

Wednesday 9/5/2018

- 9:00 - 17:00 ◦ **Master Class on Burnout in Health Care**
- 17:00-18:30 ◦ **Workshop 1**  
**Making room for the mythic: From coma memories to conscious conversations and well-being in clinical practice—a narrative medicine workshop**  
*Elizabeth Berger*
- 18:30 - 19:15 ◦ **Welcome Address**  
*Efharis Panagopoulou*
- 19:15 - 20:15 ◦ **Keynote 1**  
*TBA*
- 20:30 ◦ **Welcome Reception**

Thursday 10/5/2018

- 8:00 - 9:30 ◦ **Morning Yoga**
- 9:30 - 10:30 ◦ **WELLMED DEBATE**  
*Efharis Panagopoulou, Anthony Montgomery*
- 10:30 - 10:45 ◦ **Stretching**

**Workshop 2**  
**Balint groups as a means to prevent burnout among health care practitioners**  
*Aya Biderman, Yuval Shorer, Taly Samson, Ruth Kannai*

**Workshop 3**  
**Resiliency: Building Individuals and Culture - A Train the Trainer Workshop**  
*Charlene M. Dewey, William H. Swiggart*

10:45 - 12:15 °

**Parallel Session 1**

**"Should have, could have, would have..." Regretfulness, presentism and intentions to leave medicine**

*Chair: TBA*

*Discussant: TBA*

• **Maslach Burnout Inventory (MBI): Profiles and regretfulness about choice of specialty**

*Anette Fischer Pedersen, Karen Busk Nørøxe, Flemming Bro, Peter Vedsted*

• **Person-environment congruence: Associations with burnout and intentions to leave the profession among pediatricians**

*Talma Kushnir, Avner Herman Cohen, Zachi Grossman, Shai Ashkenazi, Gabriel Chodick*

• **Nurses' Intention to Leave Work - Effect of their Family Variables-**

*Yoshiko Yamaguchi, Takahiro Inoue, Hiroko Harada, Miyako Oike*

• **Predicting future supply of GP's in Israel**

*Yael Applbaum, Ziona Haklai, Miriam Aburbeh*

• **Sickness and caregiver presenteeism among university hospital physicians**

*Lise Løvseth*

**Symposium 1**

**Narrative Medicine applications to promote well-being among healthcare professionals**

*Chair: Deepthiman Gowda & Catherine Rogers*

*Discussants: Annie Robinson, Dana Gage*

• **Positive Impact of Narrative Medicine in the General Medical Education Curriculum**

*Annie Robinson*

• **Reaching the Voices from Within**

*Dana Gage*

• **Mixed Methods Evaluation of the Impact of Narrative Medicine on Healthcare Professionals' Well-Being**

*Deepthiman Gowda*

12:15 - 12:45 °

Coffee Break

12:45 - 14:15 °

**Parallel Session 2**

**From theory to practice. Interventions to improve physician wellbeing**

*Chair: TBA*

*Discussant: TBA*

• **Care in Context: Tailoring clinician wellbeing interventions to healthcare settings**

*Caitlin Weston*

• **Systematic review on the effects of mindfulness interventions among physicians**

*Renée Scheepers, Helga Emke, Kiki Lombarts*

• **Physician health in Israel: From theory to practice**

**Parallel Session 3**

**What about the patient?**

*Chair: TBA*

*Discussant: TBA*

• **"My guardian angel": Constructing images of infertility treatment providers**

*Irina Todorova, Yulia Panayotova, Tatyana Kotzeva, Ralitsa Todorova, Sophia Röttschke*

• **Are you with me? Identifying challenges that impact physicians' ability to be patient-centered**

*Orit Karnieli-Miller*

• **What about patients' views on physician wellness? A qualitative study**

*Lilach Malatskey, Rachel Wilf Miron, Malke Borow*

- **Mantra Meditation Programme and Wellbeing of Emergency Department Staff: A Mixed Methods Feasibility Study**

*Julie Lynch, Lucia Prihodova, Padraic Dunne, Caoimhe O'Leary, Rachel Breen, Aine Carroll, Cathal Walsh, Geraldine McMahon, Barry White*

- **Physician burnout interventions at the organizational and individual levels**

*Nisreen Ezuddin, Geetika Klevos, Monica Broome*

*Darby Ewashina, Alicia J. Polachek, Jaya Dixit, Verna Yiu, Jane B. Lemaire*

- **Expectations of death as inevitable: Could this mindset impede physicians' self-compassion and lead to burnout?**

*Robin Lynn Treptow*

- **Safety Partnerships and acute life threatening events – what works for providers and women?**

*Jane Schandal, Nicola Mackintosh, Mary Adams*

**Workshop 4**  
**Narrative Medicine: Employing the Power of Story in Clinical Practice**  
*Catherine Rogers*

14:15 - 15:30 ° Lunch

15:30 - 16:30 ° **Keynote 2**  
*TBA*

16:30 - 16:45 ° Coffee Break

16:45 - 18:15 ° **WELLMED-Improv**  
Aneez Esmail  
Bryan Sexton  
Hardeep Sigh  
Jane Lemaire  
Tessa Richards

° **Workshop 5 16:45-18:30**  
**Breema Bodywork: Increasing Well-Being in Clinical Practice and Research**  
*Alexandra R. Johnson, Angela Porter*

8:00 - 11:00

◦ **WALK & TALK MOUNT OLYMPUS**

◦ **Workshop 6**

**Reducing the Drivers of Burnout in the Clinical Workplace**

*Paul DeChant, John E. Billi*

11:15 - 12:15

◦ **Expert Talks**

*Chair: TBA*

• **Coaching physician leaders into well-being and high performance**

*Amer Kaissi*

• **Workplace interventions to reduce physician burnout. A review.**

*Paul DeChant*

• **A mother in the house**

*Kathy Stepien*

◦ **Workshop 7**

**Self-Compassion Skills in Medicine**

*Kathy Stepien*

12:15 - 12:45

◦ Coffee Break

12:45 - 14:15

◦ **Parallel Session 4**

**Physician wellbeing: Facts, factors and solutions**

*Chair: TBA*

*Discussant: TBA*

• **Higher risk of mental disorders among health professionals than general population in Catalonia**

*Lucia Baranda, Anna Mitjans, Antoni Calvo, Gustavo Tolchinsky, Jaume Padrós*

• **Understanding My Health – A Mixed Method Study of Doctors' Wellbeing in Brisbane**

*Margaret Kay, Susan O'Dwyer, Lynette Fergusson, Georga Cooke*

• **20 years of PAIMM: Integral Care Programme for Sick Doctors in Catalonia**

*Gustavo Tolchinsky, Jaume Padrós, Eugeni Bruguera, Antoni Calvo, Carme Bule, Anna Mitjans*

• **Introducing the Work-Life Balance Scale, Psychometric Properties, Benchmarking Data and Future Directions**

*Stephanie P. Schwartz, Kathryn C. Adair, J. Bryan Sexton*

◦ **Parallel Session 5**

**Medical students in the spotlight**

*Chair: TBA*

*Discussant: TBA*

• **Coping strategies as predictors of stress in Portuguese medical students**

*Ana Mónica Pereira, José Miguel Pêgo*

• **The contribution of self-care and life satisfaction to burnout among medical students**

*Keren Michael, Dana Schujovitzky, Orit Karnieli-Miller*

• **Health and Well-being of Medical Students in Austria**

*Stefan Höfer, Cornelia Strecker, Alexandra Huber, Melanie Hausler, Thomas Höge*

• **'Be gentle, give me a compliment and legitimize my feelings and dilemmas:' The importance of providing support to enhance well-being within reflective journals feedback**

*Lior Rozental, Orit Karnieli-Miller, Dafna Meitar*

• **Compassionate self - improvement : a key clinician wellness correlate and predictor of improved burnout and professional fulfillment**  
*Bryan Bohman, Maryam Hamidi, Rachel Seaman, Andrea Hausel, Mickey Trockel*

• **The association between burnout and depression in medical students**  
*Alice McGarvey, Orla Fitzpatrick, Ronan Conroy, Regien Biesma*

14:15 - 15:30 ° Lunch

15:30 - 16:30 ° **European Society for Quality and Safety in Family Practice (EQUIP)**  
**Keeping people safe and well in healthcare: Managing yourself, your work and your interfaces**  
*Andrée Rochfort  
Isabelle Dupie  
Sophia Dimopoulou*

**Parallel Session 6**  
**Job demands and resources in hospital settings**  
*Chair: TBA  
Discussant: TBA*  
• **Hospital doctors' psychosocial working conditions, work-related wellbeing and quality of care: A multilevel mediation perspective**  
*Kevin Teoh, Juliet Hassard, Tom Cox*  
• **Hospital Cultural Development Program: Case Study from the Department of Cardiothoracic Surgery, Oslo University Hospital**  
*Joy Buikema Fjaertoft, Arnt E. Fiane*  
• **Job satisfaction, work ability and life satisfaction among Finnish anesthesiologists**  
*Pirjo M. Lindfors, Kari E Nurmi, Marko Elovainio*  
• **Reducing physicians' workload while increasing treatment adherence and satisfaction in women with urinary incontinence**  
*Diana Taut, Adriana Baban, Women-Up Consortium*  
• **Workplace and personal wellbeing factors associated with burnout in hospital doctor trainees and consultants in Ireland**  
*Lucia Prihodova, Gillian Walsh, Blánaid Hayes*

16:30 - 17:00 ° Coffee Break

17:00 - 18:30 ° **Symposium 2**  
**Uncertainty in Medicine: Fear it, embrace it, manage it?**  
*Chair: Sudeh Cheraghi-Sohi  
Discussant: Evangelia Tsiga, Avril Daczak*

• **Symposium 3**  
**The workplace is making our juniors sick – Can we change the culture?**  
*Chair: Louise Nash  
Discussant:*

• **Physicians' emotional reactions to uncertainty and its impact on decision making in primary care**

*Evangelia Tsigas, Efharis Panagopoulou*

• **Managing Diagnostic Uncertainty in Primary Care: a systematic critical review**

*Rahul Alam, Sudeh, Cheraghi-Sohi, Maria Panagioti, Aneez Esmail, Stephen Campbell, Efharis Panagopoulou*

◦ • **Training to manage uncertainty**

*Avril Danczak, Alison Lea*

• **Stress and Distress among Physician Trainees: A Cross-Sectional Study**

*Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock*

• **Bullying and sexual harassment of junior doctors in NSW : prevalence and response**

*Anthony Llewellyn, Aspasia Karageorge, Eric Wenlong Li, Dennis Nguyen, Louise Nash*

• **Why trainees leave: exploring the reasons for and experiences of leaving surgical training and how to improve the process of leaving**

*Mary Lawson, Claire Spooner*

• **Stress and Distress among Physician trainees: A Randomised Controlled Trial**

*Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock*

• **Using the arts to address workplace culture: "Grace under pressure", a verbatim theatre project**

*Claire Hooker, Paul Macneill, Kimberley Ivory, Paul Dwyer, Karen Scott, Louise Nash, Jo River, David Williams, James Dalton*

21:00

**St Patrick meets Socrates quiz night**

8:00 - 9:30

◦ **Interactive Poster Session**  
 Chair: TBA

- **General practitioner burnout in relation to their patients' out-of-hours healthcare contacts and potentially avoidable hospitalizations**  
*Karen Busk Nørøxe, Anette Fischer Pedersen, Flemming Bro, Peter Vedsted*
- **Investigation of the frequency and intensity of morally distressing situations in Cypriot mental health nurses**  
*Maria Christodoulou-Fella, Elizabeth Papathanassoglou, Nicos Middleton, Maria Karanikola*
- **EUSTRESS: A stress monitoring system for physicians and medical students**  
*Ana Mónica Pereira, José Miguel Pêgo, Joaquim Gonçalves, Victor Carvalho*
- **From burnout to engagement: Transforming residents' medical competencies into medical leadership capabilities**  
*Mairi Savage Pamela Mazzocato, Carl Savage, Terese Stenfors-Hayes, Kristina Palm, Mats Brommels*

**Workshop 8**  
**Accessing emotions through poetry: Poetry as an access to expression and increasing emotional intelligence in physicians**  
*Maiysha Clairborne*

**Workshop 9**  
**Resetting your outlook with gratitude: A simple, effective daily practice**  
*Alexandra R. Johnson, Jennifer Caragol*

9:30 - 10:30

◦ **Keynote 3**

10:30 - 10:45

◦ **Stretching**

10:45 - 12:15

◦ **Parallel Session 7**  
**New perspectives in quality of care and patient safety**  
 Chair: TBA  
 Discussant: TBA

- **Evolving dimensions of quality care: Comparing physician and managerial perspectives**  
*Rebecca Amati, Amer A. Kaissi, Annegret F. Hannawa*
- **Is physician burnout associated with reduced patient safety? Findings from a systematic review and meta-analysis**

◦ **Parallel Session 8**  
**Mental health, depression and suicide among doctors**  
 Chair: TBA  
 Discussant: TBA

- **Impact of psychosocial work characteristics on physicians' depression: A 10-year follow-up study**  
*Matthias Weigl, Anna Schneider, Peter Angerer*
- **The Relationship between Resident Depression and Satisfaction with their Medical Careers**

*Maria Panagioti, Keith Geraghty, Caroline Sanders, Efharis Panagopoulou, Carolyn Chew Graham, Ruth Riley, Damien Ridge, David Peters, Aneez Esmail*

• **Learning from medical errors and adverse events: Promoting learning over blame amongst doctors and nurses in Vietnam**

*Reema Harrison, Merrilyn Walton, Esmond Esguerra*

• **Medical Error: The Second Victim**

*Jill Klein*

• **Clinicians' accountability and satisfaction: Harmonious or discordant concepts? Organizational accountability's role in promoting patients care**

*Anat Drach-Zahavy, Einav Srulovici*

*Nicholas Yagmour, DeWitt Baldwin, Peyman Sardo*

• **Personality traits and physician mental health and well-being: a review**

*Reidar Tyssen*

• **Treading water but drowning slowly': What are GPs' experiences of living and working with mental illness and distress in England? A qualitative study**

*Ruth Riley, Johanna Spiers, Carolyn Chew Graham, Anna Taylor, Gail Thornton, Marta Buszewicz*

• **Reducing the stress of regulatory complaints**

*Anna Rowland*

12:15 - 12:45 ° Coffee Break

12:45 - 14:15 ° **Parallel Session 9**  
**From clinical rounds and beyond. New approaches in patient rounds**

*Chair: TBA*

*Discussant: TBA*

• **The Dose-Response Effect of Positive Rounding: Associations with Burnout, Burnout Climate, and Work-Life Balance**

*Kathryn C. Adair, Allan Frankel, Michael Leonard, Kyle Rehder, Jonathan Bae, J. Bryan Sexton*

• **The UK implementation of Schwartz Rounds: An intervention to improve care through enhancing staff wellbeing**

*Cath Taylor, Shilpa Ross, Julia Phillipou, Glenn Robert, Mary Leamy, Ellie Reynolds, Laura Bennett, Jill Maben*

• **Beyond the traditional clinical rounds. What else is there?**

*Evi Angelopoulou, Efharis Panagopoulou*

• **Reducing the stress of night shift for junior doctors by development of comprehensive morning handover**

*Carmel Crock, Deborah Colville*

12:45 - 14:15 ° **Parallel Session 10**  
**When the glass is half full: Nurturing positivity in the workplace**

*Chair: TBA*

*Discussant: TBA*

• **Can physicians apply their strengths at work? A longitudinal analysis of work characteristics in hospitals**

*Cornelia Strecker, Thomas Höge, Alexandra Huber, Melanie Hausler, Stefan Höfer*

• **Positive team processes – The role of team work engagement in fostering learning and knowledge sharing**

*Annalena Welp, Anya Johnson, Helena Nguyen, Karyn Wang*

• **Thriving in scrubs: Understanding and fostering resilience in residents**

*Abigail Ford Winkel, Ann Robinson, Aubrie-Ann Jones, Anne West Honart, Allison Squires*

• **Recovery after work in health professionals: The role of psychological detachment**

*Cristina Vajaeen, Adriana Baban*



• **A realist evaluation of Schwartz Rounds: An intervention to support compassionate care in healthcare staff**

*Jill Maben, Mary Leamy, Ellie Reynolds, Jeremy Dawson, Imelda McCarthy, Caroline Shuldham, Cath Taylor*

**A Brief Measure of Positive Reflection: Validity, Benchmarking, and Associations with Well-being, Safety and Teamwork**

*Kathryn C. Adair, Allan Frankel, Michael Leonard, Kyle Rehder, Jonathan Bae, J. Bryan Sexton*

14:15 - 15:30 ◦ Lunch

15:30 - 17:00 ◦ **Parallel Session 11**  
**Supporting physicians at the beginning of their career**

*Chair: TBA*  
*Discussant: TBA*

- **Resident physician health: The University of Alberta’s innovative approach to learner advocacy & wellness**  
*Erica Dance*
- **Mind the (support) gap: Supporting academic trainees through peer networks**  
*Carmen Soto, Verena Walsh, Elaine Boyle*
- **Role of performance and wellness department in OMSB residency training**  
*Saif Al Hashmi, Noura Al Hadhramy, Mashael Al Sabahi*
- **Improvisation with actors for team development and inter-professional learning in the emergency department (ED)**  
*Carmel Crock, Deborah Colville*
- **Burnout and physical activity in medical students**  
*Philip Macilwraith, Deirdre Bennett*

◦ **Parallel Session 12**  
**Stress and distress in physicians: (How) can we feel better?**

*Chair: TBA*  
*Discussant: TBA*

- **Stress and distress among physician trainees: A cross-sectional study**  
*Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock*
- **The Canadian Physician Health Survey: A National Dataset**  
*Christopher Simon, Taylor McFadden, Krista VanSlingerland, Cecile Bensimon*
- **An evolutionary model of medical student distress**  
*Jaleh Shahin, William Whelton*
- **Social unconscious in medical profession**  
*Kristiina Toivola, Juha-Matti Toivola*
- **The health and stress related benefits in hospital staff of “Caring for the Caregivers” (CCG)- an extended, 5-component Stress-Reduction Intervention**  
*Sarah Sallon, Deborah Katz-Eisner, Hila Yaffe, Tali Bdolah-Abram*

19:15 - 20:15 ◦ **Closing Ceremony - Keynote 4**

**Greek Glenti - Conference Party**