

Heal the Healers: Well-Being in Health Systems

Friday, September 18, 2026

The Ohio State University
115 Biomedical Research Tower
460 W. 12th Ave.
Columbus, OH 43210

Sponsored by: The Ohio State University Wexner Medical Center

This conference is focused on advancing clinician well-being through culture change, system optimization, and self-care. Experts will share practical strategies to reduce burdens, improve workflows, create healthier workplaces where healthcare professionals can flourish.

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Objectives:

At the conclusion of this activity, learners will be able to:

1. Identify key strategies to promote clinician wellbeing across four foundational pillars: culture, system optimization, resilience, and wellness.
2. Evaluate tools and practices that reduce cognitive load and enhance workflow efficiency.
3. Apply evidence-based approaches to support whole-person wellness, build team trust, and sustain organizational culture change in healthcare settings.

Agenda:

7:50 AM Opening Remarks
Laxmi Mehta, MD, MBA

Session 1: Culture of Wellbeing

Moderator: Arianna Galligher, LISW-S, MBA

8:00 AM Beyond the Numbers: What Well-Being Data Tells Us About Culture, Risk, and Change
Laxmi Mehta, MD, MBA

8:15 AM Built for Chaos: Mastering Prevention and Recovery
Carmen Quatman, MD, PhD

8:45 AM Building a Culture Where Healthcare Professionals Can Flourish
J.J. Kuczynski, PT, DPT and Kristin Stevens, PCC, MBA

9:45 AM Creating Learning Environments that Sustain Trainees
Simiao Li-Sauerwine, MD, MSCR and Alexander Close, MD

10:00 AM Questions and Answers for Session 1
Alexander Close, J.J. Kuczynski, Simiao Li-Sauerwine, Carmen Quatman, Kristen Stevens

10:15 AM **Break**

Session 2: System Optimization

Moderator: Laxmi Mehta, MD, MBA

10:30 AM Making Space to Think: Reducing Cognitive Load with AI
Laxmi Mehta, MD, MBA

11:00 AM Creating Capacity: Improving Care Through Operational Excellence
Jurriaan de Jong, PhD

11:30 AM Taming the In-Basket
Zachary Schmidt, APRN-CNP

11:45 AM Will it Work
Valerie Grignol, MD

12:00 PM Questions and Answers for Session 2
Jurriaan de Jong, Valerie Grignol, Zachary Schmidt

12:15 PM **Battle of the Brains: Lunchtime Trivia Challenge**
Sarah Sherer, MSHR
Lunch included and prizes for winners

Session 3: Self-Care

Moderator: Arianna Galligher, LISW-S, MBA

1:15 PM Grief, Trauma & Emotional Processing in Healthcare
Arianna Galligher, LISW-S, MBA

1:30 PM From Stress to Strength: Incorporating Resilience into Practice
Amy Rettig, DNP, APRN-BC, CNS

1:45 PM The Prescription We Forget to Write for Ourselves
Jeanne Caligiuri, MD

2:15 PM Q&A Discussion
Jeanne Caligiuri, Amy Rettig

2:30 PM Closing Remarks: including pilot grants past and future
Laxmi Mehta, MD, MBA

2:45 PM **Adjourn**

Presenters:

Laxmi Mehta, MD, MBA - Chief Well-Being Leader, Faculty Director of the Gabbe Well-Being Office; Associate Vice-Chair of Wellness, Department of Internal Medicine, Director of Preventive Cardiology and Women's Cardiovascular Health, Sarah Ross Soter Endowed Chair for Women's Cardiovascular Health Research, Clinical Professor of Internal Medicine, Conference planning committee

Arianna Galligher, LISW-S, MBA - Director, Gabbe Well-Being Office, Director, Stress, Trauma and Resilience (STAR) Program, Conference planning committee

Carmen Quatman, MD, PhD - Professor Departments of Emergency Medicine and Orthopaedics
Director of Research Faculty Development, FAME, Co-Director Emergency Medicine Research Fellowship

J.J. Kuczynski, PT, DPT, LSSGB, Prosci® - Senior Consultant, Team Performance and Execution

Kristin Stevens, PCC, MBA - Talent Management Specialist 5, Executive Coach and Sr. Organizational Consultant

Simiao Li-Sauerwine, MD, MSCR - Professor of Emergency Medicine, Associate Residency Program Director, Medical Education Fellowship Director, Lead for Physician Well-being

Alexander Close, MD - Assistant Professor - Clinical Medicine - Emergency Medicine

Jurriaan de Jong, PhD - Assistant Professor - Clinical (9M), Fisher College - Operations and Business Analytics

Sarah Sherer, MSHR – Senior Associate Vice President, Chief Human Resources Officer

Zachary Schmidt, APRN-CNP - Advanced Practice Provider 3

Valerie Grignol, MD - Professor - Surgery and Medical Director of James Physician Wellness

Amy Rettig, DNP, APRN-BC - CNS

Jeanne Caligiuri, MD - Assistant Professor of Clinical Medicine - Department of Internal Medicine

Accreditation Statement:

The Ohio State University is accredited by the Accreditation Council for Continuing Medical Education (ACCME®) to provide continuing medical education for physicians.

AMA Credit Designation Statement:

The Ohio State University designates this live activity for a maximum of **5.75 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Course Evaluation:

The OSU CCME Office will email you an evaluation to complete. Please complete evaluation. Your feedback is important.

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