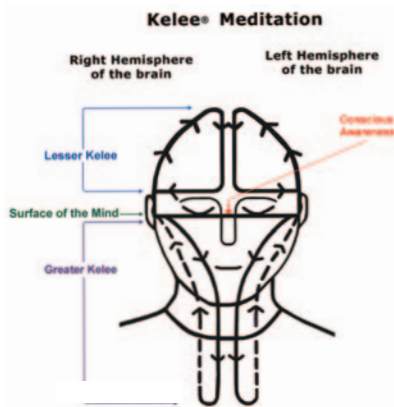


## Kelee® Medicine Webinar

### How to Find Your “Off ” Switch in a Perpetually “On” World Saturday, April 17, 2021



Kelee meditation can improve your experience as a healthcare provider including:

- Patient Care Challenges
- Administrative Burdens
- Work-Life Balance

**Live Internet  
Activity!**

In a perpetually “on” work world, how does one detach from the workday when not working? When we are always “on”, it affects both our work life and the quality of our personal life. In the world of Medicine, the cost of perpetually being “on” can be high because of job burnout, decreased productivity, and lack of job satisfaction.

#### **Activity Description:**

The Kelee Medicine Webinar is a program designed for healthcare providers interested in reducing burnout, improving mental strength and self-compassion, and improving patient care and patient experience. Dr. Daniel Lee, Dr. Amy Sitapati, and faculty will lead participants in lecture and panel discussion of Kelee meditation. Through the practice of Kelee meditation, healthcare providers will build self-compassion, mental strength, and detachment to reduce burnout, improve provider stillness of mind and patient experience of health.

#### **Target Audience:**

This course is designed for healthcare providers of all specialties and background, including primary care physicians, nurse practitioners, physician assistants, nurses, pharmacists, residents, students, and other healthcare providers wishing to improve self-understanding, self-compassion, and detachment from compartments so that they have an improved experience in the healthcare workplace.

Sign up at: <https://www.thekelee.org/kelee-medicine-webinar>

## Learning Objectives:

At the completion of the activity, participants should be able to:

- Describe detachment from compartments with understanding the application to medicine and patient care.
  - Develop self-understanding of one pointed stillness of mind to reduce work place burnout.
  - Apply Kelee meditation to improve patient experience.
  - Distinguish the difference between self-compassion and empathy.
  - Describe the Anatomy of the Mind from an understanding of the Kelee.
  - Describe the Basic Principles of the Kelee.
  - Practice Kelee meditation.
- 

### Location:

Live Internet Activity

### Registration Information:

Registration fee: \$50

Reduced registration fee for Health students, Residents, and Fellows: \$20.

If you have other considerations, please contact Nikki Walsh, [nwalsh@thekelee.org](mailto:nwalsh@thekelee.org).

Registration/Cancellation Policy: The last day to register or cancel for the April 17, 2021 webinar is by Wednesday, April 14, 2021, midnight (Pacific). If cancelling then a full refund will be allowed. No refunds will be allowed after this date. In the unlikely event that this program is cancelled, the Kelee Foundation is responsible only for a full refund of the registration fee. To request a refund, email [nwalsh@thekelee.org](mailto:nwalsh@thekelee.org).

### Program Agenda:

Saturday, April 17, 2021

- |                    |   |
|--------------------|---|
| 8:30 – 8:35 a.m.   | Welcome from Kelee Foundation: Nikki Walsh, MBA (moderator)   |
| 8:35 – 8:45 a.m.   | Opening Welcome: Christopher Kane, MD, FACS   |
| 8:45 – 10:45 a.m.  | Keynote Talk: How to Find Your “Off” Switch in a Perpetually “On” World<br>Daniel Lee, MD   |
| 10:45 – 11:00 a.m. | Break   |
| 11:00 – 1:00 p.m.  | Clinician Panel: Healthcare Provider Application of Kelee Medicine<br>Amy M. Sitapati, MD; Sanjeev Bhavnani, MD; Ankita Kadakia MD;<br>Adrienne Padilla, PA-C, MS |
| 1:00 – 1:15 p.m.   | Origin of the Kelee and Kelee Meditation<br>Ron W. Rathbun, Founder of the Kelee and Kelee Meditation   |
| 1:15 p.m.          | Closing Remarks: Nikki Walsh  |

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## 2021 Kelee Medicine Webinar



**Daniel Lee, MD**  
Clinical Professor of Medicine  
Owen Clinic, Clinical Director,  
Pacific AIDS Education and Training  
Center (PAETC) HIV Learning  
Network, Director, Owen  
Lipid/Lipodystrophy Clinic  
UC San Diego Health



**Amy M. Sitapati, MD**  
Clinical Professor of Medicine  
Div. General Internal Medicine and  
Div. Biomedical Informatics  
Chief Medical Information Officer,  
Population Health, Primary Care  
Internist, La Jolla Internal Medicine,  
UC San Diego Health



**Sanjeev Bhavnani, MD**  
Scripps Clinic Cardiologist  
Principal Investigator,  
Healthcare Innovation  
and Practice  
Transformation



**Ankita Kadakia, MD**  
Chief, Tuberculosis and  
Refugee Health  
County of San Diego  
Health and Human  
Services Agency



**Ron W. Rathbun**  
Founder of the Kelee®  
and Kelee Meditation  
President and Founder  
of Kelee Foundation

### Course Directors:

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Clinical Professor of Medicine, Owen Clinic

Clinical Director, Pacific AIDS Education and Training Center (PAETC) HIV Learning Network

Director, Owen Lipid/Lipodystrophy Clinic

UC San Diego Health

Amy M. Sitapati, MD

Clinical Professor of Medicine

Div. General Internal Medicine and Div. Biomedical Informatics

Chief Medical Information Officer, Population Health

Primary Care Internist, La Jolla Internal Medicine

UC San Diego Health

### Planning Committee:

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Scripps Clinic Cardiologist, Principal Investigator,

Healthcare Innovation and Practice Transformation

Ankita Kadakia, MD

Chief, Tuberculosis and Refugee Health

County of San Diego Health and Human Services Agency

Daniel Lee, MD

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Program Manager, Pacific AIDS Education and Training Center (PAETC)  
Owen Clinic, UC San Diego Health

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Founder of the Kelee® and Kelee Meditation  
President and Founder of Kelee Foundation

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Chief Medical Information Officer, Population Health  
Primary Care Internist, La Jolla Internal Medicine  
UC San Diego Health

Monique (Nikki) Walsh, MBA  
Marketing & Grants Kelee Foundation

**Faculty/Presenters:**

**UC San Diego Faculty/Staff:**

Christopher Kane, MD, FACS  
Professor of Urology, Dean of Clinical Affairs  
CEO, UC San Diego Health Physician Group

Daniel Lee, MD  
Clinical Professor of Medicine, Owen Clinic  
Clinical Director, Pacific AIDS Education and Training Center (PAETC) HIV Learning Network  
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**Visiting Faculty:**

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**Disclosure Statement:**

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

**Accreditation Statement:**

The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**AMA Credit Designation Statement:**

The University of California, San Diego School of Medicine designates this live activity for a maximum of **4.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Cultural and Linguistic Competency:**

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources can be found on the UC San Diego CME website ([cme.ucsd.edu](http://cme.ucsd.edu)).

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