Stanford



Eva Weinlander

Clinical Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Family Medicine**

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Bio

BIO

Dr. Weinlander is a Clinical Professor in the Department of Medicine, Division of Primary Care and Population Health. She is a seasoned family medicine physician with a passion for high quality primary care, medical education, primary care research and health care professional wellness.

She completed her medical training in Canada, medical school at Queens university and residency at McGill. She has long standing academic interests in patient and clinician wellness, women's health and medical education. For the last 15 years she has been the Director for the Continuity of Care clerkship, recently transition to a new role as Director of Faculty Wellness for Primary Care and Population Health. She is co-founder and director of Stanford-CSI (Clinical Summer Internship) for premed undergrad and upper level high school students. She runs the annual McGann Women and Health Lecture Series which is open to medical students and undergrads for credit and to the general public.

Dr. Weinlander practices the full spectrum of primary care, from pediatrics to geriatrics. She also leads collaborative mind-body medicine skills visits for patients grappling with chronic disease and stressful lives, or who just want to explore the healing properties of these practices. She is LGBTQQI friendly. Speaks French and a tiny bit of German.

CLINICAL FOCUS

- Family Medicine
- Mind Body Medicine

ACADEMIC APPOINTMENTS

- Clinical Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Lecturer, Preceptor, SPE examiner, Family and Community Medicine 301A, (1995- present)
- Clerkship Director, Continuity of Care Clerkship 310A, (2004-2017)

- Clerkship Director/Co- Facilitator, Mind Body Medicine 219A, (2006- present)
- Clerkship Director, Medical Scientist Training Program-Continuity 311, (2011-2017)
- Co-Founder and Director, Stanford CSI -Clinical Summer Internship, (2015- present)
- Director of Faculty Wellness, Division of Primary Care and Population Health, Stanford University School of Medicine, (2017- present)

HONORS AND AWARDS

- Ivan Smith Scholarship, Kingston Regional Cancer Clinic (1985)
- Queen's University Medical School-Div. of Neuropathology, Medical Research Council of Canada Grant (1984)
- Best Doctor-Family and Community Medicine, Best Doctors in America (2002-present)
- Excellence in Teaching Award, Stanford Family and Community Medicine (2002)
- Top Doctor: Family Medicine, Top Doctors in America (2007-present)
- Excellence in Clinical Teaching, Stanford University (2008)
- Kaiser Award for Excellence in Teaching, Stanford University Medical School (2011)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Committee member, Stanford Wellness Committee (2014 - present)
- Faculty, Center for Mind Body Medicine www.CMBM.org (2014 - present)

PROFESSIONAL EDUCATION

- Residency: McGill University Graduate Medical Education (1990) Canada
- Internship: McGill University Graduate Medical Education (1988) Canada
- Medical Education: Queen's University (1987) Canada
- Residency: Queen's University (1989) Canada
- MD, Queens University Medical School , Medicine (1987)
- BA-Biology, Queen's University , Biology (1983)

COMMUNITY AND INTERNATIONAL WORK

- Sonoma Resiliency Collaborative Project, Sonoma

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Women's Health

Mind Body Medicine

Chronic Disease Management

PROJECTS

- Mind Body Medicine Collaborative Patient Visits - Stanford University

Publications

PUBLICATIONS

- **Organization-Wide Approaches to Foster Effective Unit-Level Efforts to Improve Clinician Well-Being.** *Mayo Clinic proceedings*
  Shanafelt, T. D., Larson, D., Bohman, B., Roberts, R., Trockel, M., Weinlander, E., Springer, J., Wang, H., Stolz, S., Murphy, D.
  2023; 98 (1): 163-180

- **Do as I Do: Physician- and Learner-Led Mind-Body Medicine Group Visits** *PRiMER. 2021;5:4.Published: 2/1/2021*
  Moir, E.
  2021
- **Do as I Do: Physician- and Learner-Led Mind-Body Medicine Group Visits.** *PRiMER (Leawood, Kan.)*
  Moir, E., Yang, J. O., Yao, J., Weinlander, E.
  2021; 5: 4
- **Impact of Mind-Body Medicine Professional Skills Training on Healthcare Professional Burnout.** *Global advances in health and medicine*
  Weinlander, E. E., Gaza, E. J., Winget, M.
  2020; 9: 2164956120906396
- **Rethinking empathy decline: results from an OSCE.** *The clinical teacher*
  Teng, V. C., Nguyen, C., Hall, K. T., Rydel, T., Sattler, A., Schillinger, E., Weinlander, E., Lin, S.
  2017
- **Rickets: A Case Study** *Canadian Journal of Family Practice*
  Weinlander, E.E., Klein, M
  1991

PRESENTATIONS

- ABCs: Assessment of a Brief Curriculum on Prehospital Emergency Skills for High School Students. - 24th Annual AAEM Scientific Assembly. (4/1/2018)
- Practice Improvement with Mind Body Medicine Collaborative Visits - STFM Conference on Practice Improvement 12/1/2017 (12/1/2017)
- The Impact of Mind-Body Medicine Skills Training on Healthcare Professional Burnout - American Conference on Physician Health (10/1/2017)