to be a useful tool in growing leadership and communication, identifying triggering situations, and working to understand perceptions of themselves and others.

Our Impact

Where are physicians hearing about LifeBridge?

- Conferences
- Employer
- Faculty or Practice Meeting
- Another Physician/Colleague
- Email from the Nebraska Medical Association
- Flyer and/or Postcard Mailing
- Family Member/Friend
- Primary Care Provider
- Doctor's Lounge Flyer
- Department Head



**BECAUSE SOMETIMES
YOU JUST NEED...**

**...HELP FINDING BALANCE
...A NEW PERSPECTIVE
...TO TAKE THE NEXT STEP
...TO PLAN AND PROCESS**

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Program Successes



In 2024, LifeBridge Nebraska launched its monthly webinar series which provides engaging and informative sessions on topics that matter and are tailored to address the unique challenges faced by physicians.

These sessions are a valuable opportunity to gain insights, share experiences, and connect with a community committed to fostering a healthy, balanced lifestyle. Each webinar offers free Continuing Medical Education (CME) credits for participants, ensuring that you can continue your professional development while prioritizing your well-being. Past topics include:

- Understanding the Physician Employment Marketplace
- Managing Menopause through Practice
- Prior Authorization Process



Register Here!

Raising awareness of the program and education on physician burnout has been a longstanding priority for the program. Messaging campaigns have been effective across the website and the program's social media platforms. National wellness organizations have done stories on Nebraska's model of the program as well as local podcast coverage. The program regularly submits articles to local physician magazine publications and newsletters.



In August 2024, LifeBridge held its first physician wellness networking event at Glacial Till Winery in Palmyra, NE. With over 100 tickets reserved, physicians and their guests enjoyed the Malpractice band, food and drinks, and connected with their peers.



Advisory Committee



The LifeBridge Nebraska Advisory Committee is comprised of physicians across the state representing Greater Nebraska, Omaha metro, and Lancaster County as well as healthcare system and payer partners.

<p>Healthcare Organizations</p>	<p>Darla Eisenhauer, MD <i>Lancaster County</i> Krista Goins, MD <i>Lancaster County</i> Lane Handke, MD <i>Greater Nebraska</i> Kurt Kapels, MD <i>Greater Nebraska</i> Chris Maloney, MD <i>Omaha Metro</i> Chad Reade, MD <i>Omaha Metro</i></p>
<p>Nebraska Medical Foundation</p>	<p>Todd Hlavaty, MD</p>
<p>Payers</p>	<p>Chris Elliott, MD <i>Nebraska Total Care</i> Julie Feddersen, MD <i>UnitedHealthcare</i></p>
<p>Physicians</p>	<p>Sian Jones-Jobst, MD <i>Lincoln, NE</i> Harris Frankel, MD <i>Omaha, NE</i> Dan Rosenquist, MD <i>Greater Nebraska</i></p>
<p>Residents</p>	<p>Brenton Bussinger, MD <i>University of Nebraska Medical Center</i></p>
<p>LifeBridge</p>	<p>Lindsey Hanlon <i>Program Coordinator</i> Joann Schaefer, MD <i>Medical Director</i> Amy Reynoldson <i>Nebraska Medical Association EVP</i></p>

Our Partners



HEALTHCARE SYSTEMS



The work we do is a direct reflection of the support of our partners. Through their contributions, we are making an impact in the lives of Nebraska physicians. This impact carries through to increased quality care for patients.

HOSPITALS



Well Ahead



Our Partners



PAYERS



CORPORATE & GRANTS



Connect With Us



Connect with LifeBridge today to learn more about the program, request a presentation, or become a sustainability partner to help support the health and wellness of Nebraska physicians.

**Phone :**

+1-402-416-2030 (Office)

+1-888-596-2036 (Confidential Line)

**Address :**

1045 Lincoln Mall, Suite 200
Lincoln, NE 68508

**Website :**

www.lifebridgenebraska.org

THANK YOU !

Note : The LifeBridge program was established in 2020 by the Nebraska Medical Foundation.

Participant data is protected and shared at a level that will not disclose the identity of any participant. The program is completely self-referral.