As the autumn leaves withered and the first snow fell from Vermont to Washington State, the SGIM 2017 program committee designed a spring renewal cherry blossom meeting at the Washington, DC, Hilton Hotel (April 19-22). Our theme—Resilience and Grit: Pursuing Organizational Change and Preventing Burnout—inspired a program poised to change how we think, feel, and act, as we go forward to face a new era of health care transformation and political uncertainty.

For SGIM members, the annual meeting is a chance to come together to celebrate our shared mission of patient care, medical education, health care advocacy, and leadership. In response to the high level of member engagement at the 2016 annual meeting, our Program Committee redesigned the 2017 meeting schedule so that all sessions are one hour long; thus, substantially increasing the number of scheduled sessions. As you read this, SGIM members across the country and around the globe are busily reviewing abstracts, vignettes, and innovations in anticipation of a great event to come.

Resilience and Grit: Pursuing Organizational Change and Preventing Burnout is a timely theme that captures several content areas of leadership in cutting-edge issues. Our Web site reflects both our diversity and our opportunities as we engage in this most critical “generational” conversation, writ broad. We aim to reenergize and appreciate our senior members as we bring on new members, and also develop our younger members by offering them mentoring opportunities, viable skills, and a sense of belonging in our “academic home.”

The 2017 Peterson Lecturer, Vivian S. Lee, MD, PhD, MBA, will provide a perspective on her leadership while serving as the CEO of University of Utah Health Care in Salt Lake City, dean of the University of Utah School of Medicine, and senior vice president for Health Sciences at University of Utah. Dr. Lee is known for her work on increasing efficiency in health care that culminated in The LEAN Management and Value-Driven Outcomes initiative, a model program that lead to streamlined processes of care and increased efficiency at her institution and revolutionized the way we talk about the value and cost of medical care.

This year we are piloting a new format for Clinical Updates: SGIM-MED Talks. These sessions will feature two or three 15-minute TED-style talks on topics of interest—including diabetes and wellness promotion—to our members and meeting attendees. In these sessions, each of the dynamic speakers will combine evidence and experience into a thoughtful discussion of one aspect of the session topic. Our goal for this new format is to deliver impactful information in concise, engaging bursts.

The Saturday morning Armchair Discussion format that began in 2016 will continue with “Tales from the Trenches: Housing and Health.” We invited Washington-based national gurus, Tom O’Toole and Erika Poethig, to speak on efforts to increase housing security as a social determinant of health. On the more personal, but evidence-based front, Dr. Aviad Haramati will later discuss the physiology of stress and how meditation can mediate those changes.

My own burnout prevention efforts continue as I engage in music, exercise, and mindfulness. Since “connectedness” is a powerful mediator of wellness and career satisfaction, lunch times will be kept open for networking. Several innovative wellness activities and a “Celebrating Our Humanities” session are being developed—stay tuned for updates!

The SGIM annual meeting is always an inspiring occasion to learn and enhance our effectiveness as leaders, teachers, and advocates for GIM; celebrate our diversity and our united mission; and network with colleagues.

We are honored to lead the program committee, which is working tirelessly on enhancements to the annual meeting. We anticipate it will be an inspiring event for all who attend. Register now for SGIM 2017 at http://connect.sgim.org/sgim17/register. We look forward to seeing you in April in Washington, DC!

References