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ACG FUNCTIONAL GI & MOTILITY DISORDERS SCHOOL & MIDWEST REGIONAL POSTGRADUATE COURSE
AUGUST 25-27, 2023 | RADISSON BLU MALL OF AMERICA MINNEAPOLIS, MN
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.
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, FACG
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, FACG
At Noon and 8pm Eastern

Visit gi.org/ACGVGR to Register
ACG has created presentation-ready, semi-customizable MS PowerPoint clinical slide decks for your unique teaching and learning needs.

Visit [gi.org/ACGSlideDecks](http://gi.org/ACGSlideDecks) to learn more and request access to the standard slide decks!

**Disclosures**

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*
BREATHING PAST BURNOUT
AN INTRODUCTION TO THE SKY PROGRAM
**Virtual Grand Rounds**

**Healing Breaths**

**Burnout: Spotlight on an existing problem**

**Negative consequences of health worker burnout for:**

**Patients**
- Less time with health workers
- Delays in care and diagnosis
- Lower quality of care
- Medical errors

**Health Workers**
- Insomnia, heart disease, and diabetes
- Increased risk of isolation, substance use, anxiety, and depression
- Relationship and interpersonal challenges
- Exhaustion from overwhelming care and empathy
Burnout: Spotlight on an existing problem

Negative consequences of health worker burnout for:

**Health Care System**
- Health workforce shortages and retention challenges
- Risk of malpractice and decreased patient satisfaction
- Limited services available
- Increased costs

**Community and Society**
- Erosion of trust
- Worsening population health outcomes
- Increased health disparities
- Lack of preparedness for public health crises

BURNOUT & THE IMPACT

YOU CAN'T POUR FROM AN EMPTY CUP
WHAT IS THE BEST WAY TO “RECHARGE”? 

4 Sources of Energy

- Food
- Sleep
- Calm & Meditative State of Mind
- Breath
EMOTIONS AND BREATH: A TWO-WAY STREET

Direct link between breath and emotions

Source: Philippot, Chapelle, Blairy, Aug 2002 - Respiratory feedback in the generation of emotion
https://www.semanticscholar.org/paper/Respiratory-feedback-in-the-generation-of-emotion-Philippot-Chapelle/f8ae5d2b632c70827023542ad08fd5ef20458bc2

ABOUT SKY

100+ Independent Studies on SKY - Key Findings

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

“SKY is the most powerful technique I’ve learnt”

American College of Gastroenterology
How is SKY PROGRAM Delivered?

Designed specifically by healthcare professionals for healthcare professionals

- 3 live sessions
- 2 expert instructors
- 1 peer community
- Breathwork
- Cognitive reframing tools
- Reflective group activities
LEARN THE SKY BREATH MEDITATION ONLINE

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

ONLINE PROGRAM
• 3 Sessions
• 2 Expert Instructors
• Create Community

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

American College of Gastroenterology
### UPCOMING WORKSHOP AND CONTACT INFORMATION

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<tr>
<th>Dates/Times</th>
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<td>23 Sat,Sun at 10:AM to 1:PM ET</td>
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<td>18 Mon at 4 to 7PM ET</td>
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### Two-minute survey

**link:** http://tiny.cc/hbeventfeedback