

Chosen Charity:



# International Practitioner Health Summit 2022

# The Wounded Healer

## Hope and Healing beyond Covid-19

### Conference of NHS Practitioner Health

Thursday 17th - Friday 18th March 2022

Hybrid Conference - London

#### Speakers Include:

- Professor Chris Whitty, *Chief Medical Officer for England*
- Ruth May *Chief Nursing Officer for England*
- Dr Rachel Clarke *Palliative Care Doctor and Author*
- Dame Clare Gerada *Medical Director NHS Practitioner Health*
- Dr Rachel Gibbons *Consultant Psychiatrist, Chair Patient Safety Group, Royal College of Psychiatrists*
- Professor Neil Greenberg *Professor of Defence Mental Health King's College London*
- Dr Adam Kay *Writer, Comedian & Former Junior Doctor*



Onsite fee includes a copy of *'Beneath the White Coat'* by Dr Clare Gerada sponsored by The MDU



#### Supporting Organisations

Media Partner:



# International Practitioner Health Summit 2022

# The Wounded Healer

## Hope and Healing beyond Covid-19

### *Conference of NHS Practitioner Health*

Thursday 17th - Friday 18th March 2022  
Hybrid Conference - London

The NHS Practitioner Health in association with Healthcare Conferences UK are pleased to announce the International Practitioner Health Summit 2022, which will focus on Hope and Healing beyond Covid-19.

Open to all healthcare professionals, this hybrid CPD certified conference will welcome delegates from across the world attending face to face and remotely. Again, as with the 1st award winning conference our speaker line up is exceptional. The medical authors, Rachel Clarke, Adam Kay, and Yumiko Kadota will be talking about their Covid experiences. England's Chief Nursing Officer will also share her experiences and those of her profession who have worked so hard on our behalf during the pandemic. Breakout sessions for all delegates will cover topics including: International treatment models and responses, the epidemiology of distress, mental health outcomes for distressed doctors, and happy workplaces for trainees. For those who attend face to face you will be able to access an extended choice of wonderful workshops and plenty of spaces to come together.

***“The conference will help heal the wounds of the last two extraordinary years and help us understand what we have collectively been through and prepare us for the future. Hope is in the air.”***

*Dame Clare Gerada, Medical Director, NHS Practitioner Health*

#### ***This conference will enable you to:***

- Network with colleagues who are working to improve the care of mentally ill health professionals
- Learn from outstanding practice in care of staff with mental illness
- Reflect on national developments and learning
- Improve the way you think of your own health and well being
- Develop your skills in techniques to stay well
- Understand how you can improve your mental well being
- Identify key strategies for keeping out of regulatory issues
- Ensure you are up to date with the latest research in physician health
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

Don't miss this important opportunity to reflect on how you can look after your own mental health and wellbeing, and support your staff and colleagues; celebrating successes and learning from failures.

**Onsite delegates will receive a free copy of 'Beneath the White Coat' by Dr Clare Gerada sponsored by The MDU.**

#### ***The Wounded Healer Play***

Onsite delegates will also get the opportunity to attend a play, The Wounded Healer. It's not just Doctors who are in distress but particularly during the pandemic, all of those engaged in professional healthcare have endured the sharp end of professional and personal pressure. Where can they go for emotional support? A new play, from Doctors in Distress by the award-winning writer Brian Daniels and inspired by Clare Gerada's book 'Beneath the White Coat' will be an opportunity to explore through a new piece of drama the personal stories and journeys of a group of healthcare professionals as they struggle to keep their personal and professional lives on course.

# Day 1 Onsite Programme

## Looking back: Covid-19 and the health of health professionals

### 08.00 MDU Optional Breakfast Meeting: Supporting doctors in medico-legal difficulty

**Dr Caroline Fryar** *Head of medico-legal advisory services, The Medical Defence Union*

### 09.30 Introduction & Welcome

**Dame Clare Gerada** *Medical Director, NHS Practitioner Health*

### 09.40 Morning Session Chair's Introduction

**Anna Mary Soubry** *Trustee Doctors In Distress, Former MP, Govt Minister, Criminal barrister, TV presenter & reporter*

### 09.45 Government Update

**Professor Chris Whitty**  
*Chief Medical Officer for England*

### 09.55 Speaking Pandemic Truth to Power

**Dr Rachel Clarke**  
*Palliative Care Doctor and Author*

- the human need to give voice to what we witness - and, crucially, for this to be heard
- the cost to healthcare practitioners of their lived experiences of pandemic medicine being minimised, dismissed, or ignored
- the therapeutic benefits of sharing our own stories with others, to help us come to terms with the burdens and trauma of caring for patients in pandemic conditions

### 10.15 Nurse Government Update

**Ruth May**  
*Chief Nursing Officer for England*

### 10.35 Panel Session: What could we do differently in future?

10.50 *Questions and Answers*

11.10 *Tea and Coffee Break and Exhibition*

### 11.30 Choice of breakout sessions and workshops

**Stream A**  
International  
treatment models &  
responses

**Stream B**  
Experience and  
healing post Covid-19

**Stream C**  
Epidemiology of  
distress

**Stream D**  
Addiction

**Stream E**  
Reflective practice

**Workshop**  
Learning from  
doctors with Long  
Covid

13.00 *Lunch Break and Exhibition*

13.00 *The Singing Healer practice in the auditorium*

# Day 1 Onsite Programme continued

## Looking back: Covid-19 and the health of health professionals

### 14.00 Choice of breakout sessions and workshops

**Stream A**  
Epidemiology of  
distress

**Stream B**  
Experience and  
healing post Covid-19

**Stream C**  
Innovative treatment  
models & responses

**Stream D**  
Neurodiversity

**Stream E**  
Impact of Covid-19 on  
care workers

**Workshop**  
Supporting through  
video

15.30 *Tea and Coffee Break and Exhibition*

### 16.00 Chair's Introduction - Closing Session theme: Distress in healers and coping with distress

**Dr Cat Chatfield** *Head of Education and Co-Lead for Wellbeing, The BMJ*

### 16.05 "My fatal mistake" Guilt, blame and the role of the clinician in the death of a patient by suicide

**Dr Rachel Gibbons**

*Consultant Psychiatrist, Chair, Patient Safety Group Royal College of Psychiatrists, Psychoanalyst, Group Analyst*

- the nature or aetiology of suicide
- the 'Truth' about suicide. What leads someone to take their own life? Can it be prevented?
- understanding the profound effect the suicide of a patient on the clinician working with them

### 16.25 Suicide in medical doctors and suicide preventive strategies

**Professor Danuta Wasserman**

*Professor of Psychiatry and Suicidology; Head and Founder, National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) Karolinska Institute, Stockholm, Sweden  
Director, WHO Collaborating Centre for Research, Methods Development and Training in Suicide Prevention;  
and President-Elect, The World Psychiatric Association (WPA)*

- an overview of studies on suicide in physicians; gender, speciality and age
- suicide and Covid-19 pandemic
- strategies and evidence-based methods in suicide prevention

### 16.45 Panel Session, Questions and Answers

### 17.00 Experiential Learning and Drinks Reception

### 17.05 Identifying small joys in your life at home and at work *(finishes at 17.40)*

**Dr Anna Dias**

*GP trainer and Family Therapist, Churchview Surgery, Plymouth*  
Optional workshop, please pre book as it can only accommodate a maximum of 20 people

- how to notice the small things that bring you joy as an individual
- how to share those joys with your colleagues and encourage them to share ideas with you and each other
- by doing this sharing begin to see how the connections between people grow and encourage these by building the team to nurture them

**Fully Booked**

### 17.30 Play: The Wounded Healer

**Doors open at 17.30**

**Play starts at 17.45**

It's not just Doctors who are in distress but particularly during the pandemic, all of those engaged in professional healthcare have endured the sharp end of professional and personal pressure. Where can they go for emotional support? A new play, from Doctors in Distress by the award-winning writer Brian Daniels and inspired by Clare Gerada's book 'Beneath the White Coat' will be an opportunity to explore through a new piece of drama the personal stories and journeys of a group of healthcare professionals as they struggle to keep their personal and professional lives on course.

*Delegates can book to attend via the Eventbrite link that will be sent to you on confirmation of your conference place.*

### Art Exhibition

Creativity and improved wellbeing are intrinsically connected. At Doctors in Distress, we wanted to provide the opportunity for healthcare workers to explore their creative side and in this instance, engage with photography. We are delighted to partner with the Royal Photographic Society in displaying our photography exhibition called 'Peace in the Pandemic'. Please do visit the Prince's Gate room where you will see photos taken by healthcare workers from across the UK showing where they found their peace in the pandemic.



# Day 2 Onsite Programme

## Looking forward: Hope and Resilience after Covid-19

### 08.00 Optional Pre Conference Experiential Learning, Resources Showcase & GMC Breakfast Meeting

For more information on the session choices see page 10

### 09.30 Welcome and Chair's Introduction: Hope and change for the mental health of health workers

**Dr. Ananta Dave** *President, British Indian Psychiatric Association; Medical Director, Consultant Child & Adolescent Psychiatrist Lincolnshire Partnership NHS Foundation Trust; and Honorary (Clinical) Assistant Professor, School of Medicine, University of Nottingham*

### 09.40 Why we need to stop talking about resilience and start talking about failure. A story of hope and recovery

**Dr Helen Garr**  
*Deputy Medical Director  
NHS Practitioner Health*

### 10.00 The mental health of healthcare staff during the Covid-19 pandemic and beyond

**Professor Neil Greenberg**  
*Professor of Defence Mental Health  
King's College London*

- what was the mental health of NHS staff working during the Covid-19 pandemic
- what impact did potentially moral injurious events have on staff wellbeing
- what support mechanisms are associated with better mental health
- what might be the lessons for supporting the mental health of healthcare staff in the future

### 10.20 Practitioner Health - healing the healers

**Lucy Warner**  
*Chief Executive  
NHS Practitioner Health*

- experiences of more than a decade delivering practitioner health
- how a national service can act as a barometer for workforce mental wellbeing
- priorities for the future

### 10.45 Panel Session and Questions

11.00 Tea and Coffee Break and Exhibition

### 11.30 Choice of breakout sessions and workshops

**Stream A**  
Mental health outcomes for distressed doctors

**Stream B**  
Techniques for keeping well

**Stream C**  
Team dynamics and team support

**Stream D**  
Supporting medical students

**Stream E**  
Hope resilience & happy workplaces

**Workshop**  
Supporting trainees with examination anxiety

13.00 Lunch Break and Exhibition

13.00 The Singing Healer practice in the auditorium

### 14.00 Choice of breakout sessions and workshops

**Stream A**  
Happy workplaces for trainees

**Stream B**  
Organisational health

**Stream C**  
Wellbeing at work

**Stream D**  
Nightmare on complaint street

**Stream E**  
Reflective practice

**Workshop**  
Mindfulness

15.30 Tea and Coffee Break and Exhibition

15.50 The Singing Healer performance in the auditorium

### 16.00 Chair's Introduction: Consensus Statement

**Dame Clare Gerada** *Medical Director, NHS Practitioner Health*

### 16.10 Heroes need help too: Post-Covid lessons for Medical Education

**Professor Subodh Dave**  
*Dean, Royal College of Psychiatrists; Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust; and Professor of Psychiatry, University of Bolton*

- stress, burnout and mental illness are a common occupational hazard in medical practice
- while occupational safety standards are routine in most industries, medical education has largely ignored this in formal training and assessment
- apart from resilience training, medical curricula need to focus on improving systems literacy, assertiveness training and better understanding of the role of primary prevention in maintaining health and well-being

### 16.30 This is Going to Hurt

**Dr Adam Kay**  
*Writer, Comedian & Former Junior Doctor*

### 16.50 Closing Remarks, followed by Close at 17.00

# Day 1 - 11.30 - 13.00 Stream A

## International treatment models & responses

### Chair

**Dr Kate MT (Mtandabari)** *Clinician, NHS Practitioner Health*

### 11.30 Transforming Health for Health Professionals Wales; from “just doctors” to supporting the entire NHS Wales workforce

#### **Dr Thomas Kitchen**

*Deputy Director HHP Wales*

Health for Health Professionals (HHP) Wales

- responding to Covid-19, HHP Wales expand its services to offer confidential mental health & wellbeing support to all staff employed by NHS Wales
- in the year since expansion 770 people accessed the service - 36% were Doctors, 75% were signposted to virtual CBT
- we'd like to share some of the key lessons learnt over the year

### 11.50 Monitoring the effects on mental health of doctors in Spain along the pandemics to improve the Galatea Foundation portfolio of services

#### **Anna Mitjans**

*Project Manager*

Galatea Foundation and Barcelona Medical Council

- monitoring the effects on mental health of healthcare professionals along the pandemics: second questionnaire September 2021
- new questions about vaccination, team working, PTS, new Covid-19 strains
- results of the second questionnaire will be used to offer better treatments and support (individual and collective), as well as to advise policy makers to fulfil doctors' needs in the pandemic environment

### 12.10 Caring programmes across Europe and the regulatory role in impaired physicians

#### **Dr Gustavo Tolchinsky**

*Secretary, the Barcelona Medical Council;*

*and Coordinator, PAIMM (Catalan Caring Programme for Physicians)*

- what is the current situation of caring programmes across Europe
- what are the different models offering : pros and cons
- what does an impaired physician need in terms of caring programme and in terms of regulation

12.30 *Questions and Discussion*

# Day 1 - 14.00 - 15.30 Stream A

## Epidemiology of distress

### Chair

**Dr Eleanor Cole** *Clinician – Psychiatrist, NHS Practitioner Health*

### 14.00 Psychiatrists harnessing lived experiences

#### **Simona Karbouniaris** *Researcher and Lecturer,*

*Utrecht University of Applied Sciences*

*Amsterdam Medical Centre*

**and Antoinet Oostindiër** *Psychiatrist and Director, AerreA*

- mental health professionals with lived experiences coming out
- MH professionals trained to harness experiential knowledge
- examples (how to): peer consultation, training, culture/climate change

### 14.20 Factors affecting the UK junior doctor workforce retention crisis: an integrative review

#### **Dr Florence Lock**

*Public Health Registrar*

South West Public Health Training Programme and University of Exeter

- background information on junior doctor retention issues and research to date
- overview of methods for integrative review
- summary of findings and recommendations for solutions

### 14.40 Medical students' mental health: Prevalence, help-seeking & support before & during the Covid-19 pandemic

#### **Asta Medisauskaite**

*Senior Research Fellow*

University College London

- this presentation will discuss changes in medical students' mental health, support and help-seeking from before the pandemic to during
- the prevalence of mental health issues was high before the pandemic and has remained high since
- students were less likely to seek help for their mental health during the pandemic compared to before, but those who did were equally satisfied with the help provided

15.00 *Questions and Discussion*

# Day 1 - 11.30 - 13.00 Stream B

## Experience and healing post Covid-19

### Chair

**Dr Claire Gallagher** *GP NHS Practitioner Health*

### 11.30 Junior doctors' challenges and coping strategies for working during the Covid-19 pandemic: A qualitative study

#### Ruth Riley

*Lecturer, Applied Health Research  
University of Birmingham*

- junior doctors working during the Covid-19 pandemic described various challenges, including exposure to death and suffering, uncertainty and feeling unsupported in the new ways of working
- coping strategies were both personal (expressing emotion, seeking support) and organisational (flexibility, practical support)
- positive factors arising from the pandemic included new ways of working, particularly consistent teams, the feeling of additional camaraderie & support

### 11.50 "Oxygen Masks on Ourselves First" at the Doctors' Mess

#### Dr Rebecca Viney

*Chair/Trustee  
"Caring for Carers" Charity*

- we will discuss with evidence
- how celebrating diversity and inclusivity helps improve the wellbeing of all healthcare workers. When we thrive, everyone benefits. Our patients deserve it, we deserve it
- the power of small confidential groups to connect and share stories during unsettled times energises us and safeguards our mental health
- how empowering and inspiring conversations give us hope and help immunise us against burnout. Optimal healthcare provision depends on it

### 12.10 Why has the mental health of doctors declined within the Covid-19 pandemic? An exploration using a social contract approach focusing on the relationship between doctors and themselves

#### Parisha Blaggan

*Intercalated Student, Imperial College London  
Medical Student, University of Birmingham*

- the expectation for doctors to compromise their physical health has been well explored, using the concept of a social contract of medicine, whilst mental well-being has not
- the relationship between doctors and themselves needs to be considered when evaluating their vulnerability to mental ill health. The use of medical humanities is advantageous to explore this
- sense of duty, identity and stigma within medicine are contributing factors to the decline of clinicians' mental health in the Covid-19 pandemic

12.30 *Questions and Discussion*

# Day 1 - 14.00 - 15.30 Stream B

## Experience and healing post Covid-19

### Chair

**Dr Elizabeth Croton** *Clinician NHS Practitioner Health*

### 14.00 Caring for Doctors during a pandemic – how are we doing (to include our work to improve Civility in communication)

#### Dr Anna Baverstock

*Lead for Senior Doctor Wellbeing & Paediatrician  
Somerset NHS Foundation Trust*

- structure of senior doctor support across our acute, community and mental health trust
- summarise our data capture looking at autonomy, belonging and competence (based on GMC report)
- increase awareness of impact of incivility and how to improve working culture and communication by challenging incivility

### 14.20 How can general practice learn from the Covid-19 pandemic? A qualitative study and proposed conceptual model for health system resilience

#### Alice Russell

*Medical Student  
University of Birmingham*

- summary of qualitative findings from interviews with nurses' and health care assistants' working in general practice during the Covid-19 pandemic
- description of our proposed conceptual model for health system resilience
- discussion of use of model to reimagine general practice post-pandemic, to better support staff

### 14.40 Time to Heal: moral injury and moral repair in healthcare staff

#### Simon Edwards

*University of South Wales*

- sharing methodology of a 3-day retreat for health professionals impacted by moral injury, based on findings from Winston Churchill Travel Fellowships
- reporting initial findings and qualitative feedback from participants
- recommendations for further research and practice in the use of "alternative" approaches to address spiritual healing and moral repair

15.00 *Questions and Discussion*

# Day 1 - 11.30 - 13.00 Stream C

## The epidemiology of distress

### Chair

**Dr Alka Patel** *Founder, Lifestyle First and Lifestyle Medicine Physician, Coach, GP, Clinician, NHS Practitioner Health*

### 11.30 An Investigation into Causes and Predictors of Burnout in NHS Doctors

**Divya Chawla**

*JD Candidate*  
University of Calgary

- describe how routinely collected PHP demographic and mental health data was used to identify patients with self-reported burnout and pinpoint possible predictors or causes prevalent in this patient population
- demonstrate that this paper is distinct in that it focuses not on scope of burnout within the physician population, but rather on identifying predictive factors
- describe the identified predictors of burnout within the NHS PHP patient population and identify ways that this data can be used to better patient health outcomes

### 11.50 Moral distress in safeguarding staff

**Fiona Finlay**

*Consultant Community Paediatrician*  
BSW (BaNES, Swindon and Wiltshire) CCG

**Jane Murray**

*Designated Nurse Safeguarding Children*  
BSW CCG

- defining moral distress and moral injury
- literature review and survey of moral distress in safeguarding staff
- proposals to reduce the impact of moral distress

### 12.10 Supporting the mental health and wellbeing of staff during the pandemic and beyond

**Fiona Blair**

*Head of Service (CONTACT)*  
Imperial College Healthcare NHS Trust

**with Dr Anne Kinderlerer**

*Consultant in Rheumatology and Acute Medicine*  
Imperial College Healthcare Trust

- an in-house counselling service providing creative and effective responses to support staff during the time course of the pandemic
- a proactive and flexible approach enabled us reach and provide meaningful support to large numbers and diverse range of staff and groups with differing needs at different times
- developing and providing specific approaches, such as Emotional Wellbeing Groups and Psychological Support Sessions – we were effective in identifying staff at greatest need

12.30 *Questions and Discussion*

# Day 1 - 14.00 - 15.30 Stream C

## Innovative Treatment Models and Responses

### Chair

**Lucy Warner** *Chief Executive NHS Practitioner Health*

### 14.00 The Coronacoaster – a staff Covid Recovery Programme using Interactive Self-help Videos

**Dr Amie Smith**

*Clinical Psychologist*  
South Tees NHS Foundation Trust

- background of development of the Coronacoaster video series
- present literature on psychological models of change and recovery
- detail the implementation of this self-help programme in our acute Hospitals Trust

### 14.20 The 3P Programme: an EMDR based intervention for staff recovery from Covid-19

**Dr Amie Smith**

*Clinical Psychologist*  
South Tees NHS Foundation Trust

- introduction to the 3P (Pause, Process, Prevent) Programme
- how 3P has been implemented in an acute NHS Trust
- outcomes and the effectiveness of 3P

### 14.40 Rapid virtualisation of GP-S coaching, mentoring and coach training

**Dr Sarah Hamlyn**

*Salaried GP, Clinical Lead, GP-S*

**Dr Catherine Cowley**

*GP Partner, Clinical and Training Lead, GP-S*  
GP-S Support Ltd

- present findings and statistics and share feedback from our rapid access support and standard coaching service over the pandemic
- present findings of our survey and focus groups on virtual coaching and training
- share reflections on lessons learned through rapid access support, virtual coaching and training

15.00 *Questions and Discussion*



# Day 1 - 11.30 - 13.00 Stream D

## Addiction

### Chair

**Dr Roopa Gill** *GP - Clinical Lead, NHS Practitioner Health*

### 11.30 Addiction in Medicine; are we ready for the next epidemic?

**Dr Carol Tunney and Dr Margaret O'Rourke**

*Director of SAFEMED, School of Medicine  
University College Cork*

- review the neuroscience of addiction
- explore the current culture of medicine, the stresses and pressures facing medical professionals and how these can leave them vulnerable to addiction
- discuss barriers to care and how these may be overcome
- examine our current response to addiction and mental health disorders in medical professionals
- discuss the impact of unwell medical professionals on health care quality and delivery

### 11.50 Comparing midwives' problematic substance use both before and 1-year following the first Covid-19 lockdown in the United Kingdom

**Dr Sally Pezaro**

*Research Associate, Lecturer, Coventry University;  
Panellist, the Nursing and Midwifery Council (NMC);  
and Fellow, the Royal College of Midwives (RCM)*

- summary of the comparison of data collected on midwives' problematic substance use (PSU) before and after the Covid-19 lockdowns in the UK
- summary of the rates and experiences of 623 midwives in relation to their problematic use of a range of substances
- explore midwives' help seeking behaviours, perceptions of impairment, associated health risks, leaving intentions and level of work engagement in the context of PSU

### 12.10 The Dentists' Health Support trust (DHST) (January 2008-December 2019): Review of a telephone support service for dentists

**Dr Jane Marshall**

*Consultant Psychiatrist in the Addictions, South London and Maudsley NHS Foundation Trust; Consultant Psychiatrist NHS Practitioner Health  
and Clinic Advisor, the Dentists Health Support Trust*

- dentists will use a self-referral telephone service to seek help for mental health and addiction problems
- this peer support model, offered by the Dental Health Support Trust, provides early intervention and excellent outcomes
- the service is cost effective and promotes patient safety

12.30 *Questions and Discussion*

# Day 1 - 14.00 - 15.30 Stream D

## Neurodiversity

### Chair

**Dr Sue Elton** *Clinician - Clinical Lead NHS Practitioner Health*

### 14.00 Autistic Doctors: masking is exhausting but stigma can prevent disclosure

**Mary Doherty**

*Consultant Anaesthetist  
Our Lady's Hospital, Navan, Ireland*

- this session provides insights from autistic doctors
- whilst Covid-19 was challenging for all, autistic doctors face autism-specific challenges; they are particularly vulnerable to mental ill-health. The exhaustion of camouflaging autistic traits coupled with confronting outdated prejudices on what it means to be autistic frequently prevents disclosure, which could benefit both autistic and non-autistic doctors
- here we examine these topics with practical advice and insights

### 14.20 Relaying of Learning in Autism and Intellectual Disability Services (RELAIDS): Learning from the pandemic through harnessing innovation and sustaining support

**Alastair Barrowcliff**

*Consultant Clinical Psychologist, Mersey Care NHS Foundation Trust*

**And Liz Price-Jones**

*Consultant Clinical Psychologist  
Greater Manchester Mental Health NHS Foundation Trust*

- learning from the pandemic and sustaining positive learning
- sharing learning from experiences in Learning Disability and Autism Services
- service adaptation, development and growth maximising potential

### 14.40 "Well ...That explains a lot"

**Dr Sue Elton**

*Clinician - Clinical Lead  
NHS Practitioner Health*

- The Yorkshire and Humber experience of identifying and diagnosing Clinicians post training with ND
- need for greater teaching about Neurodevelopmental disorders in Medicine
- why ND patients may be one group that struggled more with lockdowns

15.00 *Questions and Discussion*

# Day 1 - 11.30 - 13.00 Stream E

## Reflective Practice

### Chair

**Dr Sally Smith** *GP - Integrative Therapist, NHS Practitioner Health*

### 11.30 Meditation-based interventions in the workplace

**Louise Fitzgerald**

*General Practitioner*

*Sutton Cross Surgery Dublin, Ireland*

We will discuss the current literature on meditation based programmes (MBPs) including:

- potential for positive effects across professions on both psychosocial workplace health and work performance
- the large variability across MBPs literature and the associated difficulties to evaluate their efficacy
- the suitability of these interventions within the workplace domain

### 11.50 Why and how to be vulnerable?

**Dr Avgoustina Almyroudi**

*ST8 in Medical Psychotherapy and General Adult Psychiatry*

*Tavistock and Portman NHS Foundation Trust*

- explore the notion of the clinician's vulnerability
- understand the potential benefits and challenges for the clinician and the patient, using clinical vignettes
- explore the place of vulnerability in the current healthcare setting that seems to be promoting exclusively resilience and consider the links between resilience and vulnerability

12.10 *Questions and Discussion followed by a Guided mini meditation session*

# Day 1 - 14.00 - 15.30 Stream E

## Impact of Covid-19 on Care Workers

### Chair

**Dr Jenny Holmes** *Clinical Lead North West England, NHS Practitioner Health*

### 14.00 The impact of Covid-19 on the dementia workforce: lessons for social care

**Andrea Capstick**

*Associate Professor, Centre for Applied Dementia Studies*

*University of Bradford*

- government requirements on Covid-19 for care homes were hard to put in place with people living with dementia
- the government often did not seem to understand the specific needs of people living with this condition
- we now urgently need ways of responding to the impact of Covid-19 on the mental health and well-being of the dementia care workforce

### 14.20 The impact of Covid-19 on Cumbria's care home sector

**David Storm**

*Associate Director*

**with Josephine Harbison**

*Clinical Manager*

*Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust*

- how the service proactively recognised vulnerability and potential impact of restrictions on people living with dementia
- innovative approaches to supporting psychological needs of staff
- communication and creative approaches to support the impact of Covid-19 in care homes

### 14.40 Improving resilience during Covid-19 through mind-body practices

**Gee Gahir**

*Naturopath, functional movement specialist, Health & Lifestyle Coach*

*Havering North PCN non-clinical Wellbeing Service*

*Long-Covid Non-Clinical Audit Lead; and CVD / NDA QI LTC Proactive Care*

*UCLP Project Lead, Havering North PCN*

- the impact of Covid-19 on the wellbeing of key-support workers continues to place a huge demand upon healthcare service
- Holistic Mind-body interventions adapted as healthy lifestyle models of care delivered throughout the pandemic have demonstrated improved perceived stress scores and resilience
- you are invited to experience three effective techniques in a practical immersion which have been fundamental for recalibrating the stress response and restoring wellbeing

15.00 *Questions and Discussion*

## Day 1 - 11.30 - 13.00 Workshop

### Learning from doctors with Long Covid

#### 11.30 Learning from doctors with Long Covid

##### Dr Sue Warren

GP - Clinician

NHS Practitioner Health, Appraiser, Wessex LMC, suewarrenmedicals, PSU Case Manager

##### and Dr Sarah Burns

Portfolio GP, Hampshire

GP, HEE (Wessex) GP Fellow,

University of Southampton Senior Teaching Fellow

- doctors find it difficult to become patients and this can create barriers in both seeking and accepting support
- learning from doctors with long Covid can help inform how we support doctors with other health problems
- peer support and non-medical interventions can be important tools in recovery

## Day 1 - 14.00 - 15.30 Workshop

### Supporting the health of health workers through video

#### 14.00 Supporting the health of health workers through video: an interactive workshop

##### Dr Béatrice Guyard-Boileau

Senior Obstetrician, Director of the Video Project « Tutotour »

##### and Sebastien Fleury

Head Midwife

Toulouse University Hospital, France

- describe the methodology of a cooperative video project, and provide insights for conducting such projects
- present a set of short videos to support health professionals
- conduct an interactive session based on the videos, and share examples of how they can be used

## Day 2 - 08.00 - 09.00 Optional Pre Conference Experiential Learning

### Resources Showcase & GMC Breakfast Meeting

#### 08.00 Option A - Reducing the mental health impact of complaints and referrals to the GMC

##### Michael Keegan

Senior Case Examiner  
General Medical Council

##### and Helen Gatley

Head of Provisional Enquiries and Liaison Triage  
General Medical Council

- concerns about doctors' health are referred to the GMC by employers, patients, treating clinicians and themselves
- not all warrant a fitness to practise investigation. And those that do are potentially at risk of harm, as well as a risk to patients
- we will explore the way in which concerns about a doctor's health are investigated, how they're supported, what has changed in recent years and plans for the future

#### 08.00 Option B - The disruption-unity gap

##### Karina Hulstrom

Executive Coach and Company Director  
Unlimited Potential

- the positive and negative role of disruption in NHS teams, throughout the Covid-19 pandemic
- the importance of a positive disruption-unity balance
- a new way of looking at teams and leadership to boost resilience and success – using disruption as a key tool

#### 08.00 Option C - A movement and meditation experience on the four stages of small joys and connectivity

##### Dr Anna Dias

GP trainer and Family Therapist  
Churchview Surgery, Plymouth

- how to notice the small things that bring you joy as an individual
- how to share those joys with your colleagues and encourage them to share ideas with you and each other
- by doing this sharing begin to see how the connections between people grow and encourage these by building the team to nurture them

## Day 2 - 11.30 - 13.00 Workshop

### Supporting trainees with examination anxiety

#### 11.30 Supporting trainees with examination anxiety

##### Richard Jones

Clinical Director  
NHS Practitioner Health

- helps trainees & learners identify how exam anxiety is triggered and develops
- understand how their current thinking, and behaving patterns are worsening their anxiety and help to 'correct' unhelpful thinking and behavioural patterns
- develop new, more helpful thinking and behavioural response to their anxiety triggers, in a new healthier formulation

## Day 2 - 14.00 - 15.30 Workshop

### Mindfulness

#### 14.00 Mindfulness - Healing from within

##### Dr Wendy Molefi

GP, Mindfulness Teacher, Wellbeing Coach  
The Mindful GP  
Clinician, NHS Practitioner Health

- this experiential workshop is an exploration of mindfulness as a resource to support and sustain our wellbeing
- mindfulness practice gives us stability in the eye of the storm; it gives us wisdom to respond with choice; and it teaches us kindness and self-compassion even when the environment around us is not conducive
- the workshop will also include feedback and insights from an MBCT course for healthcare professionals

# Day 2 - 11.30 - 13.00 Stream A

## Mental health outcomes for distressed doctors

### Chair

**Dr Andrew Tresidder** *Clinican, NHS Practitioner Health, Chair Somerset CCG Resilience Hub*

### 11.30 An investigation into distressed doctors accessing support from the NHS Practitioner Health, with narrative interviews exploring GPs' experiences of recovery from burnout

**Philippa Shaw**  
*Doctoral Researcher*  
University of Westminster

- presenting a quantitative overview of NHS Practitioner Health outcomes for doctor-patients over a year
- focussing in on a sub-sample of these doctor-patients to explore narratives of GPs who have received support from the NHS PH
- novel methods of photo-elicitation with participant-generated photographs in narrative interviews provided insight into the nuance of GP burnout recovery and directions for future research and practice

### 11.50 6-month pilot study of NHS Practitioner Health outcomes using the Psychlops outcome measure

**Dr Mark Ashworth**  
*Reader in Primary Care*  
King's College London

- NHS Practitioner Health assesses outcomes using five mental health outcome measures
- our study reports the first international evaluation of any practitioner health programme comparing baseline and 6-month outcome change scores
- all measures showed strong change (improvement) scores: Effect Size >0.8; PSYCHLOPS produced higher change scores than the standardised instruments

### 12.10 CBT for an expert group – 12 years of treating GPs: Themes, Interventions and Outcomes

**Shamira Graham**  
*Director of Clinical Operations*  
One Bright Efficacy

- psychological problems in GP's - the unifying themes of the challenge of working in the NHS coupled with high unrelenting standards, achievement orientation and self-worth
- GPs as an expert group - "I should know that", "how did I miss this": Therapist reflections in treating "experts"
- models of therapy, Recovery and Treatment Outcome Data - A success story of a model that works

12.40 *Questions and Discussion*

# Day 2 - 14.00 - 15.30 Stream A

## Happy Workplaces for Trainees

### Chair

**Dr Jill Wilson** *GP, Training Programme Director, Somerset GPVTS and Clinician, NHS Practitioner Health*

### 14.00 The Relationship Between Work-Related Social Support and Wellbeing in Junior Doctors working in the United Kingdom's National Health Service: A Systematic Review

**Dr Jessica Hilton**  
*Clinical Psychologist*  
Oxford Health NHS Foundation Trust

- reports the findings of a new, qualitative systematic review exploring the role of work-related social support on the wellbeing of NHS junior doctors
- presents the thematic synthesis in detail, including the relevance, experience, barriers, facilitators, and impact of work-related social support
- discusses the theoretical and organisational implications regarding work-related social support for junior doctors in the NHS

### 14.20 Survive and Thrive – an innovative experiential programme for enhancing trainee wellbeing

**Dr Sara McDouall**  
*Anaesthetic Department*  
Royal Berkshire Hospital NHS Foundation Trust

- the NHS workforce is increasingly challenged to provide optimum healthcare while maintaining mental and emotional wellbeing
- every practitioner has unique strengths and vulnerabilities. Identifying and exploring these can lead to a better understanding of how we respond to challenges
- peer group experiential workshops, run by professionals, are an effective way of understanding and caring for ourselves and our patients in times of adversity

### 14.40 YOU ARE NOT ALONE: An opportunity to share how the London School of Paediatrics SURVIVES & THRIVES through Training

**Dr Nisha Patel**  
*Paediatric Registrar - ST5, Trainees' Committee Chair*  
London School of Paediatrics

- The London School of Paediatrics Trainees' Committee have a dedicated trainee-led Surviving & Thriving team; aiming to safeguard trainee wellbeing
- SURVIVE: We created empowering toolkits to support everyone during training and the pandemic; 'The Covid-19 Handbook' & 'Wellbeing Resource Pack'
- THRIVE: We organise annual Surviving & Thriving days encouraging trainees to rejoice in excellence and aspire to inspire through positivity initiatives, which have spread to trusts throughout the deanery

15.00 *Questions and Discussion*

# Day 2 - 11.30 - 13.00 Stream B

## Techniques for Keeping Well

### Chair

**Dr Deborah Brooke** *Group Facilitator, NHS Practitioner Health*

### 11.30 A novel approach to support wellbeing amongst junior doctors in oncology

**Dr Liam Cain** *F3 in Medical Oncology*

**And Dr Kiuthikah Thillai** *Consultant Medical Oncologist, Mind and Body Lead in the Guys Cancer Academy, Guy's and St Thomas' NHS Foundation Trust*

- we present data from a pilot study aimed to improve wellbeing in junior medical staff in oncology
- we will discuss how reflective practice can be a trained accredited skill
- we propose that staff should be provided with protective time and space to debrief together

### 11.50 Wellbeing webinars for Junior Doctors – developing a series to foster confidence and self-awareness to improve wellbeing

**Rhiannon Ions**

*Fellow in Junior Doctor Wellbeing & Support/Anaesthetic CT2b Higher Education England South West/Musgrove Park Hospital*

**with Tailte Breffni**

*Professional Support & Wellbeing Manager*

*Peninsula and Severn Professional Support & Wellbeing Unit*

- the need for wellbeing support for junior doctors – why their wellbeing is at risk and the impacts that this has
- establishing a series of wellbeing workshops to improve resilience - underpinned by psychological self development concepts including coaching, positive & occupational psychology theories and exercises
- positive feedback and challenges encountered, improvements and going forward including spread and sustainability

### 12.10 Interpersonal Therapy (IPT) Techniques for Keeping Well

**Dr Richard Duggins**

*Consultant Psychiatrist in Medical Psychotherapy, CNTW / NHS Practitioner Health*

- IPT (Interpersonal Psychotherapy) is a NICE-recommended therapy for depression
- IPT techniques can be helpful in keeping well, and in managing stress and burnout
- key techniques include understanding the problem, activating an interpersonal network, identifying a focus and goals, tolerating emotions, clear communication and effective decision making

12.30 *Questions and Discussion*

# Day 2 - 14.00 - 15.30 Stream B

## Organisational Health

### Chair

**Dr Kate Milne** *GP - Clinician NHS Practitioner Health*

### 14.00 Should I stay or should I go? Investigating psychiatry trainees' work environment, wellbeing and intentions to leave their training

**Milou Silkens**

*Research Fellow, University College London*

- psychiatry trainees leaving their training is a major problem in psychiatry training. Burnout contributes to this
- resources and strategies can improve trainees' wellbeing and resilience, which makes them less likely to leave their training
- those designing and delivering psychiatry training could improve trainees' wellbeing and retention by offering more of the resources identified in this research to offset the heavy demands of training

### 14.20 Medical leadership and organisational strategies to promote well-being and reduce burnout

**Dr Carol Tunney and Dr Margaret O'Rourke**

*Director of SAFEMED, School of Medicine, University College Cork*

- review how unmanaged stress has serious consequences for patients, doctors and health care organizations
- examine burnout prevention and the systems approach
- explore medical leadership and its link to burnout rates
- discuss cost neutral strategies to optimize doctor health and well being

### 14.40 Introducing Me and My Team a framework for compassionate leadership, psychological safety and strengthening connections within teams

**Emma Lishman**

*Clinical Psychologist, Staff Wellbeing Psychology Team, North Bristol NHS Trust*

- sharing a framework to support the psychological wellbeing of teams
- practical steps to foster compassionate leadership, psychological safety and strengthen connections within teams
- outlining how resilience is more helpfully seen as existing through strong connections between us, not just within individuals

15.00 *Questions and Discussion*

# Day 2 - 11.30 - 13.00 Stream C

## Team Dynamics and Team Support

### Chair

**Dr Jan Birtle** *Clinician NHS Practitioner Health*

### 11.30 "Heroes work here!" – Photographic testimonies from staff working in care homes during the Covid-19 pandemic

**Ana Barbosa**  
*Assistant Professor*  
University of Bradford

- describe the CoDeC study and provide insight for conducting action research with care home staff
- share the results from a photo diary maintained by care home staff during the Covid-19
- discuss how to best support the care home workforce in the aftermath of the pandemic

### 11.50 PH Peer Support pilot run in response to Covid-19

**Dr Claire Gallagher** *GP*  
**and Dr Kate Mtandabari** *GP*  
NHS Practitioner Health

- this scheme created a one-to-one space for health professionals to "think aloud" with an experienced colleague, to consider professional and personal dilemmas during the Covid-19 Pandemic
- good quality training, supervision and safety netting gave the peer supporters the confidence to work effectively with those receiving peer support who highly valued the scheme
- careful planning, infra-structural support, leadership buy-in and considered evaluation were key. We will share lessons learnt

### 12.10 StartWell>EndWell - A practical framework for fostering team connection, compassion, and effectiveness within healthcare teams

**Dr Olivia Donnelly**  
*Consultant Clinical Psychologist & Lead for Staff Psychology*  
Psychology Team, North Bristol NHS Trust

- the science behind psychological safety and "teaming" – and why healthy team cultures are so important for patient care and staff wellbeing during Covid-19 and beyond
- an overview of the Start Well > End Well approach – A practical framework for fostering team connection, compassion, and effectiveness – what this is, how to put this into practice in the 'real NHD world', how it can make a difference
- case studies on the impact that Start Well > End Well has had within North Bristol and Nationally

12.30 *Questions and Discussion*

# Day 2 - 14.00 - 15.30 Stream C

## Wellbeing at Work

### Chair

**Dr Caroline Walker** *Clinician, NHS Practitioner Health; Clinician and Founder The Joyful Doctor*

### 14.00 Promoting wellbeing and resilience as essential professional skills by embedding within the undergraduate pharmacy curriculum

**Dr Nicola Ward**  
*Senior Lecturer in Clinical Pharmacy and Pharmacy Practice*  
De Montfort University, Leicester

- an overview of our wellbeing and support programme for MPharm students to help manage anxiety and stress and prepare them for professional practice
- an outline of how workshops were designed to address stressors identified by students and embedded within the curriculum
- how utilising a balanced social-individualised approach has reduced some of the stigma and barriers to students accessing support

### 14.20 Joy at Work

**Susie Gabbie**  
*Paediatric Consultant*  
Royal Free Hospital, London

- our observations that teams who bond together outside work enjoy closer professional relationships, which in turn enhances patient care and safety
- wellness activities create joy at work, preventing burnout and stress
- we offer ideas to develop Joy at Work and support each other through the Covid-19 pandemic and beyond

### 14.40 Innovative quality improvement collaborative approach to improve the wellbeing of staff and their enjoyment of work

**Rosanna Bevan**  
*Quality Improvement Coach, Royal College of Psychiatrists*  
**with Sian Rogers** *Patient Education and Health Coaching Lead*  
London Spinal Cord Injury Centre

- how can quality improvement support us with us with improving staff wellbeing and staff experience at work?
- learnings from the national improvement programme on Enjoying Work, run by the RCPsych
- key insights & change ideas that you can apply in your team and organisation

15.00 *Questions and Discussion*

# Day 2 - 11.30 - 13.00 Stream D

## Supporting medical students

### Chair

**Dr Nic Anfilogoff** *GP, GP Appraiser and Educator, Case Manager NHS Practitioner Health*

### 11.30 How can medical school affect the mental health of medical students?

**Dr Antonia Rich**

*Associate Professor*  
University College London

- twenty medical students participated in interviews discussing their experiences of mental health at medical school, sources of support and experiences of help-seeking
- medical school exacerbated mental health problems, with high workloads, high expectations, and a competitive culture where they are expected to be tough
- fears about a mental health related diagnosis affecting their future career meant some students were scared to seek help

### 11.50 Supporting the Mental Health of Medical Students through Covid-19; what can we learn?

**Naomi Marfell**

*Service Manager HHP Wales*  
Health for Health Professionals (HHP) Wales

- following the Covid-19 outbreak HHP Wales observed a significant number of medical students self-referring for mental health support
- very few of the presenting medical students had been exposed to clinical environments involving the care of Covid-19 patients
- the delivery of an individually tailored approach has been effective in supporting the mental health of medical students

### 12.10 Medical School Strategies to address student wellbeing and resilience

**Dr Carol Tunney and Dr Margaret O'Rourke**

*Director of SAFEMED, School of Medicine*  
University College Cork

- explore medical student stress as a cause for concern
- explore contextual issues and the student voice
- discuss the evidence and experience of what works for reducing medical student stress
- present the top three strategies for supporting medical students and reducing stress

12.30 *Questions and Discussion*

# Day 2 - 14.00 - 15.30 Stream D

## Nightmare on Complaints Street

### Chair

**Dr Jane Marshall** *Consultant Psychiatrist, NHS Practitioner Health*

### 14.00 Developing a healthier way of responding to mistakes

**Richard Jones**

*Clinical Director*  
NHS Practitioner Health

- developing a healthier way of responding to mistakes (or the threat of mistakes)
- exploring ways that our avoidance of mistakes can sometimes make them more likely to occur
- applying CBT principles to mistake making

### 14.20 A nightmare on complaint street – a navigation guide based on lived experience

**Lucy Warner**

*Chief Executive, NHS Practitioner Health*

**Dr Claire Gallagher**

*GP, NHS Practitioner Health*

- to recognise the impact of a clinician facing a complaint or investigation on the individual, the team, patients, family & friends
- to identify how to support individuals and colleagues through a challenging time in their professional lives
- to understand how a clinician can navigate through difficult times for the best positive outcomes for all

### 14.40 Supporting clinicians through complaints processes: A cross-sectional survey and focus group interviews of UK doctors and medical students

**Dr Leila Ellis**

*Academic Foundation Year 2 Doctor*  
Torbay and South Devon NHS Foundation Trust

- this session will explore clinician experiences of medical complaints, recognising that involvement in a complaint process widely impacts professional and personal wellbeing
- our research has found that use of formal and informal sources of support is variable with demand for greater accessibility and diversification of support
- we will share the work being undertaken by the Medical Defence Union to improve the practical and emotional support available for clinicians

15.00 *Questions and Discussion*

# Day 2 - 11.30 - 13.00 Stream E

## Hope, resilience and happy workplaces

### Chair

**Dr Clare Redmond** *Consultant Psychiatrist, NHS Practitioner Health*

### 11.30 Understanding of wellbeing for doctors in workplace, and the importance of appropriate interventions such as effective leadership and management strategies

#### **Dr Sophia Pillai**

*SAS  
Lincolnshire Partnership Foundation NHS Trust*

- to enable in depth understanding from through literature review of factors that affect wellbeing of doctors and role of leadership on workplace and its impact of wellbeing
- to identify relevant leadership and management strategies in workplace environment
- to provide or enable effective leadership, and engagement of doctors in the workplace

### 11.50 'Work Afterthoughts' - How we value our maternity staff in Lincolnshire

#### **Sandra Pygott**

*Professional Midwifery Advocate & Midwife  
United Lincolnshire Health Trust*

- the Professional Midwifery Advocate role in restorative work in our maternity services has never been needed more than during a global pandemic, so what could we do to provide a place of psychological safety in times of stress
- 'Work Afterthoughts' is primarily a restorative listening service for all maternity staff to attend annually - as well as having access for one to one sessions when needed
- feedback and evaluation – the impact and implications for the future of the service at ULHT

### 12.10 Developing a specialist in house psychology service for doctors

#### **Claire Blount**

*Clinical Psychologist*

#### **Katie Egan**

*Psychotherapist  
Staff Wellbeing Psychology Team, North Bristol NHS Trust*

- theory-led framework for a tailored, embedded service
- normalising challenges and increasing psychological safety in the medical culture
- the need for both proactive and responsive support for NHS doctors
- introducing facilitated peer supervision groups for senior doctors

12.30 *Questions and Discussion*

# Day 2 - 14.00 - 15.30 Stream E

## Reflective Practice

### Chair

**Dr Richard Duggins** *Consultant Psychiatrist in Medical Psychotherapy CNTW / NHS Practitioner Health*

### 14.00 The Notion of the Wounded Healer embedded in the transference-countertransference

#### **Ann Casement**

*Professor  
International Association for Analytical Psychology*

- Plato's pharmakon as both poison and cure underscores the notion of the wounded healer
- this paradox is embedded in the psychoanalytic notion of transference-countertransference
- the wounded healer links to empathy, which is the bedrock of a psychoanalyst's calling

### 14.20 Reflection in Action to support Workforce Mental Health and Wellbeing

#### **Dr Andrew Tresidder**

*SW Clinical Lead NHS Practitioner Health  
Chair Somerset CCG Resilience Hub*

- what is Reflection? What supports Reflection?
- effective reflection (NOT rumination) gives us closure on our experiences, provides meaning and insight
- effective reflection can be supported in a number of ways, including Schwartz Rounds, Balint Groups, and the generative power of attention in Thinking Pitstops
- effective Reflection is also supported by harmony from Nature, music, and other patterns

### 14.40 Service development report: an intervention for overcoming anxiety and perfectionism in doctors, by de-generalising positive self-identities in order to accept moments of failure

#### **Nic Malcomson**

*Integrative Psychotherapist  
NHS Practitioner Health/Eudemedics*

- hypothesis: Doctors' minds can form a generalised positive self-identity through their education and training, such as, I always succeed
- consequence: Single errors or failings can be associated with shame and a sense of global failure
- intervention: This might be overcome by undoing the generalisations beneath identities of invincibility and instead celebrating moments of success and accepting moments of failure, without further generalisation

15.00 *Questions and Discussion*



# Poster Presentations

Poster Presentations for viewing in display area and on the conference landing page

**Physician Associates (PAs) supporting mental health presentations and practice teams; examples from a cohort of PAs in Sheffield**

**Ria Agarwal**

*Physician Associate (PA) and Senior Lecturer Physician Associate studies, Sothall Medical Centre & Sheffield Hallam University*

**The association between personality traits and perceived barriers to mental health help-seeking behaviour in NHS doctors**

**Fahmid Ahmed**

*Medical Student, Imperial College London*

**The Impact of Homesickness on Stress & Subjective Wellbeing of Medical Students in Ireland During a Pandemic: A Cross Sectional Study**

**Brynn Charlesworth**

*Final Year Medical Student, School of Medicine, University College Cork*

**and Dr Margaret O'Rourke**

*Director of SAFEMED, School of Medicine, University College Cork*

**An investigation into causes and predictors of burnout in NHS doctors: pilot stage**

**Divya Chawla**

*MPH JD(candidate), NHS PHP*

**Doctor Wellbeing: a long-neglected aspect of clinical handover?**

**Laura Crosby**

*Paediatric ST5 Registrar, Virgincare Community Child Health, Bath*

**'Is there a doctor in the house?'**

**Liz Greenway**

*Organisational Consultant UKCP & BACP Registered Psychotherapist BPC & APPCIOS Registered Organisational Therapist*

**Development of a Health and Wellbeing Module for First Year Medical Students**

**Dr Evie Kemp**

*Director of Medical Student Wellbeing, Technion American Medical School, Haifa, Israel*

**What are the barriers and facilitators to mental health help seeking behaviour in NHS doctors?**

**Khadeejah Mujahid**

*Medical Student, Imperial College London*

**Medical Student Stress and Social Relationships during the Covid-19 Pandemic**

**Jed Pettit**

*Final Year Medical Student, School of Medicine, University College Cork*

**and Dr Margaret O'Rourke**

*Director of SAFEMED, School of Medicine, University College Cork*

**Are we being set up to fail?**

**Amy Simpson**

*Final Year Medical Student, NIHR School for Primary Care Research*

**How Am I? A toolkit to promote and support NHS staff's emotional regulation skills**

**Dr Amie Smith**

*Clinical Psychologist, South Tees NHS Trust*

**Supporting critical care staff throughout Covid-19 and beyond; An MDT model to facilitate psychological support**

**Nikki Swales**

*Lead Counsellor, Mid and South Essex NHS Trust*

# Virtual Conference - Day 1

## Looking back: Covid-19 and the health of health professionals

All sessions in the virtual conference will be live but also recorded for watching later, delegates will also have access to the pre-recorded poster presentations.

### 09.30 Introduction & Welcome

**Dame Clare Gerada** *Medical Director, NHS Practitioner Health Programme*

### 09.40 Morning Session Chair's Introduction

**Anna Mary Soubry** *Trustee Doctors In Distress, Former MP, Govt Minister, Criminal barrister, TV presenter & reporter*

### 09.45 Government Update

**Professor Chris Whitty**

*Chief Medical Officer, Department of Health & Social Care*

### 09.55 Speaking Pandemic Truth to Power

**Dr Rachel Clarke**

*Palliative Care Doctor and Author*

- the human need to give voice to what we witness - and, crucially, for this to be heard
- the cost to healthcare practitioners of their lived experiences of pandemic medicine being minimised, dismissed, or ignored
- the therapeutic benefits of sharing our own stories with others, to help us come to terms with the burdens and trauma of caring for patients in pandemic conditions

### 10.15 Nurse Government Update

**Ruth May**

*Chief Nursing Officer for England*

### 10.35 Panel Session: What could we do differently in future?

10.50 *Questions and Answers*

11.10 *Comfort Break*

### 11.30 Stream A: International treatment models & responses

#### Chair

**Dr Kate MT (Mtandabari)** *Clinician, NHS Practitioner Health*

### 11.30 Transforming Health for Health Professionals Wales; from "just doctors" to supporting the entire NHS Wales workforce

**Dr Thomas Kitchen**

*Deputy Director HHP Wales*

*Health for Health Professionals (HHP) Wales*

- responding to Covid-19, Health for Health Professionals Wales expand its services to offer confidential mental health and wellbeing support to all staff employed by NHS Wales
- in the year since expansion 770 individuals accessed the service, of which 36% were Doctors. 75% of staff were signposted to virtual CBT. A measured reduction in GAD-7, PHQ-9 and WSAS scores has been demonstrated
- delivery of a free, rapidly accessible, confidential and individually tailored approach has been effective in supporting the mental health of the NHS workforce in Wales

### 11.50 Monitoring the effects on mental health of doctors in Spain along the pandemics to improve the Galatea Foundation portfolio of services

**Anna Mitjans**

*Project Manager*

*Galatea Foundation and Barcelona Medical Council*

- monitoring the effects on mental health of healthcare professionals along the pandemics: second questionnaire September 2021
- new questions about vaccination, team working, PTS, new Covid-19 strains
- results of the second questionnaire will be used to offer better treatments and support (individual and collective), as well as to advise policy makers to fulfil doctors' needs in the pandemic environment

### 12.10 Caring programmes across Europe and the regulatory role in impaired physicians

**Dr Gustavo Tolchinsky**

*Secretary, the Barcelona Medical Council;*

*and Coordinator, PAIMM (Catalan Caring Programme for Physicians)*

- what is the current situation of caring programmes across Europe
- what are the different models offering : pros and cons
- what does an impaired physician need in terms of caring programme and in terms of regulation

12.30 *Questions and Discussion*

13.00 *Lunch Break*

# Virtual Conference - Day 1 continued

## Looking back: Covid-19 and the health of health professionals

### 11.30 Stream A: Epidemiology of distress

#### Chair

**Dr Eleanor Cole** *Lead Clinician – Psychiatrist, NHS Practitioner Health*

### 14.00 Psychiatrists harnessing lived experiences

**Simona Karbouniaris** *Researcher and Lecturer, Utrecht University of Applied Sciences Amsterdam Medical Centre*

**and Antoinet Oostindiër** *Psychiatrist and Director, AerreA*

- mental health professionals with lived experiences coming out
- MH professionals trained to harness experiential knowledge
- examples (how to): peer consultation, training, culture/climate change

### 14.20 Factors affecting the UK junior doctor workforce retention crisis: an integrative review

#### Dr Florence Lock

*Public Health Registrar*

*South West Public Health Training Programme and University of Exeter*

- background information on junior doctor retention issues and research to date
- overview of methods for integrative review and strengths and limitations of research
- summary of findings and recommendations for solutions based on findings

### 14.40 Medical students' mental health: Prevalence, help-seeking & support before & during the Covid-19 pandemic

#### Asta Medisaukaite

*Senior Research Fellow*

*University College London*

- this presentation will discuss changes in medical students' mental health, support and help-seeking from before the pandemic to during
- the prevalence of mental health issues was high before the pandemic and has remained high since
- students were less likely to seek help for their mental health during the pandemic compared to before, but those who did were equally satisfied with the help provided

15.00 *Questions and Discussion*

15.30 *Comfort Break*

### 16.00 Chair's Introduction - Closing Session theme: Distress in healers and coping with distress

**Dr Cat Chatfield** *Head of Education and Co-Lead for Wellbeing, The BMJ*

### 16.05 "My fatal mistake" Guilt, blame and the role of the clinician in the death of a patient by suicide

#### Dr Rachel Gibbons

*Consultant Psychiatrist, Chair, Patient Safety Group Royal College of Psychiatrists, Psychoanalyst, Group Analyst*

- the nature or aetiology of suicide
- the 'Truth' about suicide. What leads someone to take their own life? Can it be prevented?
- understanding the profound effect the suicide of a patient on the clinician working with them

### 16.25 Suicide in medical doctors and suicide preventive strategies

#### Professor Danuta Wasserman

*Professor of Psychiatry and Suicidology; Head and Founder, National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) Karolinska Institute, Stockholm, Sweden*

*Director, WHO Collaborating Centre for Research, Methods Development and Training in Suicide Prevention; and President-Elect, The World Psychiatric Association (WPA)*

- an overview of studies on suicide in physicians; gender, speciality and age
- suicide and Covid-19 pandemic
- strategies and evidence- based methods in suicide prevention

### 16.45 Panel Session, Questions and Answers

17.00 *Close*

# Virtual Conference - Day 2

## Looking forward: Hope and Resilience after Covid-19

### 09.30 Welcome and Chair's Introduction: Hope and change for the mental health of health workers

**Dr. Ananta Dave** *President, British Indian Psychiatric Association; Medical Director, Consultant Child & Adolescent Psychiatrist Lincolnshire Partnership NHS Foundation Trust; and Honorary (Clinical) Assistant Professor, School of Medicine, University of Nottingham*

### 09.40 Why we need to stop talking about resilience and start talking about failure. A story of hope and recovery

**Dr Helen Garr**  
*Deputy Medical Director  
NHS Practitioner Health*

### 10.00 The mental health of healthcare staff during the Covid-19 pandemic and beyond

**Professor Neil Greenberg**  
*Professor of Defence Mental Health  
King's College London*

- what was the mental health of NHS staff working during the Covid-19 pandemic
- what impact did potentially moral injurious events have on staff wellbeing
- what support mechanisms are associated with better mental health
- what might be the lessons for supporting the mental health of healthcare staff in the future

### 10.20 Practitioner Health - healing the healers

**Lucy Warner**  
*Chief Executive  
NHS Practitioner Health Programme*

- experiences of more than a decade delivering practitioner health
- how a national service can act as a barometer for workforce mental wellbeing
- priorities for the future

### 10.45 Panel Session and Questions

11.00 *Comfort Break*

### 11.30 Stream A: Mental health outcomes for distressed doctors

#### Chair

**Dr Andrew Tresidder** *SW Clinical Lead NHS Practitioner Health, Chair Somerset CCG Resilience Hub*

### 11.30 An investigation into distressed doctors accessing support from the NHS Practitioner Health Programme, with narrative interviews exploring GPs' experiences of recovery from burnout

**Philippa Shaw**  
*Doctoral Researcher  
University of Westminster*

- presenting a quantitative overview of NHS Practitioner Health outcomes for doctor-patients over a year
- focussing in on a sub-sample of these doctor-patients to explore narratives of GPs who have received support from the NHS PH
- novel methods of photo-elicitation with participant-generated photographs in narrative interviews provided insight into the nuance of GP burnout recovery and directions for future research and practice

### 11.50 6-month pilot study of NHS PH outcomes using the Psychlops outcome measure

**Dr Mark Ashworth**  
*Reader in Primary Care  
King's College London*

- NHS Practitioner Health assesses outcomes using five mental health outcome measures
- our study reports the first international evaluation of any practitioner health programme comparing baseline and 6-month outcome change scores
- all measures showed strong change (improvement) scores: Effect Size >0.8; PSYCHLOPS produced higher change scores than the standardised instruments

### 12.10 CBT for an expert group – 12 years of treating GPs: Themes, Interventions and Outcomes

**Shamira Graham**  
*Director of Clinical Operations  
One Bright Efficacy*

- psychological problems in GP's - the unifying themes of the challenge of working in the NHS coupled with high unrelenting standards, achievement orientation and self-worth
- GPs as an expert group - "I should know that", "how did I miss this": Therapist reflections in treating "experts"
- models of therapy, Recovery and Treatment Outcome Data - A success story of a model that works

12.40 *Questions and Discussion*

13.00 *Lunch Break*

# Virtual Conference - Day 2 continued

## Looking forward: Hope and Resilience after Covid-19

### 14.00 Stream A: Happy Workplaces for Trainees

#### Chair

**Dr Jill Wilson** *GP, Training Programme Director, Somerset GPVTS and Clinician, NHS Practitioner Health*

### 14.00 The Relationship Between Work-Related Social Support and Wellbeing in Junior Doctors working in the United Kingdom's National Health Service: A Systematic Review

#### Dr Jessica Hilton

*Clinical Psychologist*  
Oxford Health NHS Foundation Trust

- reports the findings of a new, qualitative systematic review exploring the role of work-related social support on the wellbeing of NHS junior doctors
- presents the thematic synthesis in detail, including the relevance, experience, barriers, facilitators, and impact of work-related social support
- discusses the theoretical and organisational implications regarding work-related social support for junior doctors in the NHS

### 14.20 Survive and Thrive – an innovative experiential programme for enhancing trainee wellbeing

#### Dr Sara McDouall

*Anaesthetic Department*  
Royal Berkshire Hospital NHS Foundation Trust

- the NHS workforce is increasingly challenged to provide optimum healthcare while maintaining mental and emotional wellbeing
- every practitioner has unique strengths and vulnerabilities. Identifying and exploring these can lead to a better understanding of how we respond to challenges
- peer group experiential workshops, run by professionals, are an effective way of understanding and caring for ourselves and our patients in times of adversity

### 14.40 YOU ARE NOT ALONE: An opportunity to share how the London School of Paediatrics SURVIVES & THRIVES through Training

#### Dr Nisha Patel

*Paediatric Registrar - ST5, Trainees' Committee Chair,*  
London School of Paediatrics

- The London School of Paediatrics Trainees' Committee have a dedicated trainee-led Surviving & Thriving team; aiming to safeguard trainee wellbeing
- SURVIVE: We created empowering toolkits to support everyone during training and the pandemic; 'The Covid-19 Handbook' & 'Wellbeing Resource Pack'
- THRIVE: We organise annual Surviving & Thriving days encouraging trainees to rejoice in excellence and aspire to inspire through positivity initiatives, which have spread to trusts throughout the deanery

15.00 Questions and Discussion

15.30 Comfort Break

### 16.00 Chair's Introduction: Consensus Statement

**Dame Clare Gerada** *Medical Director, NHS Practitioner Health Programme*

### 16.10 Heroes need help too: Post-Covid lessons for Medical Education

#### Professor Subodh Dave

*Dean, Royal College of Psychiatrists; Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust; and Professor of Psychiatry, University of Bolton*

- stress, burnout and mental illness are a common occupational hazard in medical practice
- while occupational safety standards are routine in most industries, medical education has largely ignored this in formal training and assessment
- apart from resilience training, medical curricula need to focus on improving systems literacy, assertiveness training and better understanding of the role of primary prevention in maintaining health and well-being

### 16.30 This is Going to Hurt

#### Dr Adam Kay

*Writer, Comedian & Former Junior Doctor*

### 16.50 Closing Remarks, followed by Close at 17.00

**10%** card payments discount\*  
**15%** group booking discount\*\*

**International Practitioner Health Summit 2022**  
**The Wounded Healer: Hope and Healing beyond Covid-19**  
**Conference of Practitioner Health**  
 Thursday 17th - Friday 18th March 2022, Hybrid Conference - London

Download

**How to book**

Book online via credit card and receive a 10% discount\*

www.healthcareconferencesuk.co.uk

Post this form to Healthcare Conferences UK  
 8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

**Your Details** (please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please Circle)

First Name

Surname

Job Title

Department

Organisation

Address

Postcode

Telephone

Fax

Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box,

Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

**This form must be signed by the delegate or an authorised person before we can accept the booking**

(By signing this form you are accepting the terms and conditions below)

Name

Signature

Date

**> Payment**

**By Cheque** A cheque for  is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd.

**By Invoice** Please send an invoice to

Name

Organisation

Address

Postcode

**PURCHASE ORDER NUMBER**  
 (If Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

**By B A C S**

For Payments in £: Sort Code 40-46-22 Account No. 21553690

Please send your BACS remittance form as confirmation of payment

Your BACS Reference

**By credit card** Please debit my Visa/Mastercard/Switch **All sections must be completed**

Cardholder's Name

Card No.

Valid From  Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking to confirm the payment card security code. (this is the last three digits of the number printed on the back of your card)

Signature

Card billing address

Promotional Code

**Day 1: Stream Choices: Optional**

08.00 - 09.00  **Option A** MDU Optional Breakfast Meeting  **Option A** 17.10 - 18.00 Identifying small joys

**Day 1: Stream Choices - Please tick one stream/workshop per time slot**

11.30 - 13.00  **Stream A** International treatment models & responses  **Stream B** Experience & healing post Covid-19  **Stream C** Epidemiology of distress  **Stream D** Addiction  **Stream E** Reflective practice  **Workshop** Long Covid

14.00 - 15.30  **Stream A** Epidemiology of distress  **Stream B** Experience & healing post Covid-19  **Stream C** Innovative treatment models & responses  **Stream D** Neurodiversity  **Stream E** Impact of Covid-19 on care workers  **Workshop** Supporting trainees through video

**Day 2: Stream Choices - Please tick one option per stream per time slot, options are optional**

08.00 - 09.00  **Option A** GMC Meeting  **Option B** The disruption-unity gap  **Option C** 4 stages of Small Joys & Connectivity

**Day 2: Stream Choices - Please tick one option per stream per time slot, options are optional**

11.30 - 13.00  **Stream A** Mental health outcomes for distressed doctors  **Stream B** Techniques for keeping well  **Stream C** Team dynamics and team support  **Stream D** Supporting medical students  **Stream E** Hope resilience & happy workplaces  **Workshop** Supporting trainees with examination anxiety

14.00 - 15.30  **Stream A** Happy workplaces for trainees  **Stream B** Organisational health  **Stream C** Wellbeing at work  **Stream D** Nightmare on complaint street  **Stream E** Reflective practice  **Workshop** Mindfulness

**Conference Fee** (Prices in brackets include VAT)

£340 + VAT (E408) for NHS & Public Sector - ONSITE

£250 + VAT (E300) NHS & Public Sector - VIRTUAL OPTION (see more details on next page)

The information provided will be held on the Healthcare Conference UK's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box

# International Practitioner Health Summit 2022

## The Wounded Healer: Hope and Healing beyond Covid-19

### Conference of Practitioner Health

#### Thursday 17th - Friday 18th March 2022, Hybrid Conference - London

#### Virtual Option

Virtual attendance only includes the main programme, stream A and ePapers on landing page, workshop attendance is not included. This conference will be on Zoom with a dedicated, secure landing page with resources available for three months after the event date.

*Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.  
©Healthcare Conferences UK Ltd 2022*

#### \*Onsite Venue

30 Euston Square, London NW1 2FB. A map of the venue will be sent with confirmation of your booking

#### \*Credit Card Discount

10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

#### \*\*Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

#### Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

#### Virtual Option

Virtual attendance only includes the main programme, stream A and ePapers on landing page, workshop attendance is not included. This conference will be on Zoom with a dedicated, secure landing page with resources available for three months after the event date

#### Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

#### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email [carolyn@hc-uk.org.uk](mailto:carolyn@hc-uk.org.uk)

#### Credits

CPD Certified. Conference Producer is a member of the British Association for Professional Conference Organisers.



For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)



**Practitioner Health**

[www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)



[www.healthcareconferencesuk.co.uk](http://www.healthcareconferencesuk.co.uk)