

Improving Doctors Mental Health & Supporting Doctors with Mental Health Problems *Bringing the Joy Back into Work*

Wednesday 22 May 2019, The Studio Conference Centre Birmingham

Chair and Speakers Include:

- **Dr John Smyth**, Assistant Director – Case Examination Team, GMC
- **Dr Caroline Walker**, Psychiatrist, Trainer, Coach & Founder, The Joyful Doctor
- **Maurice Conlon**, Clinical Advisor, Professional Standards Team, NHS England
- **Dr Margaret Bunting**, Director of Student Wellbeing, Norwich Medical School
- **Mr Simon Fleming**, Orthopaedic Registrar & Past President, The Orthopaedic Trainees Association
- **Dr Alys Cole-King**, Consultant Liaison Psychiatrist & Clinical Director, 4Mental Health
- **Dr Jeremy Rushmer**, Medical Director, Northumbria Healthcare NHS Foundation Trust



Supporting Organisations



NORWICH
MEDICAL
SCHOOL



Health at Work Network



Doctors' Support
Network



The British Doctors +
Dentist Group (BDDG)



Practitioner Health Programme



Improving Doctors Mental Health & Supporting Doctors with Mental Health Problems *Bringing the Joy Back into Work*

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

Wednesday 22 May 2019, The Studio Conference Centre Birmingham

“The NHS is significantly improving mental health treatment for patients, but sometimes their doctors need our support too. This new funding will help all NHS doctors by providing a safe, confidential non-stigmatising service to turn to when they are struggling and need help. It means the NHS will now have the most comprehensive national mental health support offer to doctors of any country’s health system in the world. Ultimately it will be patients and not just their doctors who will benefit.”

Simon Stevens, Chief Executive, NHS England October 2018

“The last taboo in the NHS is the acknowledgement that doctors also have mental health problems and that they are not immune to the pressures we all face...We have shown that if you offer an accessible, confidential service then doctors will come for treatment, and not just come, they get better.”

Dr Clare Gerada, Medical Director, NHS Practitioner Health Service October 2018

“An expanded Practitioner Health Programme will help all NHS doctors access specialist mental health support, providing a safe, confidential non-stigmatising service to turn to when they are struggling and need help. This means the NHS will have the most comprehensive national mental health support offer to doctors of any health system in the world” NHS Long Term Plan January 2019

This conference focuses on improving Improving Doctors Mental Health & Supporting Doctors with Mental Health Problems Bringing the Joy Back into Work. Through national updates, learning from lived experience and practical case studies from organisations that are effectively providing mental health support and wellbeing the conference will provide a practical guide to ensure you are improving the mental health of Doctors and effectively supporting Doctors with mental health issues.

This conference will enable you to:

- Network with colleagues who are working to improve doctors mental health and support doctors with mental health concerns
- Learn from outstanding practice in delivering treatment programmes and supporting clinicians to access treatment
- Reflect on national developments and learning including the NHS England PHP expansion programme
- Improve the way you support doctors to build resilience and develop hope
- Develop your skills in delivering a joyful working environment
- Understand how you can improve early intervention
- Identify key strategies for creating the right clinical team environment to support doctors well being and mental health

10.00 Chair's Introduction

Dr Maurice Conlon, *Clinical Advisor, Professional Standards Team*
NHS England

10.10 Learning from Lived Experience: The Joyful Doctor

Dr Caroline Walker
Psychiatrist, Therapist, Trainer, Coach & Founder
The Joyful Doctor

- bringing the joy back into working as a Doctor

10.40 We may not like them but we can't avoid them: striking the balance with complaints and concerns

Dr Maurice Conlon
Clinical Advisor, Professional Standards Team
NHS England

- the concept of the 'spectrum of safety'; error is inevitable
- the value of learning how to deal with lesser issues day-to-day
- the challenge to the individual to be professional when feeling under threat
- the challenge to organisations to support the professional
- the potential gains of getting it right

11.10 *Questions & answers, followed by tea & coffee at 11.20*

11.40 Working to improve early intervention and support for Medical Students with mental health concerns

Dr Margaret Bunting
Director of Student Support
Norwich Medical School, University of East Anglia

- improving wellbeing and resilience medical students
- how can we ensure medical students have a realistic expectation of the pressures they will face moving forward
- explore how a proactive academic advising stance for students with declared mental health conditions can support a student to gain insight and understanding of their condition

12.10 EXTENDED SESSION:

Creating the right clinical team environment to support Doctors Mental Health and Wellbeing

Dr Jeremy Rushmer
Medical Director
Nothumbria Healthcare NHS Foundation Trust

- creating the right team and working environment: our experience
- working with clinicians and teams to improve responses to stress
- developing resilience in Doctors and the clinical team
- discussion: gain tips and advice for increasing happiness among staff

12.50 *Questions & answers, followed by lunch at 13.00*

PM Chair

Dr John Smyth
Assistant Director - Case Examiner Team, General Medical Council

14.00 The importance of looking after ones own wellbeing – a real life example of what happens if you don't

Amandip Sidhu

Amandip is a Learn Not Blame member and Pharmacist. Tragically, he lost his brother, a respected Consultant Cardiologist, to suicide just a few months ago. Amandip will reflect on the "just get on with it" attitude of the NHS, and how we must move to a kinder NHS that treats its staff with much needed compassion.

14.15 EXTENDED SESSION: Supporting Doctors in distress Suicide Mitigation and averting crisis

Dr Alys Cole-King
Consultant liaison psychiatrist
& *Clinical Director 4Mental Health*

- suicide mitigation in Doctors
- supporting each other and reducing the stigma
- early intervention and averting crisis: what works?
- compassion, self-care and wellbeing
- instilling hope, building resilience and resourcefulness
- immediate support and safety planning

15.00 *Questions & answers, followed by tea & coffee*

15.30 The GMC Perspective: reducing the mental health impact of complaints and referral to the GMC

Dr John Smyth
Assistant Director - Case Examiner Team
General Medical Council

- working to support Doctors who have complaints made against them or are under investigation
- changing our fitness to practice procedures to be more supportive: developing resilience for doctors under investigation
- understanding when an individual needs support
- moving forward

16.00 Creating a positive workplace culture: Reducing bullying and harassment

Mr Simon Fleming
Orthopaedic Registrar & Past President
British Orthopaedic Trainees Association

- reducing bullying: the #HammeritOut initiative
- tackling a culture of bullying, undermining behaviour, and harassment in trauma and orthopaedic surgery
- supporting doctors who have been bullied

16.30 *Questions & answers, followed by close*

Improving and Supporting Doctors Mental Health

Wednesday 22 May 2019 The Studio Conference Centre Birmingham

Download

10% card payment discount*
15% Group booking discount**

How to book

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

www.healthcareconferencesuk.co.uk

Fax the booking form to
0208 181 6491

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

Conference Documentation

I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

7 Cannon St, Birmingham B2 5EP, UK
0121 634 2800. A map of the venue will be sent with confirmation of your booking.

Date Wednesday 22 May 2019

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
 £300 + VAT (£360.00) for voluntary sector / charities.
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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.

Accommodation

On confirmation of your booking you will receive information for booking accommodation should you require it.

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

Credits

CPD Certified. Recognised by the Good Governance Institute. Conference Producer is a member of the British Association for Professional Conference Organisers.

Accredited by the Association of Surgeons of Great Britain and Ireland CPD points award 6

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

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.
©Healthcare Conferences UK Ltd 2018/9



Visit our website www.healthcareconferencesuk.co.uk

or tel 01932 429933

fax 0208 181 6491

