

# How to get your notes done faster!

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**Financial Disclosures: none**

# Hello!

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Fierce advocate for physician wellness

Peloton fanatic (#fiercemamadoc)





# Complications of burnout

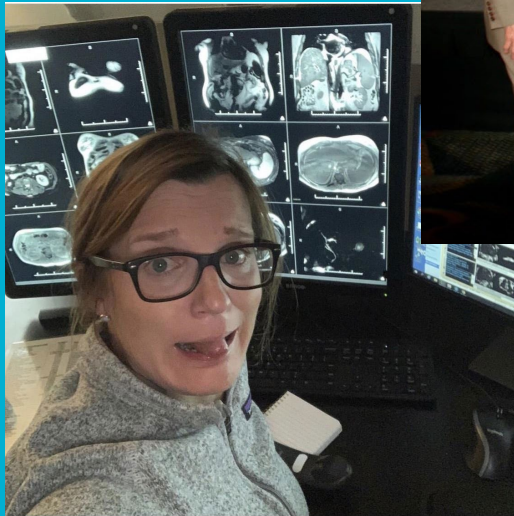
- Decreased quality of care
- Leave Medicine
- Anxiety/Depression
- Divorce
- Substance abuse

# Suicide

A photograph of an empty lecture hall. In the foreground, rows of wooden chairs are visible. In the background, a blackboard is mounted on a white wall, displaying the word "Suicide" in white text. To the left of the blackboard is a wooden podium and a doorway. The room is brightly lit.

# Gretchen Wenner Butler, MD



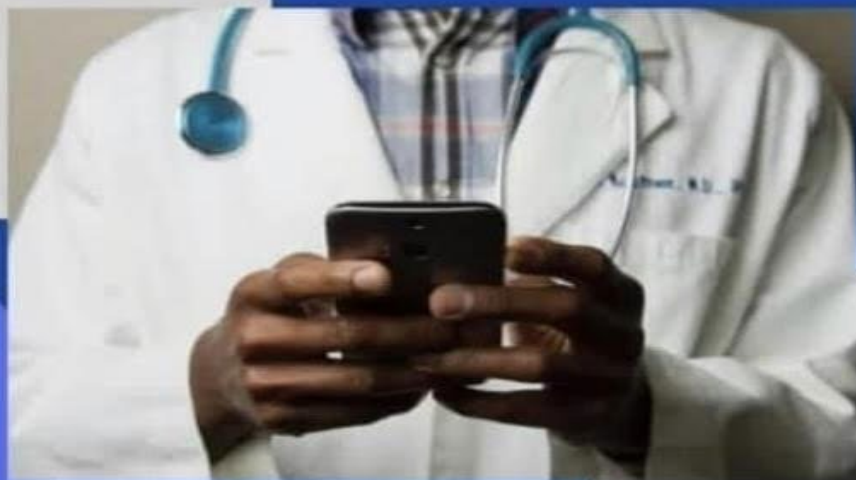






We are trained to keep going even  
when we're exhausted.

We are all at risk.



# Physician Support Line

## 1-888-409-0141

**8 am - 1am ET | 7 days a week**  
[www.physiciansupportline.com](http://www.physiciansupportline.com)

- Volunteer psychiatrists supporting med students and physicians
- Nationwide
- Anonymous
- Free
- Call on any subject, not just for a crisis
- We report to no one

**We are humans.  
We need to fulfill our basic needs.**



# Coaching is an evidenced based solution

JAMA August 2019

- Reduced burnout
- Increased satisfaction

JAMA May 6, 2022

- Reduced burnout
- Reduced imposterism
- Increased self compassion



JAMA October 2, 2023

- Reduced burnout/imposterism

# **CLEVELAND CLINIC PROMOTES COACHING CULTURE FOR PHYSICIANS**

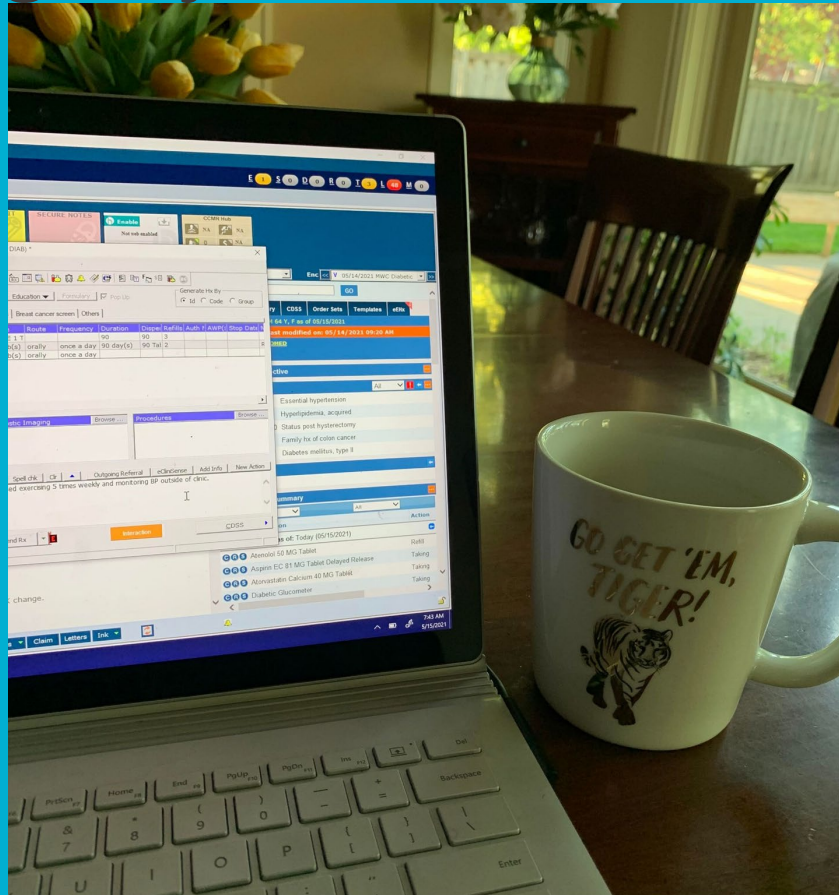
ANALYSIS | BY [CHRISTOPHER CHENEY](#)  
SEPTEMBER 22, 2021

The benefits of Cleveland Clinic's internal coaching programs include professional development, employee retention, and reduction of burnout.

## **How Cleveland Clinic has saved \$133M in physician retention**

# Coaching shows benefits for individuals AND organizations

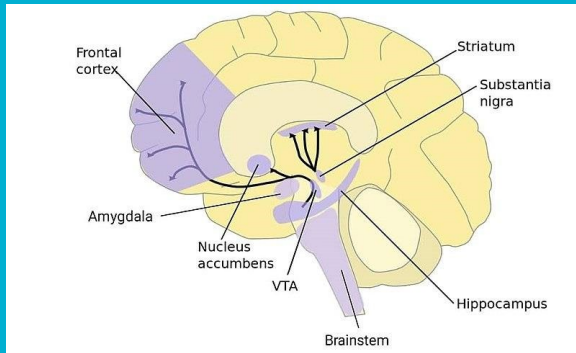
# How to get your notes done faster!



## Notes at home:

- HUGE contributor to burnout.
- Waste our precious hours (Free labor?!)
- Less efficient and less accurate
- Sucks the joy out of medicine

# These things contribute to NOT getting notes done...





# The plan

- Complete the note after every encounter
- B minus work
- No more apologizing...  
“Thank you for waiting”

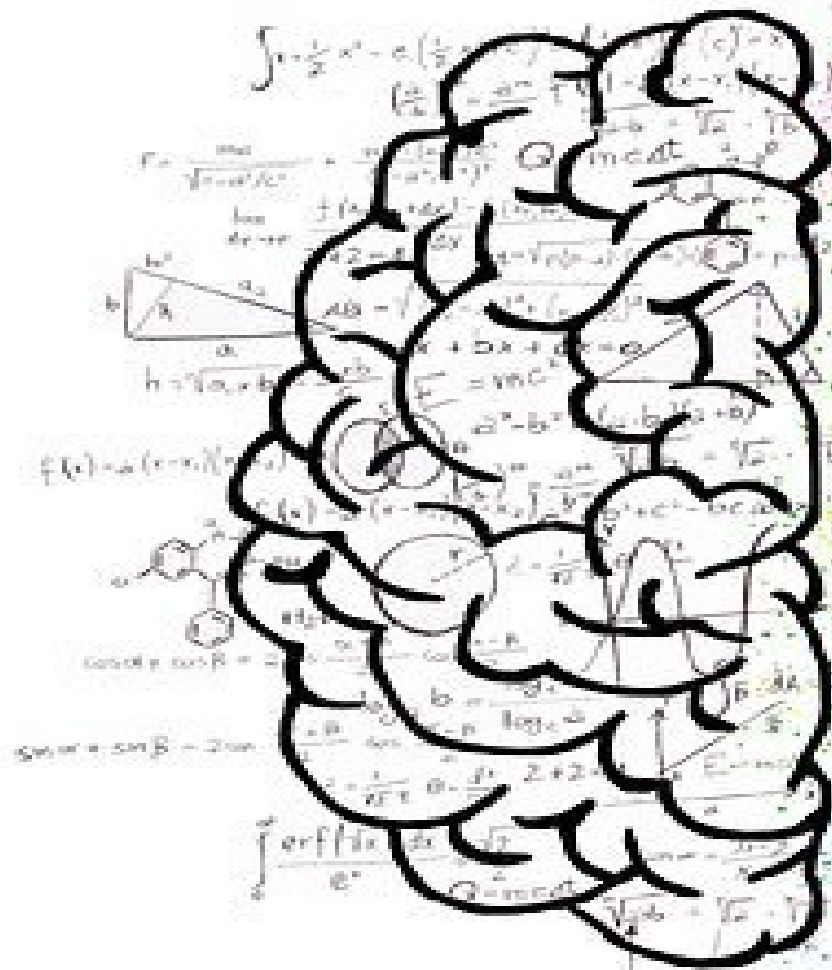
Complete  
the  
encounter.



This is the best patient care...

**Everyone BENEFITS.**





# We didn't learn this in med school...

Our THOUGHTS create our FEELINGS

Which drive our ACTIONS/INACTIONS

Which create our RESULTS.

# Thoughts/Feelings:

“I have too much to do”

**Overwhelmed**

“I shouldn’t have to do all of this”

**Frustrated**

“I’ll never catch up ”

**Defeated**



# Feelings as fuel:

“I can do hard things”

**Determined**

“I don’t want to do this later”

**Motivated**

“I wonder where I can be more efficient”

**Curious**



# Get your team involved

- 1) Huddle
- 2) Set BOUNDARIES
- 3) Create a plan for messages/labs/refills
- 4) Use shortcuts
- 5) Try an AI scribe



Take charge of the visit.



**We may be uncomfortable at first.**

**Do you want it now?**

**Or later?**



Let's go!

# For additional support:



**Thank you!**

**Questions?**