

Leadership in Healthcare...

Why everyone is (and needs to be) a leader

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Grand Rounds

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Disclaimer

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I have no disclosures.

The opinions or assertions contained herein are the private ones of the speaker and are not to be construed as official or reflecting the views of the Department of Defense, the Uniformed Services University of the Health Sciences or any other agency of the U.S. Government.

Recent residency graduates...



https://www.google.com/search?q=naval+hospital+guam&biw=1600&bih=808&source=lnms&tbm=isch&sa=X&ved=0ahUKewjEodaOIMjRAhUH9GMKHeAGDloQ_AUIBygC#tbm=isch&q=guam&imgrc=GKFDZaqmM-3DjM%3A

“You will face a leadership challenge at sometime in your career and if you are not ready then I will have failed you.”

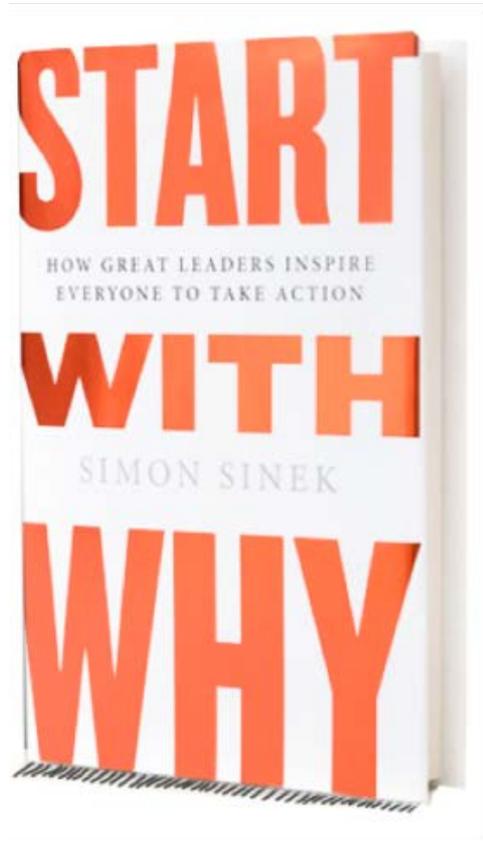
Jason Hawley, MD

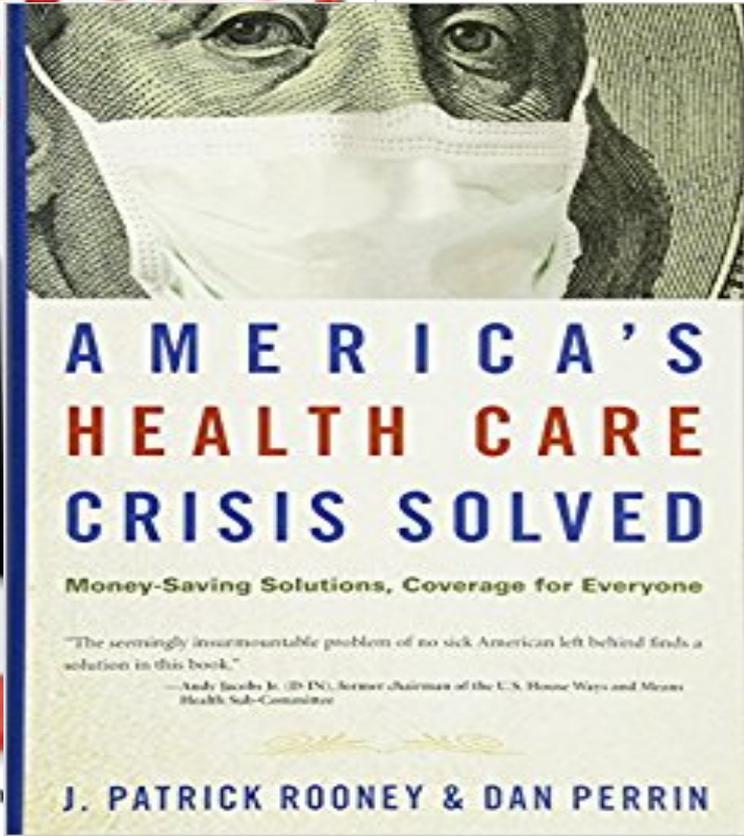
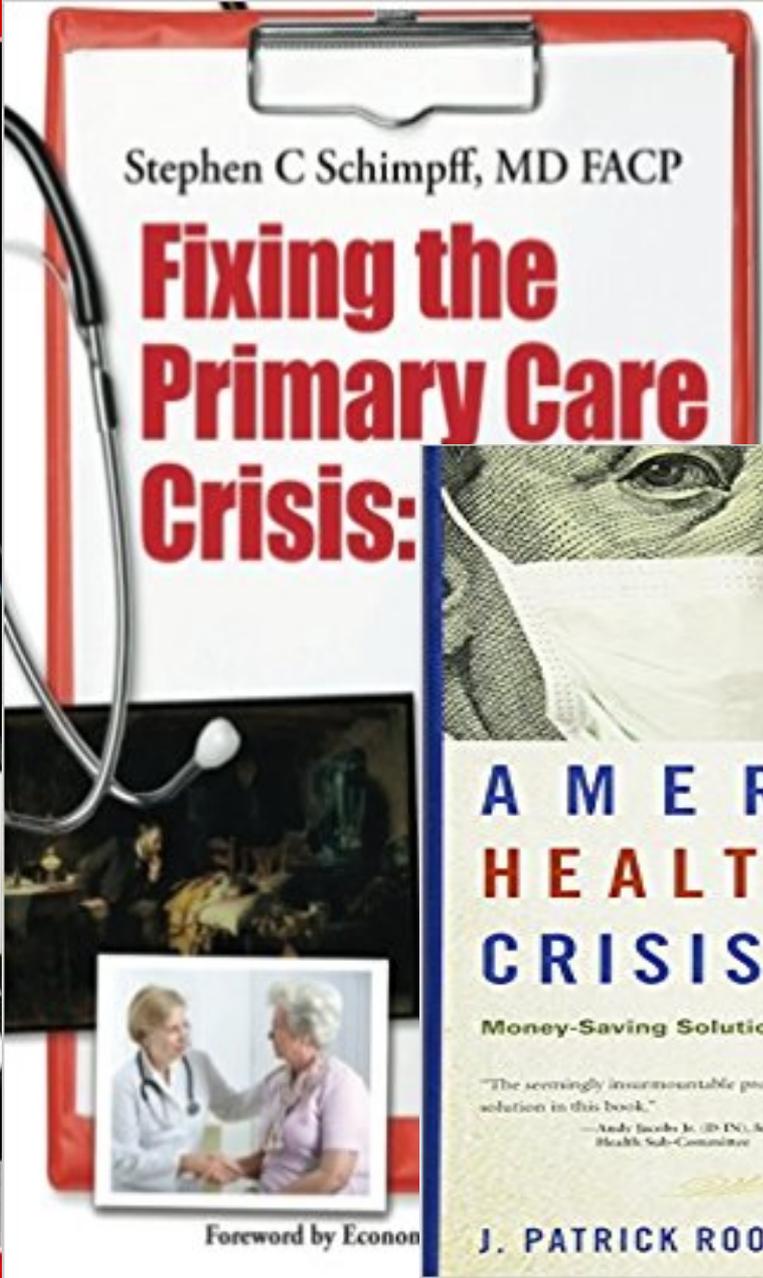
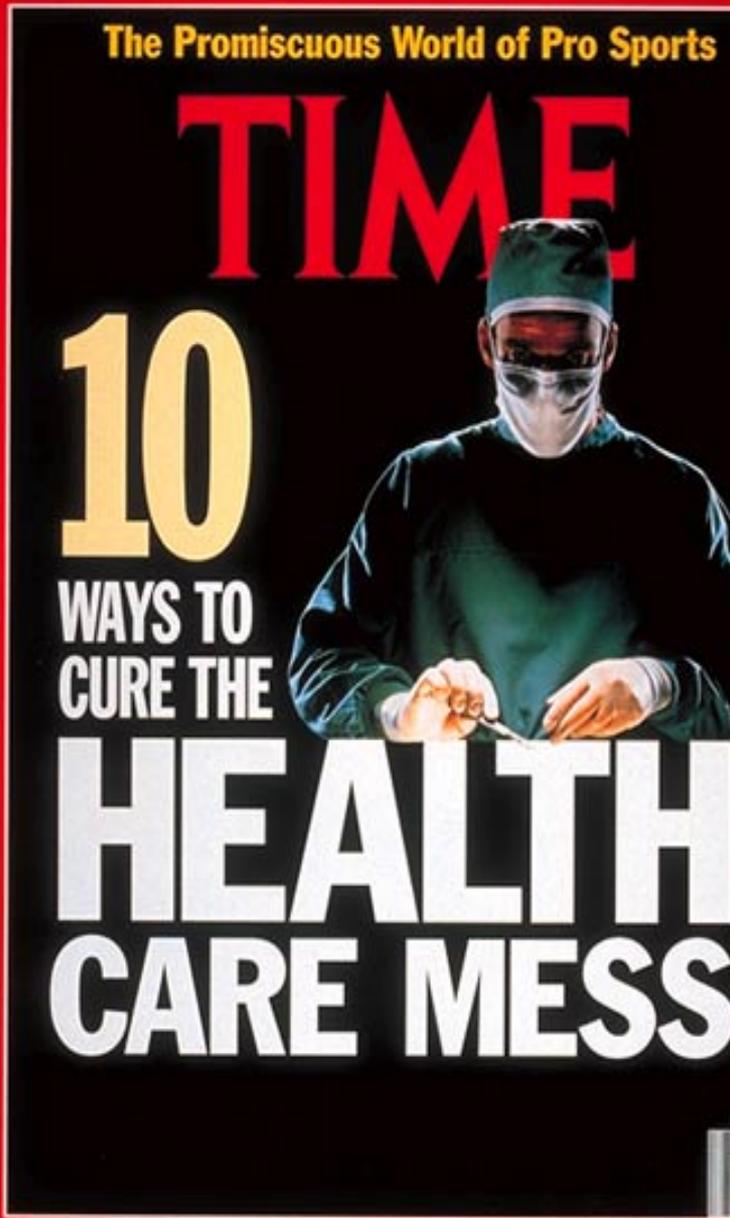
Neurology Program Director

Walter Reed National Military Medical Center

Objectives

- **Develop a personal definition of leadership**
- **Understand the difference between formal and informal leadership**
- **Identify characteristics of effective leaders**
- **Develop your leadership brand**
- **Inspire you to be a student of leadership**





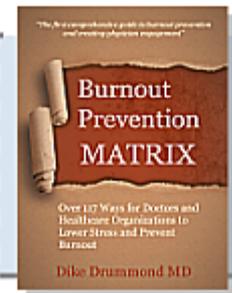
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Does physician leadership matter?

- **Physicians lead in everyday practice**
- **Physician leadership improves**
 - **Patient outcomes (by 25% in 1 study)**
 - **Patient satisfaction**
 - **Provider satisfaction**

THE TOOLS SO YOU CAN BE – A HAPPY MD

Stop Burnout – Create Life Balance – Become a More Effective Leader



Over 117 Different Ways to Prevent Burnout
In the MATRIX Report

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Physician Leadership can cause Physician
Burnout

Follow Us ...



**Better leadership resulted in less burn-out
and improved job satisfaction.**

“All physicians (*nurses, pharmacists...*) take a leadership role at some point in their career; while most exert influence in their practices and communities as **informal leaders**, some are appointed to **formal leadership roles...**”

Stewart Gable, MD

Accidental leadership...

“Physicians (*nurses, pharmacists...*) find themselves in leadership positions at some point in their career, and most have **no formal leadership training** or experience.”

*Steinhilber S and Estrada C.
J Gen Intern Med 30(5):543–5.*



“As a staff member in a major leadership role, who was trained by GME at this institution (Walter Reed), I feel like I was completely unprepared as far as leadership training goes.”



Are you are leader?

**What are you doing to improve
your leadership skills?**



***Does putting a
5 year-old
behind the
wheel make
him a driver?***

Adapted from CAPT Calvin
Edwards, USPHS



Understanding Best Practices

- Systematic review of leadership training for medical students (1980-2014)
- Used Medical Leadership Competency Framework (MLCF) domains as framework
- 24 curricula identified and described
- Failure to demonstrate change in student behavior for most studies

Webb AM, et al. **A first step toward understanding best practices in leadership training in undergraduate medical education: a systematic review.**

Acad Med. 2014;89(11):1563-70.

The Current State

- **Survey of US medical education deans**
- **55% reported having leadership curriculum (35% required)**
- **Methods: mentoring, (65%), dual degrees (54%), workshops (49%), courses (42%)**
- **Only 19% offer longitudinal throughout medical school**

Florida State University College of Medicine

- **2017 Alpha Omega Alpha Medical Student Service Leadership Project Award**
- **Student Leaders:**
 - **D'andre Williams, Ryan Earwood, Taylor Maramara, Morrisa Taylor, Kevin Gil**
- **Student Team Members**
 - **Keith Kincaid, Stephanie Tran, Devan Patel**

What is leadership?



Leadership defined

- Ability of individual or organization to lead or guides other
– Wikipedia
- "...knowing when to be in front to lead and guide a team during the journey, and when to step back and let others take the lead. Much like an athlete who knows exactly what position to move to on the field at any given time, a true business leader understands the delicate balance of how to help others become leaders, fuel career ambitions, then give them the chance to shine." – *Dan Schoenbaum, CEO, [Redbooth](#)*
- Art of getting someone else to do something you want done because he wants to do it. – Dwight Eisenhower

Leadership defined

- **If your actions inspire others to dream more, learn more, do more, and become more, you are a leader.**
 - **John Quincy Adams**

- **“...help us overcome the limitations of our own individual laziness and selfishness and weakness and fears and get us to do better, harder things than we can get ourselves to do on our own.”**
 - **David Foster Wallace**

Leadership is not...

- **About position, rank, or titles**
- **About personality or personal attributes**
- **Management**
- **Reserved for ‘born leaders’**



What is Followership?

“One of the most important jobs of any leader is to support your own boss.”

**Jocko Willink and Leif Babin
Extreme Ownership**

**Are you a problem or
a problem solver?**

Followership

- **Support your superiors**
- **Take responsibility for what you can change**
- **Provide your superior with options**
 - **Use influence, knowledge, and communication**

**“Do what you can, with what you've got,
where you are.”**

Theodore Roosevelt

Managers Versus Leaders

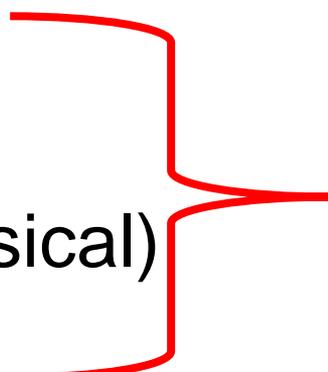
“Not all leaders are managers, nor are all managers leaders”

- **Managers**

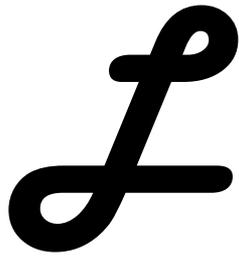
- Data
- Process
- Dealing with complexity (“in the weeds”)
- Get stuff done (task focused)

- **Leaders**

- Vision
- Courage (moral and physical)
- Overcoming obstacles

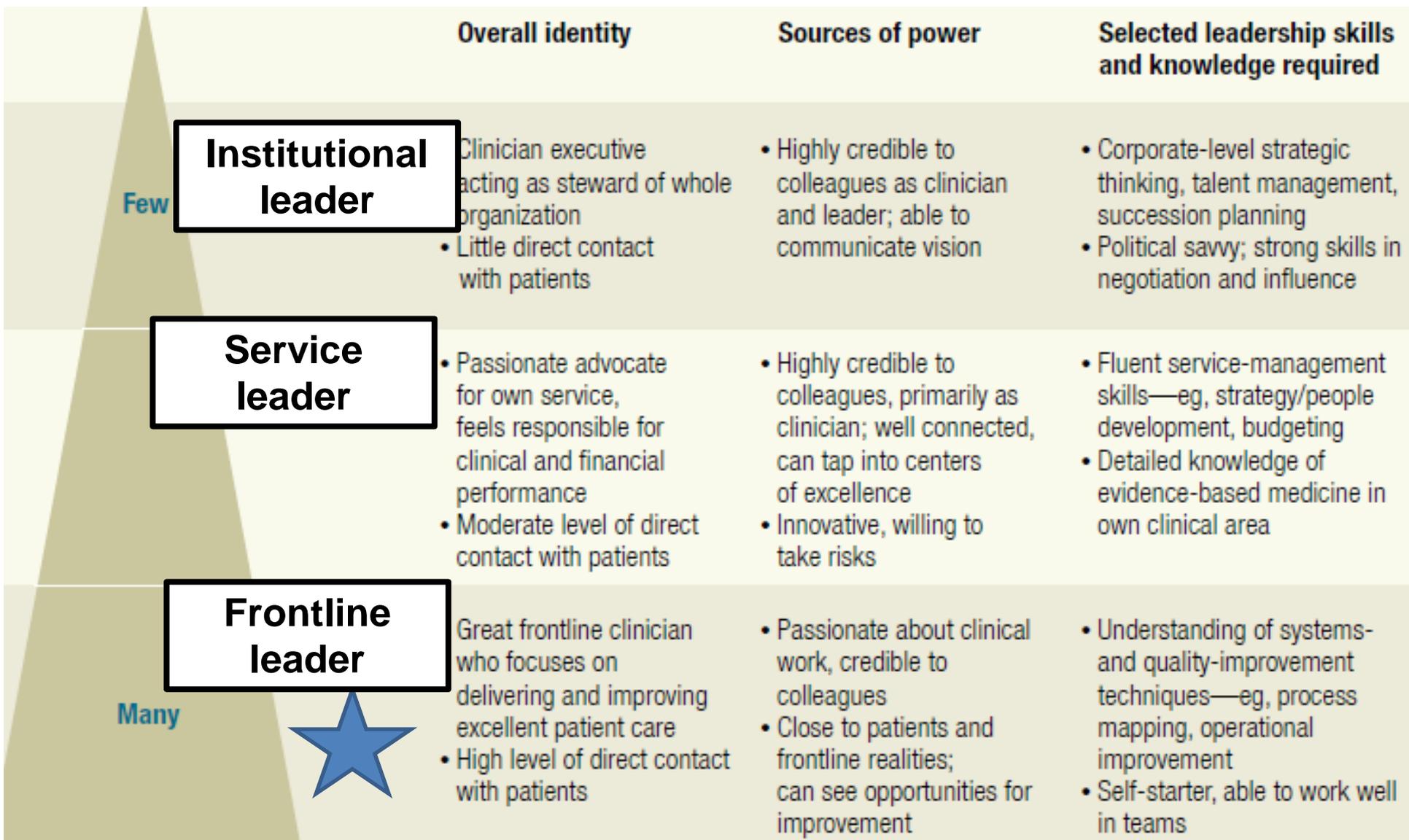


**Where
change takes
place**



Formal Leader	Informal Leader
Influence based on position	Influence based on personal qualities
Requires additional skills such as technical, financial, or regulatory	May or may not require additional skills
Recognizes formal organizational hierarchy and importance of collaborating with informal leaders	Able to work collaboratively with formal leaders
Success and failure of organization is their responsibility	May accept a formal leadership role

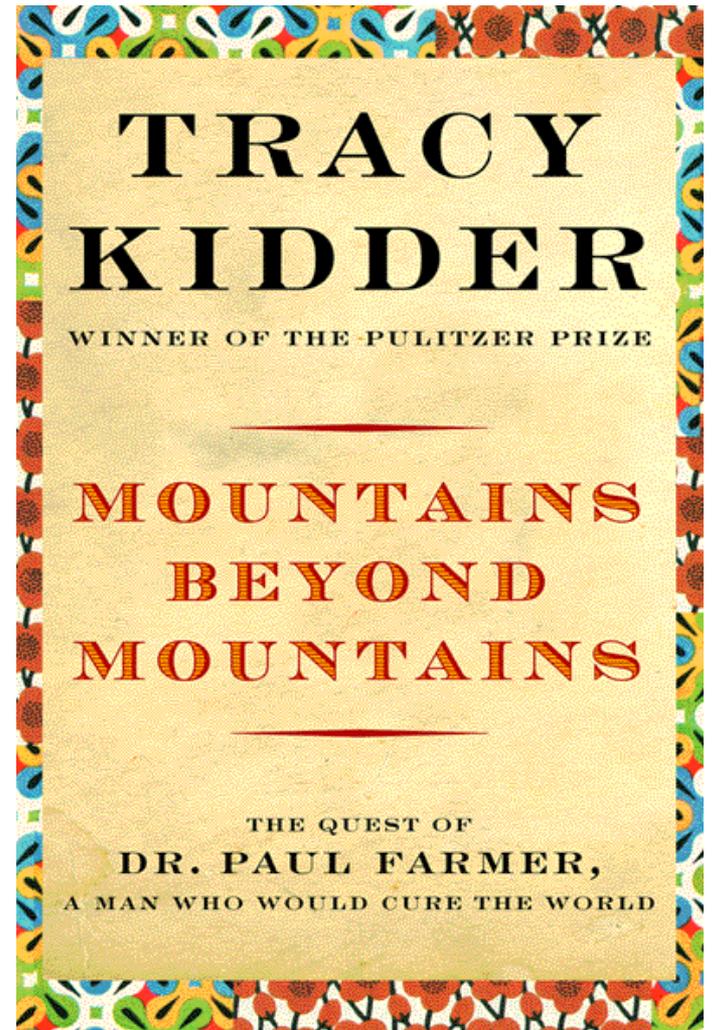
3 Distinct Types of Healthcare Leaders



The U.S. health care system needs a first generation of frontline clinical leaders who are equipped not only with traditional medical knowledge but also with the necessary skills to lead, manage, and continuously improve on how care is delivered.

Influence versus authority

- People follow someone because of their influence
- Everyone has the ability to influence others
- Your influence is way greater than you imagine



A Case Study in Influence



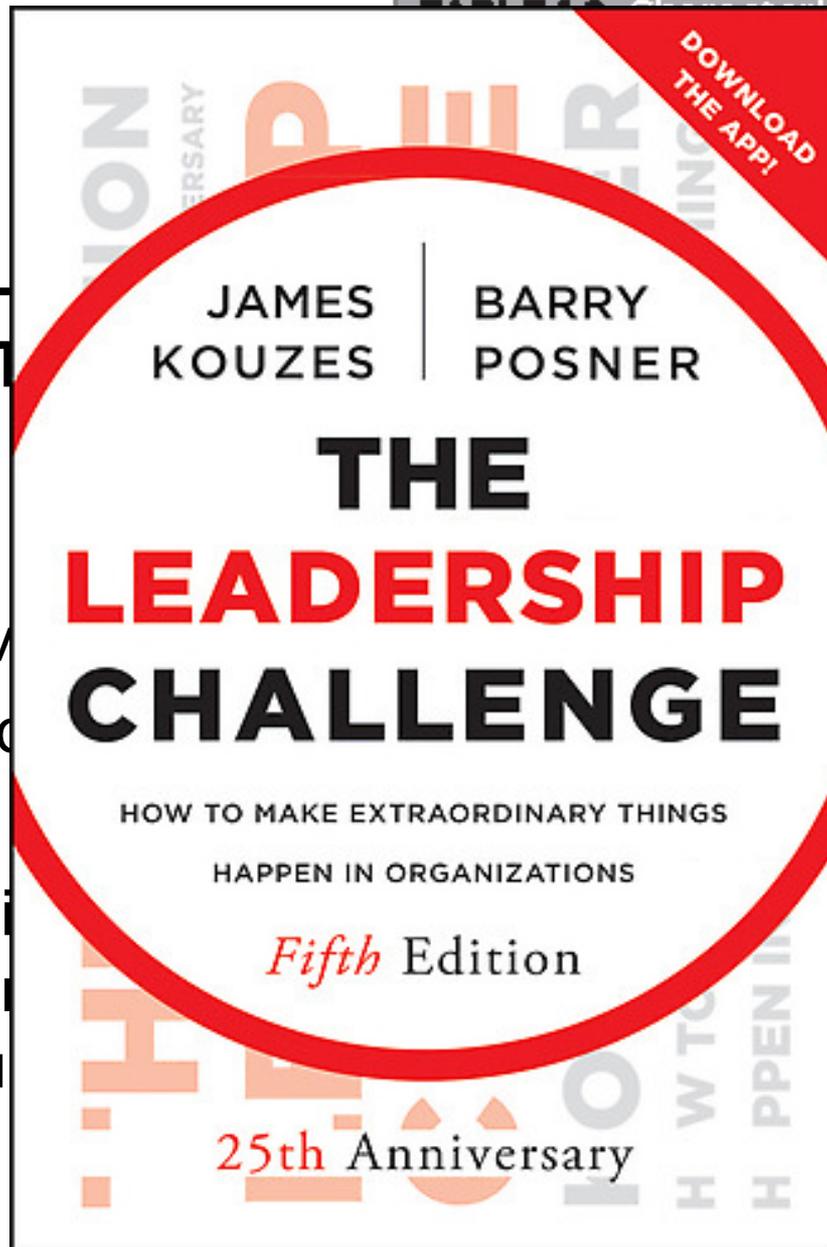
Photos courtesy of Sarah Ordway, MD

**Think of the best supervisors
your have ever had...**

**Write down the three most
important characteristics of
leadership?**

- HONESTY
- FORWARD-L
- COMPETENT
- INSPIRING

- Consistent ov
- N>1000 respo
- Worldwide (6
- 1-page quest
- top qualities i
- that they wou



Percentage of Respondents Selecting Each Characteristic

	1995	2002	2007	2012	
	88	88	89	89	
	75	71	71	71	
	63	66	68	69	
	68	65	69	69	
	40	47	48	45	
	40	40	35	38	
	49	42	39	37	
	32	33	34	35	
	41	35	35	35	
	33	34	36	32	
	28	28	25	27	
	17	23	25	26	
	29	20	25	22	
	13	17	16	21	
	23	20	22	21	
	11	14	18	19	
	28	23	17	16	
	13	21	5	14	
Self-Controlled	13	5	8	10	11
Independent	10	5	6	4	5

The Army Leadership Requirements Model

ATTRIBUTES

CHARACTER

- *Army Values
- *Empathy
- *Warrior Ethos/Service Ethos
- *Discipline

PRESENCE

- *Military and professional bearing
- *Fitness
- *Confidence
- *Resilience

INTELLECT

- *Mental agility
- *Sound judgment
- *Innovation
- *Interpersonal tact
- *Expertise



LEADS

- *Leads others
- *Builds trust
- *Extends influence beyond the chain of command
- *Leads by example
- *Communicates

DEVELOPS

- *Creates a positive environment/
Fosters esprit de corps
- *Prepares self
- *Develops others
- *Stewards the profession

ACHIEVES

- *Gets results

COMPETENCIES

#1 *New York Times* bestseller

The Road to Character



DAVID
BROOKS

Author of The Social Animal

Humility Code

1. Live for holiness not happiness
2. We know how to live but struggle with our decisions
3. Humility is the greatest virtue
4. Pride is the greatest vice
5. Character is built through inner confrontation
6. Things that lead us astray are short term while character endures

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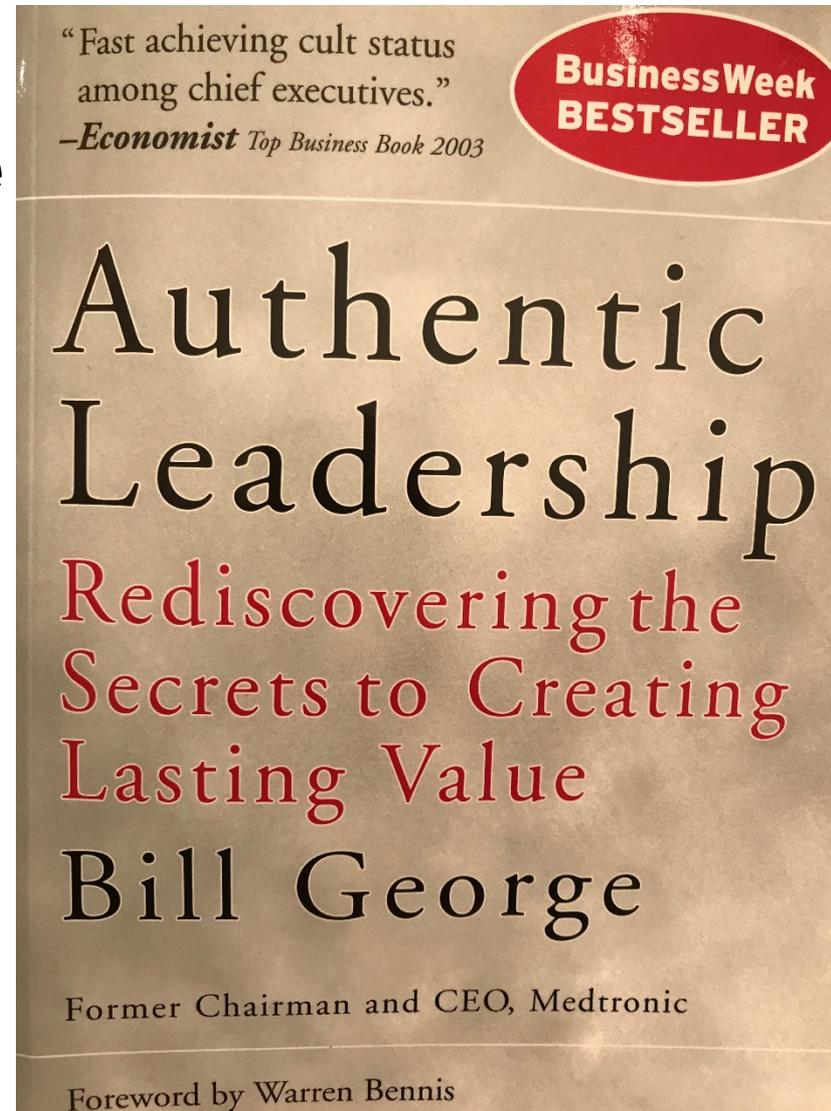
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COMPETENCIES

Authentic Leadership

- **Genuine desire to serve others through leadership**
- **Purpose**
- **Values**
- **Relationships**
- **Self-discipline**
- **Heart**



What is your Leadership Brand?

- **Your reputation as a leader**
- **How others perceive you**
- **Not just what you say but what you do**
- **Determines your influence with others**
- **Should guide your actions and decisions**

<https://www.youtube.com/watch?v=M35R1HHDuko>

<https://www.youtube.com/watch?v=LTPWGigSrn8>

My Leadership Brand

My leadership at home and work is based on my faith in God and commitment to helping every person be successful and happy. I achieve this by teaching and mentoring and adhering to my foundational values including character, humility, courage to say and do the right thing, discipline, a positive attitude, and relentless pursuit of a better tomorrow.

What is your leadership brand?



Do others agree?

- **Email 5-10 people**
- **Ask them to send you 3 words that describe you as a leader**
- **Compare them to your “brand”**

Everyday leadership lessons

- **Observe everything for leadership**
 - **At work**
 - **At Starbucks**
 - **At restaurants**
 - **At kids' sports practice**



Ask yourself...was that effective?

What could I learn about leadership from this interaction?

Summary

- **Developed your definition of leadership**
- **Recognize the power of influence**
- **Identified characteristics of effective leaders**
- **Identified resources for leadership development**
- **Started to think about your leadership brand**

**Everyday you have the
opportunity to lead and
make a difference in
someone's life...**

It's your move.

Thank you

Discussion

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Acknowledgements



LEAD 2.0 Speakers

COL Todd Villines

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COL John Sherner

Dr. George Ruiz

COL Maureen Petersen

LEAD 2.0 Advisors

COL Michael Nelson

COL Clifton Yu

LTG Eric Schoomaker

MAJ Brian Cohee

Dr. Neil Grunberg

Dr. John McManigle

Dr. Page Morahan

Dr. Brian Clyne

Leadership training: what exists

- **Systematic review of leadership programs**
 - **45 studies total - 26 involved trainees**
 - **29 programs for leaders without a title**
- **Survey of Dermatology Program Directors**
 - **91% thought leadership could be taught**
 - **78% agreed leadership training is important**
 - **Only 13% of programs had formal curriculum**
- **Thoma et al. suggested 59 competencies for Emergency Medicine programs**

Frich JC, et al. J Gen Intern Med. 2015;30(5):656-74.

Baird DS, et al. J Am Acad Dermatol. 2012;66(4):622-5.

Thoma B, et al. CJEM. 2015 Mar;17(2):107-14.