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Access GI Expertise, Educational Resources and Support for You and Your Patients

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2023 **ACG FUNCTIONAL GI & MOTILITY DISORDERS SCHOOL & MIDWEST**
REGIONAL POSTGRADUATE COURSE

AUGUST 25-27, 2023 | RADISSON BLU MALL OF AMERICA
MINNEAPOLIS, MN

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2023 **ACG ENDOSCOPY SCHOOL & ACG/VGS/ODSGNA**
 REGIONAL POSTGRADUATE COURSE
SEPTEMBER 8-10, 2023 | WILLIAMSBURG LODGE
 WILLIAMSBURG, VA
 Register online: meetings.gi.org

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ACG
2023
OCTOBER
 20-25, 2023
 VANCOUVER, CANADA

VANCOUVER

Save the Date!

Be sure your passport is up to date!

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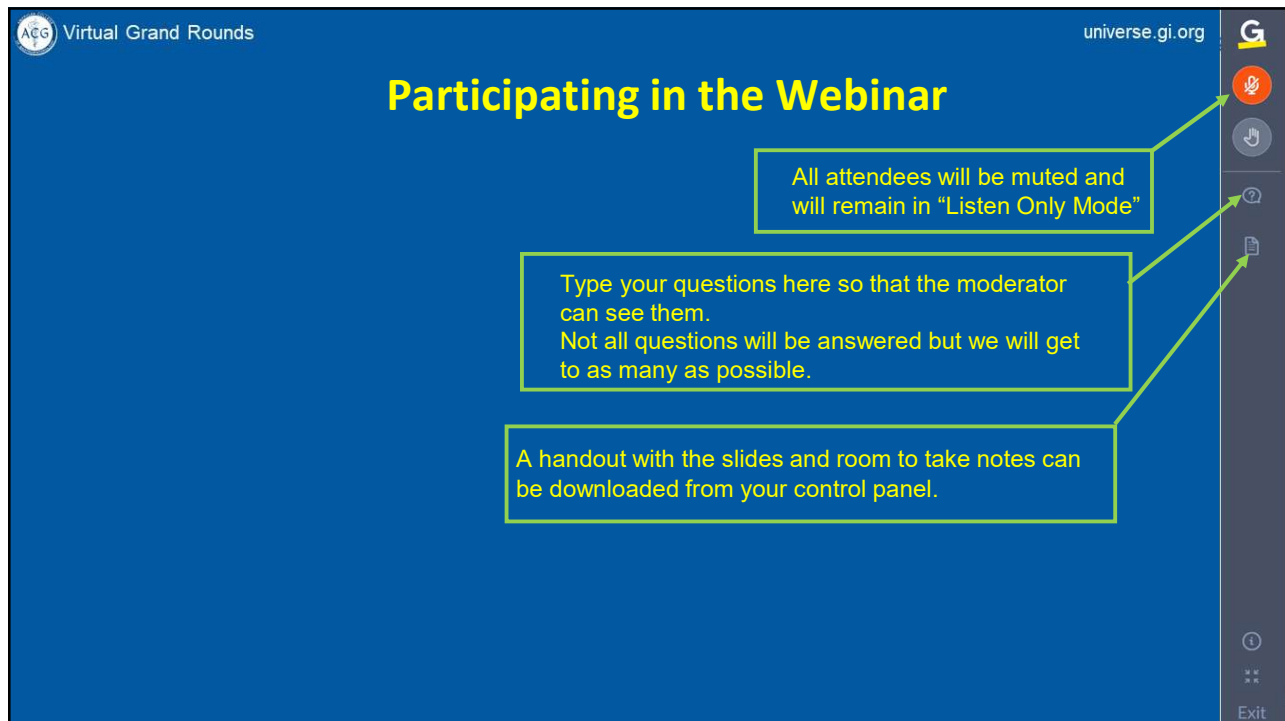
ACG Institute
EARLY CAREER LEADERSHIP PROGRAM

THE CENTER FOR LEADERSHIP, ETHICS & EQUITY

Application Deadline: Friday, July 14, 2023
➔ Apply Online: gi.org/ecfp

ACG INSTITUTE
FOR CLINICAL RESEARCH AND EDUCATION

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Participating in the Webinar

All attendees will be muted and will remain in "Listen Only Mode"

Type your questions here so that the moderator can see them. Not all questions will be answered but we will get to as many as possible.

A handout with the slides and room to take notes can be downloaded from your control panel.

Exit

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ACG Virtual Grand Rounds

Join us for upcoming Virtual Grand Rounds!

There will be no VGR on Thursday July 6th




Week 28 – Thursday, July 13, 2023
 Going Green: Improving Your Endoscopy Unit’s Carbon Footprint
 Faculty: Rabia A. de Latour, MD
 Moderator: Swapna Gayam, MD, FACC
At Noon and 8pm Eastern

Week 29 – Thursday, July 20, 2023
 American College of Gastroenterology Acute Liver Failure Guidelines
 Faculty: Alexandra Shingina, MD, MSc
 Moderator: Robert J. Wong, MD, MS, FACC
At Noon and 8pm Eastern

Visit gi.org/ACGVGR to Register

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ACG Standard Slide Decks


Colorectal Cancer Screening and Surveillance Slide Deck


Ulcerative Colitis Slide Deck

ACG has created presentation-ready, semi-customizable MS PowerPoint clinical slide decks for your unique teaching and learning needs.


Visit gi.org/ACGSlideDecks to learn more and request access to the standard slide decks!

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Disclosures
universe.gi.org



S. Priya Narayanan, MD
Dr. Narayanan has no relevant financial relationships with ineligible companies



Michael Fischman
Mr. Fischman has no relevant financial relationships with ineligible companies








Juan Murua
Mr. Murua has no relevant financial relationships with ineligible companies

*All of the relevant financial relationships listed for these individuals have been mitigated

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	S. Priya Narayanan, MD		Neelima Reddy, MD, FACG
	Michael Fischman		Neeraj Kaushik, MD
	Juan Murua		

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Healing Breaths universe.gi.org

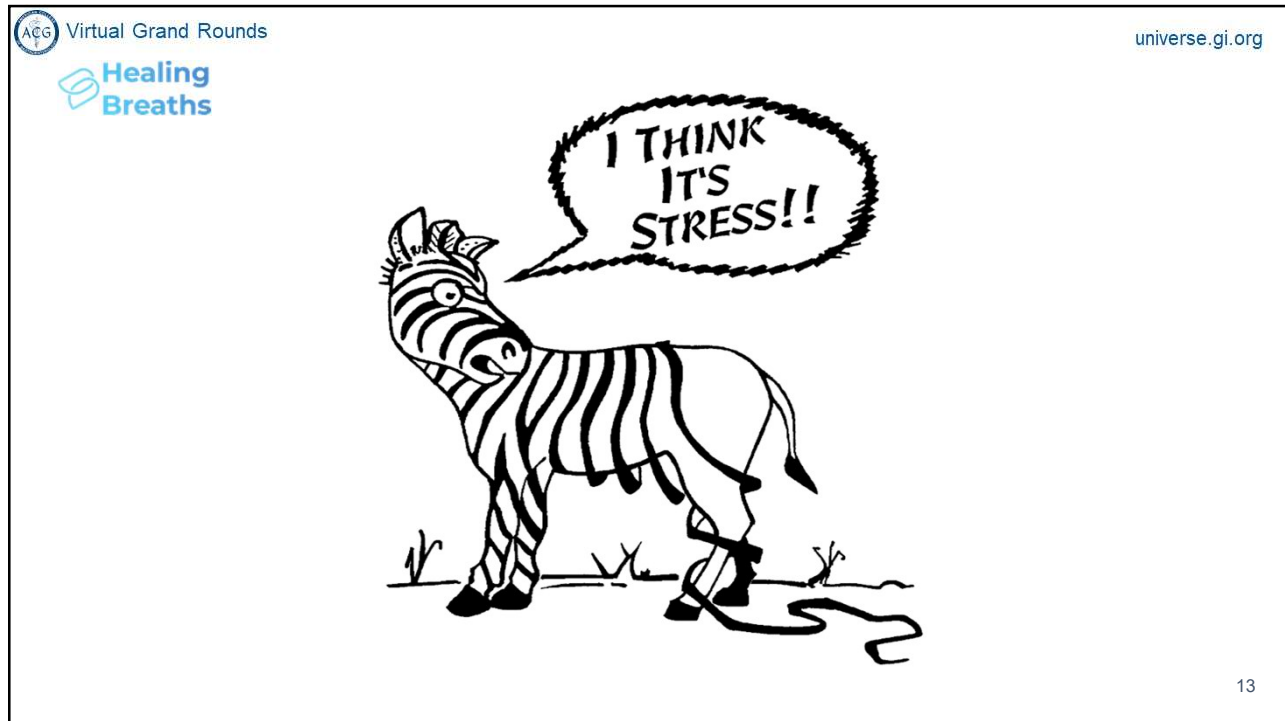


BREATHING PAST BURNOUT

AN INTRODUCTION TO THE SKY PROGRAM



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Healing Breaths

Burnout : Spotlight on an existing problem

Negative consequences of health worker burnout for:

Patients		Health Workers	
Less time with health workers	Delays in care and diagnosis	Insomnia, heart disease, and diabetes	Increased risk of isolation, substance use, anxiety, and depression
Lower quality of care	Medical errors	Relationship and interpersonal challenges	Exhaustion from overwhelming care and empathy

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ACG Virtual Grand Rounds | **Burnout : Spotlight on an existing problem** universe.gi.org
Healing Breaths

Negative consequences of health worker burnout for:

Health Care System		Community and Society	
Health workforce shortages and retention challenges	Limited services available	Erosion of trust	Worsening population health outcomes
Risk of malpractice and decreased patient satisfaction	Increased costs	Increased health disparities	Lack of preparedness for public health crises

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BURNOUT & THE IMPACT




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WHAT IS THE BEST WAY TO “RECHARGE”?



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4 Sources of Energy

 Food	 Sleep	 Calm & Meditative State of Mind	 Breath
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ACG Virtual Grand Rounds | **EMOTIONS AND BREATH: A TWO-WAY STREET** universe.gi.org
Healing Breaths

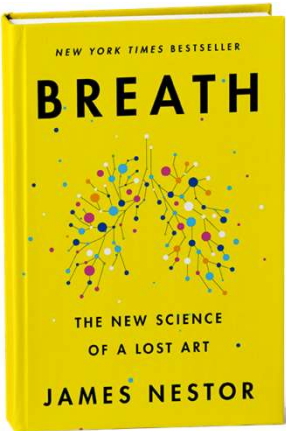


→ Direct link between breath and emotions

Source: Phillipot, Chappelle, Blairy, Aug 2002 - Respiratory feedback in the generation of emotion
<https://www.semanticscholar.org/paper/Respiratory-feedback-in-the-generation-of-emotion-Phillipot-Chappelle/f8ae5d2b632c70827023542ad08ffd5ef2045bc2>

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Healing Breaths



100+ Independent Studies on SKY - Key Findings

Deep Sleep	Well-Being	Depression	Stress
Increases	Hormones Increases	Decreases	Hormones Decreases
218%	50%	70%	56%
INCREASE IN DEEP SLEEP	INCREASE SERUM PROLACTIN	REMISSION RATE IN DEPRESSION in 1 mo	REDUCTION SERUM CORTISOL
↑	↑	↓	↓

"SKY is the most powerful technique I've learnt"


FEATURED IN: Forbes, The New York Times, CNN, yoga, TIME, WSJ, NBC, Stanford News, Yale News, HARVARD MEDICAL SCHOOL, Psychology Today

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A Study on Impact of SKY on wellbeing of Providers during the Pandemic



METHOD/ DESIGN


PARAMETERS ASSESSED

- STRESS
- ANXIETY
- DEPRESSION
- SLEEP QUALITY
- RESILIENCE
- SATISFACTION OF LIFE

SAMPLE SIZE
100

TIMEPOINTS OF ASSESSMENT
PRE, POST & DAY 40

IMPACT OF SKY AMONG HCPS



PARAMETER DECREASED ↓	IMMEDIATELY POST	POST 40
STRESS	37%	37%
ANXIETY	27%	19%
DEPRESSION	47%	39%

PARAMETER INCREASED ↑	IMMEDIATELY POST	POST 40
SLEEP	23%	36%
RESILIENCE	15%	27%
LIFE SATISFACTION	9%	29%

Despite being in such an extraordinarily dire situation of initial lockdown, SKY created a sense of positive mental well-being among Health Care Professionals.

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How is SKY PROGRAM Delivered?

Designed specifically by healthcare professionals for healthcare professionals

• 3 live sessions

• Breathwork

• 2 expert instructors

• Cognitive reframing tools

• 1 peer community

• Reflective group activities

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LEARN THE SKY BREATH MEDITATION ONLINE

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ONLINE PROGRAM

- 3 Sessions
- 2 Expert Instructors
- Create Community

BENEFITS

- Deep relaxation and rejuvenation
- Reconnect to your passion and purpose
- Building a deep connection with others
- Learn a daily self care practice which reduces stress and improves overall wellbeing

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TESTIMONIALS FROM HEALTHCARE PROFESSIONALS

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“

I thought it was very well organized... For every life in the pandemic now, every minute, every hour really matters... **this was time very very well spent** and really necessary for me...”

– David Mineta, CEO, Momentum for Mental Health

Experiences From Participants:

“ ...It really does kinda make you go deep within, and **the beauty is that you do get a daily practice that you can carry with you forever.** So, I'm very appreciative. **Very well thought out course...**”

– Dr. Sandeep Vaishnavi, Medical Director, MindPath Care Center

“ **My sleep markedly improved, and my blood pressure meds were cut by a third. Even a skeptic can be converted.**”

– Dr. Rob McGregor, CMO, Akron Children's Hospital

“ ...focusing on your breathing, meditating ... can become a **method of connecting with each other and building bond and a strong sense of community...**”

– Dr. Jungwon Yoo, Infectious Diseases, MetroWest Medical Center


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Dates/Times	Registration link	25% Discount Code
July, 21 - 23 Fri, at 4 to 7:PM ET Sat,Sun at 10:AM to 1:PM ET	http://tiny.cc/hbjuly21sky	July- JULY-TYMI-HX5Q-63A0
August, 18 - 20 Fri at 7 to 10:PM ET Sat,Sun at 1 to 1PM ET	http://tiny.cc/hbaug18sky	August- AUG-HV8L-8H70-M1XQ
September, 16 - 18 Sat,Sun at 10AM to 1:PM ET Mon at 4 to 7PM ET	http://tiny.cc/hbsept16sky	September- SEP-BBYZ-LUEC-U92L

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Two-minute survey

link: <http://tiny.cc/hbeventfeedback>

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Questions

	S. Priya Narayanan, MD		Neelima Reddy, MD, FACG
	Michael Fischman		Neeraj Kaushik, MD
	Juan Murua		

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CONNECT AND COLLABORATE IN GI



ACG & CCF IBD Circle



ACG GI Circle
Connect and collaborate within GI



ACG Hepatology Circle



ACG Functional GI
Health and Nutrition Circle



ACG Women in GI Circle

ACG's Online Professional Networking Communities
LOGIN OR SIGN-UP NOW AT: acg-gi-circle.within3.com



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