

2018 Unified Quality Improvement Symposium  
Student Innovation Challenge

**Healing Healers:** An Innovation to Improve  
Provider Wellness in Rural Settings



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# What Does Burnout Mean For Our Community?

Healthc

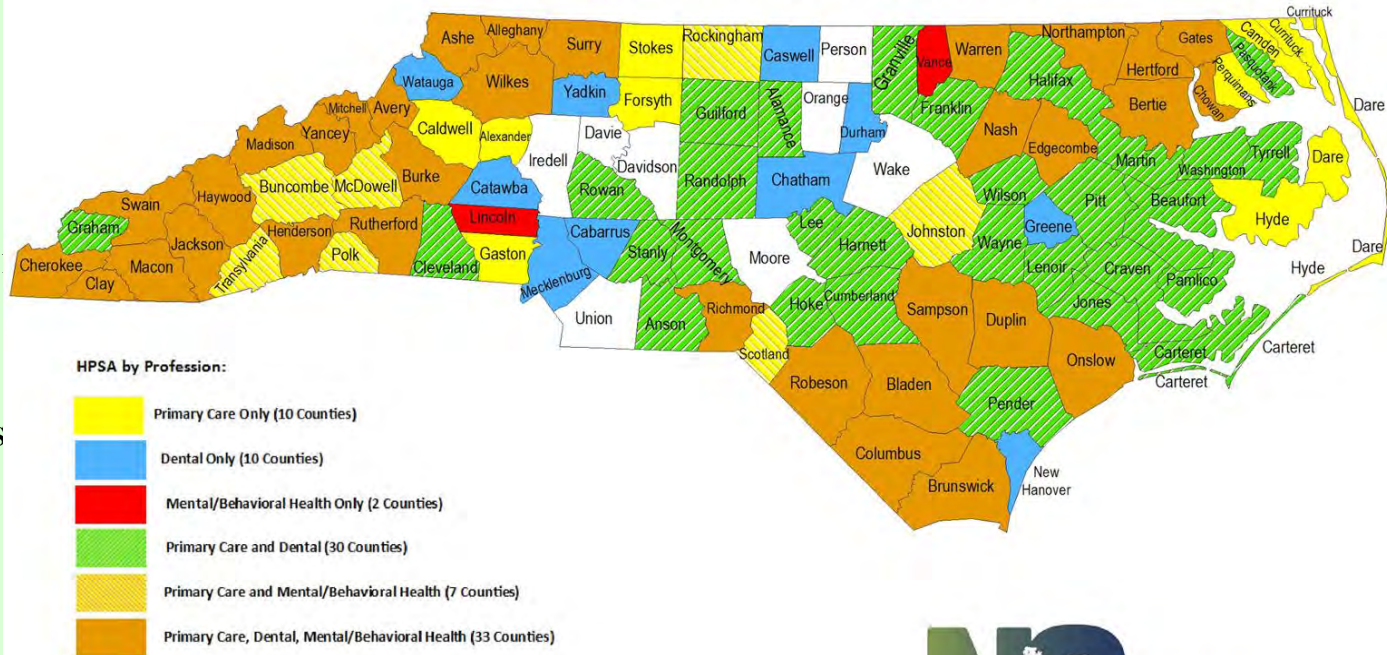


Provide

Address



**North Carolina Counties Designated  
Health Professional Shortage Areas SFY 2017**



\*Shortage area may be whole county, or population group or geographical area within a county. Data as of January 3, 2017.  
 \*Counties that are white are urban counties or rural counties without an official HPSA designation.  
 \*The map is not reflective of counties that, if reviewed, would qualify for primary, dental or mental health HPSAs



Rural Health  
HEALTH AND HUMAN SERVICES



# What is the Healing Healers App to the Individual?

1. 7-question monthly wellness survey
2. Wellness resources provided
3. Individual wellness tracker

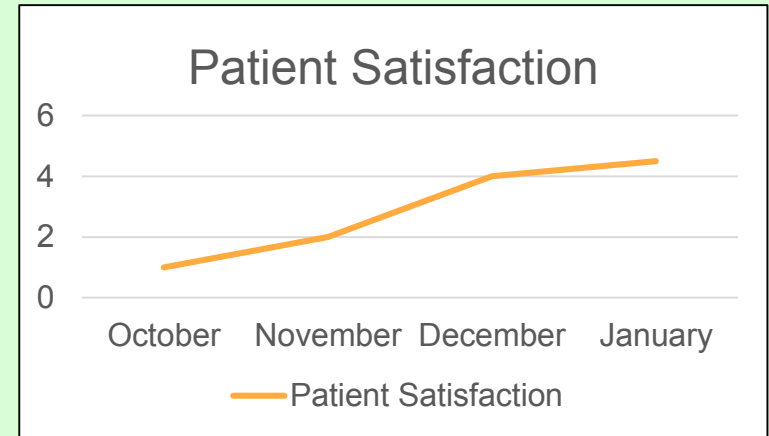
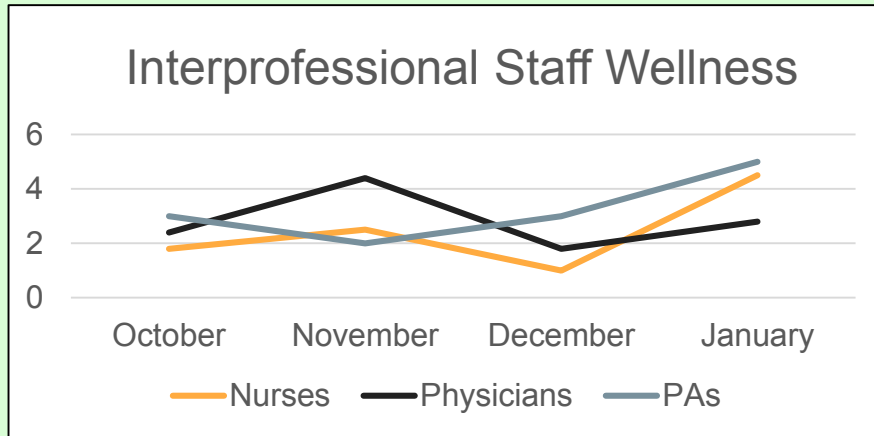


Choose your mandatory wellness activity:

- Meditation
- Yoga
- Exercise
- Journaling

# What is the Healing Healers App to the Team?

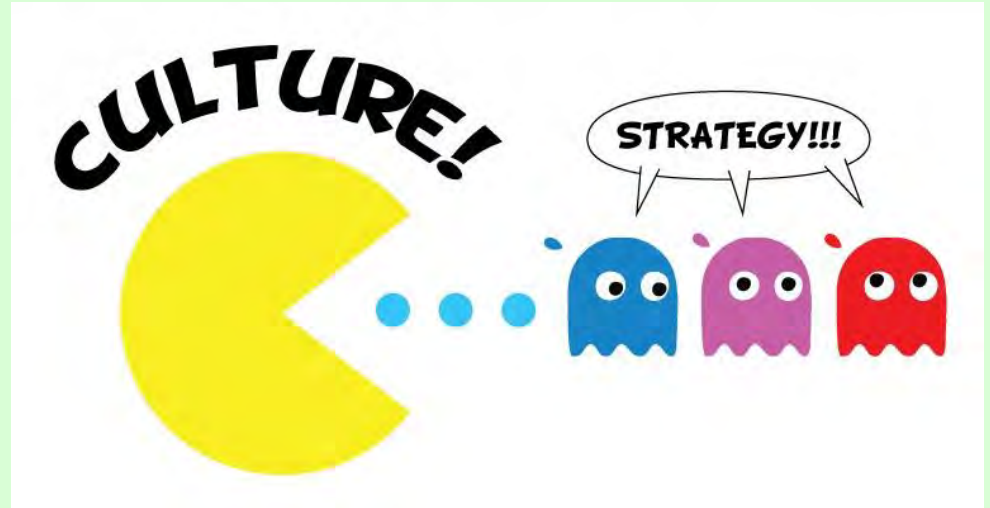
1. Collective staff wellness tracker
2. Facilitates interprofessional wellness communication





# Why is Healing Healers the solution?

- **Mandatory wellness activity**
  - Accountability
  - Trial and error
- **Usability**
  - Quick input
  - Mobile
  - Metrics made easy
- **Changing the culture**
  - Individual & collective dialogue
  - Engagement & Buy-in



# References

From Triple to Quadruple Aim: Care of the Patient Requires Care of the Provider. [Thomas Bodenheimer](#), MD, and [Christine Sinsky](#), MD. *Ann Fam Med* Nov/Dec 2014 12:573-576; doi:10.1370/afm.1713

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Physician Wellness in Rural America: A Review. Treah S. Haggerty, M.D., Scott A. Fields, Ph.D., Emily M. Selby-Nelson, Psy.D., Kimberly P. Foley, Ph.D., Carl D. Shrader, M.D., Ph.D. *The International Journal of Psychiatry in Medicine*. Vol 46, Issue 3, pp. 303 - 313. First Published February 10, 2014; doi: <https://doi.org/10.2190/PM.46.3.e>

