



Medical Education Round

*Specially brought to you by
Medical Education Round Sub-Committee
Medical Education Unit, Yong Loo Lin School of Medicine, NUS*

15 February 2008 (Friday), 7.30am - 8.30am
Auditorium, National University Hospital,
Level 3, Kent Ridge Wing

"Finding a Balance Between Medical Work & Life"

Speaker: Dr Lee Lipsenthal
CEO, Finding Balance Inc, USA

Chairman: Assoc Prof Roy Joseph
Dept of Paediatrics, Yong Loo Lin School of Medicine, NUS

This session will cover the genesis of imbalance. How our personalities contribute to imbalance and our health; the neurophysiological effects of life imbalance; the effect of imbalance on family and relationships; work addictive tendencies in medicine and nursing and the effect of imbalance on performance. The program will then show how the improvement in life balance enhances relationships, cognition and performance.

Dr Lipsenthal is a recognized leader, teacher and pioneer in the field of provider wellness. He is internationally known for his research work with Dr. Dean Ornish, in preventive cardiology. Through his years in the profession, Dr Lipsenthal observed that the health, morale, and work satisfaction of many physicians were often worse than that of their patients. Inspired by this realization and based on his experience, he developed the "Finding Balance in a Medical Life" program. The program have been adapted by major medical groups and forms part of the curriculum in many medical schools and residency programs in the US. He has authored many publications on healthcare provider wellness medicine including the book *Finding Balance in a Medical Life*. He speaks to over 5,000 physicians annually in keynote addresses, workshops and other formats. Finding Balance, Inc, is an affiliation of practitioners and teachers dedicated to the enhancement of the delivery of clinical health care. Two important activities of theirs are Programs dedicated to the health and well-being of the clinician and, interventions in the clinical workplace designed to enhance the overall sense of well-being and communication. He is the father of two children and married to a physician, giving him a unique understanding of balancing a medical life.

**All academic staff, medical, dental, allied health professionals,
nurses and medical students are invited.**

1 CME point will be accredited by SMC

*For registration / enquiries, please contact Nicholas Wong at
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*Please visit our website for more exciting details
http://medicine.nus.edu.sg/meu/med_edu_rd.shtml*

*"The Central Mission of
medical education is to
improve the quality of health
care delivered by doctors and
we must never fail to
remember the central role
played by patients as the
ultimate recipients of our
skills—what doctors do, and
how and when they do it,
depends on the quality of
medical education. We need
to get it right"
(Bligh & Parsell 2000)*
