

Outline

Plenary Panel Session: Stress

Dr. Fab Mancini, Dr. Jay Greenstein Dr. Mitch Mally

Stress is ubiquitous and follows us everywhere. It is a psychological and physical response by your body to anything that is perceived as a threat or a challenge. Stress can be caused by either a negative challenge or a positive challenge. Since there is simply no avoiding it, the task for health professionals has become to further our understanding to improve management in our office, patients and in ourselves.

In this 2-hour session, attendees will learn ways to lower stress within your practice, treat patients experiencing stress, and how to treat the many health issues due to stress.

- I. Stress, what is it?
- II. Recognize common stress symptoms & ways to manage them
- III. How Stress Affect your Health
- IV. How stress is impacting our society, with patient offices, and how systems can help efficiency, which helps contribute to less errors and better patient outcomes
- V. Tips to lower stress levels
- VI. Stress in the practice and how to achieve better outcomes & avoid error