

Chosen Charity:



Practitioner Health

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 Programme*
- 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 Yumiko Kadota *Former Plastic Surgery Registrar & Author of Emotional Female*
- 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



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The NHS Practitioner Health Programme 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 Programme

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.

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 Wasserberg

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 Rebuilding after burnout & depression

Dr Yumiko Kadota
Former Plastic Surgery Registrar & Author of Emotional Female

- workplace contributors to burnout including systemic racism and sexism
- burnout and depression: overlap but different entities
- medical and non-medical methods of healing

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

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

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Day 1: Steam 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

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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.

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