

# GRAND ROUNDS



**Thursday, November 16, 2023**

**Location: Zoom** (please [RSVP](#) for link)

**4:30pm- 6:00pm EST**

Please RSVP here or to

[bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)

## **Vital Signs: A Nationwide Campaign to Prevent Physician Suicide**

***Maria A Basile, MD, MBA***

Physicians have one of the highest suicide rates of any profession. Likely underreported and difficult to study from publicly available data, the best estimates are that 300-400 physicians, residents and medical students take their own lives each year. More than half of physicians know a physician who has either considered, attempted or died by suicide in their career.

Despite increased attention to physician and health care workers' well-being prompted by the COVID 19 pandemic, physicians, medical students and residents continue to face stress, depression, and other mental health concerns in a culture that stigmatizes reaching out for help.

There is a nationwide, collaborative effort to increase awareness of the struggles of physicians in crisis. Please join Dr. Maria Basile as she reviews SEVEN ways physicians, their loved ones, their colleagues, health organizations and others can take action:

- Learn the Vital Signs
- Encourage mental health reflection
- Share suicide prevention resources
- Prepare before a moment of crisis
- Check in with a physician
- Remove intrusive mental health questions
- Create a culture of wellbeing

*This presentation is for the purposes of spreading awareness of this issue.*

***If you, or someone you know is struggling or in crisis, call or text 988 or chat 988lifeline.org***



Award-winning poet, surgeon, hospital and health plan administrator, Maria A Basile, MD, MBA is clinical assistant professor in the Department of Family, Population and Preventive Medicine and the Associate Director of the Center for Medical Humanities, Compassionate Care and Bioethics at the Renaissance School of Medicine, Stony Brook University. A graduate of Georgetown University School of Medicine and the Willumstad School of Business at Adelphi University, Dr Basile founded PQL Communications Inc in the summer of 2021 to help physicians and other healthcare leaders communicate with their most authentic voice. She is a Past-president of the Suffolk County Medical Society and former Vice-speaker for the Medical Society of the State of New York. Since 2016, Dr Basile has been on the MSSNY Physician Wellness and Resiliency Committee and was part of the inaugural class of the statewide Physician Peer to Peer Support Program, launched in 2020. She speaks nationally on Physician Well-being and Advocacy, Healthcare Quality Improvement, and Physician Leadership. She is on the Editorial Board of the *Journal of Medical Humanities*. Her writing has been published in literary as well as peer-reviewed medical journals.