

American College of Emergency Physicians

**Wellness Section Meeting**

Tuesday, October 27, 2015

MINUTES

**Participants**

Section members participating for all or part of the meeting included: Lori Weichenthal, MD, FACEP, acted as Chair; Pamela A. Ross, MD, FACEP, Chair Elect; Laura McPeake, MD, Alternate Councillor; Julia M. Huber, MD, FACEP, Alternate Councillor; Bryan Balentine, MD, FACEP; Arlene Chung, MD; Mary DiRubbo, MD, FACEP; Constance J. Doyle, MD, FACEP; Emily Hirsh MD, FACEP; David L. Meyers, MD, FACEP; Alexander M. Rosenau, DO, FACEP; Brian Sharp, MD, FACEP; Rosanna D. Sikora, MD, FACEP; and Ramin Tabatabai, MD, FACEP.

Others participating for all or part of the meeting included: Thomas E. Benzoni, DO, FACEP; Andrew Langsam, MD, FACEP; Rita Manfredi, MD, FACEP; Amy C. Sedgwick, MD, FACEP; Jay Kaplan, MD, FACEP, Board Liaison; Sandra M. Schneider, MD, FACEP, ACEP Staff Liaison; Julie Rispoli, Project Manager; Rhonda Whitson, RHIA and Mary Anne Mitchell.

**Agenda**

Welcome

Report on Meditation and Yoga

Wellness Week

**Major Points Discussed**

Dr. Weichenthal led the meeting as Dr. Sanicola-Johnson was unable to attend *ACEP15*. The first discussion was about the Quiet Room. This year we had more attendees than most people could remember. Thanks to our members for tweeting out messages about the room. It was also noted that several Muslim ACEP members used the room for their prayers. We discussed making additional accommodations for these members at next year's quiet room. We also discussed the need for additional yoga mats. We discussed the potential for corporate sponsorship. Sandy will look for opportunities for future sponsorship, but warned it would be unlikely. Special thanks to those members of the section who led the medication and yoga sessions!

There was extensive discussion about Wellness Week. ACEP will be sponsoring the first Emergency Medicine Wellness Week™ Jan 24-31. ACEP will be inviting other organizations such as ENA, SEMPA, EMRA and others to join us. Through the week we will be tweeting and emailing hints about a more healthy lifestyle. In addition we are soliciting self-made videos which can be made and sent to [communications@acep.org](mailto:communications@acep.org) and will be posted on the website. State chapters have been invited to join our efforts. Individual EM groups or ED's may be interested as well. Media kits will be available in early January. There was some talk about creating a competition between chapters, however that will probably need to wait until next year.