Federation of State Physician Health Programs
Annual Education Conference

Enhancing the Effectiveness of Professional Health Programs Through Collaboration: Improving Health and Well-Being

April 17-21, 2024
Nashville, Tennessee
Enhancing the Effectiveness of Professional Health Programs Through Collaboration: Improving Health and Well-Being
FLORIDA'S EXPERIENCE

- Initial survey of 9 Florida medical schools in 2014 (Wex et al., 2012)
- 48 questions (20 minutes) with no compensation: 33%
  Response rate
- Eye-opening results prompted action to improve student well-being across all medical schools in Florida
- Presented findings at AAMC, AAMC, FSPHP, and other meetings.
- 5 Publications.
TDH Mission, Vision, and Values

- **Mission**: Protect, promote, and improve the health and well-being of all people in Tennessee
- **Vision**: Healthy people, healthy communities, healthy Tennessee
- **Values**: Trust, Compassion, Service, Excellence
Physician Well-being 2.0: Where are we and where are we going?

Tait Shanafelt, MD
Chief Wellness Officer, Stanford Medicine
Joanie and Stewart Ritchie Professor of Medicine
Associate Dean, Stanford School of Medicine
2024 Member Service Awards

The 2023-2024 Member Service Awards honor the following Board of Directors in appreciation of their outstanding service to the Federation:

- Christopher O. N. N., MD, MPH, FASAM
  President-Elect
- Michael Baron, MD, MPH, FASAM
  President
- Scott Hambleton, MD, DFASAM
  President
Detection and Quantification of Three Catecholamine Metabolites in Urine from a High-Risk Population

INTRODUCTION

Catecholamines are a group of biologically active amines that are produced by the adrenal medulla. They play a vital role in the body's response to stress and are involved in various physiological functions. Three key catecholamines are norepinephrine, epinephrine, and dopamine, each with unique metabolic pathways.

METHODS

Urine samples were collected from subjects in a high-risk population. The samples were analyzed using high-performance liquid chromatography (HPLC) with a fluorometric detector. Calibration curves were generated using external standards for each catecholamine.

RESULTS

The quantification of norepinephrine, epinephrine, and dopamine in the urine samples revealed significant differences between the high-risk population and a control group. The results showed a 30% increase in norepinephrine levels, a 25% increase in epinephrine levels, and a 40% increase in dopamine levels in the high-risk population as compared to the control group.

DISCUSSION

The findings suggest that increased levels of catecholamines in the urine of a high-risk population may be indicative of an underlying physiological or pathological condition. Further studies are needed to elucidate the mechanisms behind these elevated levels and their potential implications for health outcomes.

REFERENCES

Item #13
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Item Description: A soft, rare leather sleeve, this envelope style laptop case has a sleek and classic design. Slim and lightweight, this case easily slides into a briefcase or backpack.
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Item #1
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Item Description: Cookbooks from Christopher Kimball’s Milk Street - Signed by Christopher Kimball
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(Extensive review of literature, pro and con, in Fleming's work)

- Raises important questions for assessing how much effort to put into these interventions.
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2. When the music plays, find different instrument.
3. At that table – follow the music.