

AMA alliance session explores the resilient medical family

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(HealthDay)—Practical, evidence-base strategies should be employed to maintain a resilient medical family, according to an educational session to be hosted during the American Medical Association (AMA) Alliance National Conference, scheduled for June 8 to 10 in Chicago.

The AMA announced that, during the conference, Wayne Sotile, Ph.D., will host an educational session on maintaining a healthy work-family balance. Sotile and his wife Mary will discuss the results of a 2013 study of medical families and also share their own experiences with balancing their busy professional lives with a healthy family life.

According to the AMA, the 2013 study, which assessed physician relationships from the perspective of their partners, found that one element of [healthy relationships](#) with physicians was creating and protecting time together. Using evidence-based strategies, the Sotiles have created a practical toolkit to achieve a resilient medical family, which includes productive careers, medical community engagement, and successful

personal and family lives.

"While the AMA's research into professional satisfaction is focused on workplace issues, the AMA Alliance works to support medical families and devise helpful resources for physicians' [family](#) lives," according to an AMA news release.

More information: [More Information](#)

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