

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**
WELLMED 3.0
Christina Maslach
- 20:30 ° **Welcome Reception**

8:00 - 9:30 ◦ Morning Yoga

8:00 - 9:30 ◦ **Workshop 2**
Balint groups as a means to prevent burnout among health care practitioners
Aya Biderman, Yuval Shorer, Taly Samson, Ruth Kannai

9:30 - 10:30 ◦ **WELLMED DEBATE**
Efharis Panagopoulou, Anthony Montgomery

8:00 - 9:30 ◦ **Workshop 3**
Resiliency: Building Individuals and Culture - A Train the Trainer Workshop
Charlene M. Dewey, William H. Swiggart

10:30 - 10:45 ◦ Stretching

10:45 - 12:15 ◦ **Parallel Session 1**
From theory to practice. Interventions to improve physician wellbeing
Chair: Caitlin Weston
Discussant: Bryan Sexton
 • **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**

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
 • **Job burnout among polish nurses – influence of mobbing and coping with stress**
Ewa Wilczek Rużyczka

10:45 - 12:15 ◦ **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**
"Should have, could have, would have..." Regretfulness, presenteeism and intentions to leave medicine
Chair: Anette Fischer Pedersen
Discussant: Hardeep Singh

- **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
- **Sickness and caregiver presenteeism among university hospital physicians**
Lise Løvseth
- **Predicting future supply of GP's in Israel**

Yael Applbaum, Ziona Haklai, Miriam Aburbah

Prevention of burnout among Family Practice residents- A new program at Ben Gurion University
Ruth Kannai, Tali Samson, Aya Biderman

12:45 - 14:15 ° **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**
Compassionate and Collective Leadership for High Quality Care Cultures
Michael West

16:30 - 16:45 ° Coffee Break

12:45 - 14:15 ° **Parallel Session 3**
What about the patient?
Chair: Orit Karnieli-Miller
Discussant: Tessa Richards

- **"My guardian angel": Constructing images of infertility treatment providers**
Irina Todorova, Yulia Panayotova, Tatyana Kotzeva, Ralitsa Todorova, Sophia Rötschke
- **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**
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

16:45 - 18:15 °

WELLMED-Improv

Aneez Esmail

Bryan Sexton

Hardeep Sigh

Jane Lemaire

Tessa Richards

16:45 - 18:30 °

Workshop 5

Breema Bodywork: Increasing Well-Being in Clinical Practice and Research

Alexandra R. Johnson, Angela Porter

8:00 - 11:00

◦ **WALK & TALK MOUNT OLYMPUS**

8:00 - 11:00

◦ **Workshop 6**

Reducing the Drivers of Burnout in the Clinical Workplace

Paul DeChant, John E. Billi

9:30 - 11:00

◦ **Workshop 7**

Self-Compassion Skills in Medicine

Kathy Stepien

11:15 - 12:15

◦ **Expert Talks**

Chair: Efharis Panagopoulou

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

Amer Kaissi

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

Paul DeChant, Annabel Acs, Talia Boulanger, Kyu Rhee, Kelly J. Craig

• **A mother in the house**

Kathy Stepien

12:15 - 12:30

◦ Refreshments

12:30 - 14:15

◦ **Parallel Session 4**

Physician wellbeing: Facts, factors and solutions

Chair: Margaret Kay

Discussant: Jane Lemaire

• **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

12:30 - 14:15

◦ **Parallel Session 5**

Medical students in the spotlight

Chair: Ana Mónica Pereira

Discussant: Eva Doherty

• **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**

Michel Keren, Dana Schujovitzky, Dafna Meitar, Orit Karnieli-Miller

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

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

· **Introducing the Work-Life Balance Scale, Psychometric Properties, Benchmarking Data and Future Directions**
Stephanie P. Schwartz, Kathryn C. Adair, J. Bryan Sexton

· **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

Stereotypes in Medical Education: How open-minded doctors are?

Vassiliki Spatoula & Efharis Panagopoulou

· **'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

· **The association between burnout and depression in medical students**

Alice McGarvey, Orla Fitzpatrick, Ronan Conroy, Regien Biesma

14:15 - 15:30 ° Lunch

15:30 - 16:20 ° **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

16:20 - 17:10 ° **Symposium 2**

Uncertainty in Medicine: Fear it, embrace it, manage it?

Chair: Sudeh Cheraghi-Sohi

Discussant: Evangelia Tsiga, Avril Daczak

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

Evangelia Tsiga, Efharis Panagopoulou

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

15:30 - 17:00 ° **Parallel Session 6**

Job demands and resources in hospital settings

Chair: Katerina Georganta

Discussant: Michael West

· **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**

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

• **Training to manage uncertainty**

Avril Danczak, Alison Lea

Lucia Prihodova, Gillian Walsh, Blánaid Hayes

17:00 - 17:30 ° Coffee Break

17:30 - 18:30 ° **Parallel Session 7**
Who is minding the nurses?

Chair:

Discussant:

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

Yoshiko Yamaguchi, Takahiro Inoue, Hiroko Harada, Miyako Oike

• **Nurses recovery during respite**

Anat Drach-Zahavy

• **How can we build resilient nurses?**

George Manomenidis & Efharis Panagopoulou

17:30 - 18:30 ° **Symposium 3**
The workplace is making our juniors sick – Can we change the culture?

Chair: Louise Nash

Discussant: Louise Nash

• **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**

Saturday 12/5/2018

8:00 - 9:30

◦ **Interactive Poster Session**

Chair: Katerina Georganta

· **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

8:00 - 9:30

◦ **Workshop 8**

Accessing emotions through poetry: Poetry as an access to expression and increasing emotional intelligence in physicians

Maiysha Clairborne

8:00 - 9:30

◦ **Workshop 9**

Resetting your outlook with gratitude: A simple, effective daily practice

Alexandra R. Johnson, Jennifer Caragol

9:30 - 10:30

◦ **Keynote 3**

With great power comes great responsibility: Designing maintenance of competence systems that support clinicians

Kevin Eva

10:30 - 10:45

◦ **Stretching**

10:45 - 12:15 °

Parallel Session 8

New perspectives in quality of care and patient safety

Chair: Reema Harrison

Discussant: Aneez Esmail

· 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

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

10:45 - 12:15 °

Parallel Session 9

Mental health, depression and suicide among doctors

Chair: Reidar Tyssen

Discussant: Efharis Panagopoulou

· 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

Nicholas Yaghmour, 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 10

From patient rounds and beyond. New approaches in hospital rounds

Chair: Jill Maben

Discussant: Efharis Panagopoulou

· Beyond the traditional clinical rounds. What else is there?

Evi Angelopoulou, Efharis Panagopoulou

12:45 - 14:15 °

Parallel Session 11

When the glass is half full: Nurturing positivity in the workplace

Chair: Cornelia Strecker

Discussant: Ronald M. Epstein

· 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

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

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

· **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

· **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

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

Carmel Crock, Deborah Colville

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

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

14:15 - 15:30 ° Lunch

15:30 - 17:00 ° **Parallel Session 12**
Supporting physicians at different stages of their career

Chair: Erica Dance

Discussant: Anthony Montgomery

· **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, Mashaal Al Sabahi

The aftermath of medical errors: Learning from international experiences in supporting second victims

Hanan H. Edrees

15:30 - 17:00 ° **Parallel Session 13**
Stress and distress in physicians: (How) can we feel better?

Chair: Carmen Axisa

Discussant: Paul DeChant

· **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

· **Improvisation with actors for team development and inter-professional learning in the emergency department (ED)**

Carmel Crock, Deborah Colville

· **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

- **Keynote 4**
Flourishing in practice: mindful lessons for clinicians, educators, and leaders
Ronald M. Epstein
- **Closing Ceremony**
- **Greek Glenti - Conference Party**