ICPH 2021
International Conference on Physician Health™

A vision for humanity in medicine
Monday 26 – Friday 30 April 2021
14.30 – 15.00
Welcome to ICPH 2021
Event overview and opportunity to visit the platform

15.00 – 15.15
Official welcome and introduction
BMA president, Professor Sir Harry Burns
AMA president, Dr Susan R Bailey
CMA president, Dr Ann Collins

15.15 – 16.45
Keynote session: A vision for humanity in medicine
Chair: Dr Christopher Simon, CMA
Panel:
- Dr Jane Lemaire, clinical professor and vice chair physician wellness and vitality Department of Medicine, and director of wellness Cumming School of Medicine, University of Calgary, Canada
- Dr Jennifer Warren, anaesthetist and para-athlete, UK
- Professor Michael West, professor of organisational psychology, University of Lancaster, UK

16.45 – 17.15
Visit the poster and trade exhibitions

17.15 – 18.15
Concurrent sessions 1

### Concurrent sessions 1

<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Speakers</th>
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<tbody>
<tr>
<td>1A</td>
<td>Oral presentations: Perspectives and progress</td>
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<td>1B</td>
<td>Oral presentations</td>
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<td>Oral presentations: Adapting and creating physician health services in the COVID-19 pandemic</td>
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### Session 1A:
123: Physicians Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine
Dr Karen Hommerf-Ginter, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA

### Session 1B:
90: Implementation and Results of the Professional Well-being Program – Medical College of Uruguay
Dr Juan Dapueto, program coordinator, Programa de Bienestar Profesional, Colegio Médico Del Uruguay (Professional Well-being Program, Medical College of Uruguay) and Facultad de Medicina - Universidad de la República, Uruguay

### Session 1C:
714: Rapid Transformation of a Highly Responsive Well-Being Program in Response to COVID-19
Dr Samantha Meltzer-Brody, chair of psychiatry and director of well-being program, Dr Nada Churgiu, medical director psychiatry outpatient services and Dr Echo Meyer, vice chair of psychological services, University of North Carolina School of Medicine, USA

### Session 1D:
24: Using laughter to improve health and reduce stress
Dr Carrie Horwitch, primary care internal medicine physician, Virginia Mason Medical Centre, Seattle, USA

### Session 1E:
442: A core outcome set for measuring wellbeing in doctors – have your say!
Dr Gemma Simons, clinical research fellow, Centre for Workforce Wellbeing, University of Southampton, UK

### Session 1F:
295: Are we really listening? How to Design a Program to Understand and Prioritize Specific System Needs at the Individual Physician and Group Level
Dr Sarah Richards, medical director of patient and provider experience and Dr Bethany Lowndes, assistant professor, human factors, University of Nebraska Medical Centre and Dr Lindsey Gage, medical director of physician experience, Nebraska Medicine, USA

### Session 2A:
284: Changes in work stress among doctors in Norway from 2010 to 2019: a study based on repeated surveys
Dr Judith Rosta, senior researcher, LEFO – Institute for Studies of the Medical Profession, Norway

### Session 2B:
304: A better performance, care and wellbeing for healthcare professionals: the Galatea Foundation experience in organizational interventions
Mrs Mari Pau Gonzalez-Olmedo, psychologist, PhD, training activities and interventions coordinator and Mrs Anna Mitjans, project manager, Galatea Foundation, Spain

### Session 2C:
706: The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic
Ms Taylor McFadden, program manager, physician health and wellness, Canadian Medical Association, Canada

### Session 2D:
295: Are we really listening? How to Design a Program to Understand and Prioritize Specific System Needs at the Individual Physician and Group Level
Dr Sarah Richards, medical director of patient and provider experience and Dr Bethany Lowndes, assistant professor, human factors, University of Nebraska Medical Centre and Dr Linda Gage, medical director of physician experience, Nebraska Medicine, USA

### Session 2E:
481: Uncovering the Physician Health and Wellness Landscape in Canada: A national analysis to inform a national framework
Dr Caroline Gerin-Lajoie, executive vice-president of physician health and wellness, Canadian Medical Association, Canada

### Session 2F:
578: Creating a wellbeing hub to address diverse needs in an academic medical center
Dr Amy Locke, director, Dr Ellen Morrow, co-director, resiliency centre, University of Utah, USA

### Session 2G:
715: Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups
Dr Chantal Brazeau, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA
### TUESDAY 27 APRIL 2021

#### 13.45 – 14.00
**Platform open**

#### 14.00 – 15.30
**Concurrent session 2**

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#### 15.30 – 16.00
**Visit the poster and trade exhibitions**

### Keynote session 2: Resilience, regeneration and restoration – learning from others

Professor Debbie Cohen, emeritus professor of occupational medicine, Cardiff University and guests

People are leaving healthcare. Young and old, disillusioned, burnt out, or just lost their way. It has not really changed even with everyone's best intentions and interventions. This plenary will offer the opportunity to open our eyes to potential different ways to affect positive change – for people, the work we do and our environment. Drawing on other system-level thinking beyond medicine we will explore how such things as permaculture could be a force for good to help us rethink our objectives. Do we really want to sustain a system where intentions and interventions are good, but not necessarily working on the ground? Working with charities, environmentalists and entrepreneurs who have recognised the importance of our outdoor world and natural spaces to improve and build wellbeing we will discuss how a more holistic approach might offer an opportunity to think differently.

### Workshop 2B

**Making up for being female? Rethinking work-life balance, medical time and gender norms in medicine**

Dr Charlotte N. Chambers, director of policy and research, Association of Salient Medical Specialists, Wellington, New Zealand

**Improving physician/medical student health research: our observations as reviewers**

Dr Erica Frank, professor and research chair, University of British Columbia, Canada.

**Chief wellness officer, Stanford University, USA and Professor Reidar Tyssen, University of Norway, Norway**

**The case for supporting Second Victims: What support mechanisms do anaesthetists need after a case has gone wrong?**

Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust and Dr Helen Chajchase, consultant anaesthetist, South Tees Hospital NHS Foundation Trust, UK

### Workshop 2E

**“An Inspector Calls” exploring doctors’ responses to critical scrutiny through the medium of Drama**

Dr Helen Mackie, consultant and Mr Tosh Lynch, spiritual care, NHS Lanarkshire, UK

**Exploring how work-life balance, mentorship and discrimination impact gender disparities in physician burnout**

Ms Carly Kaplan, research assistant, office of well-being and resilience.

Dr Jonathan Ripp, senior associate dean for faculty well-being and resilience, Icahn School of Medicine at Mount Sinai, USA

**“An Inspector Calls” exploring doctors’ responses to critical scrutiny through the medium of Drama**

Dr Helen Mackie, consultant and Mr Tosh Lynch, spiritual care, NHS Lanarkshire, UK
3A Oral presentations
Residents, trainers and the learning environment

3B Oral presentations
Network development

3C Oral presentations
Psychological effects and interventions during the COVID-19 pandemic

3D Workshop

3E Workshop

3F Workshop

4A: Diagnosis before care: towards a better understanding of wellbeing amongst UK doctors early in their training.
Dr Daniel Turton, education advisor, Barts Health NHS Trust, UK


110: The psychological consequences of residents and fellows during the COVID-19 pandemic in New York City: implications for targeted interventions – Airley-Kapler, research assistant, office of wellbeing, department of medicine at Mount Sinai USA

111: From Surviving to Thriving: Implementing Positive Psychology Concepts to Improve Relationships and Promote an Environment of Well-Being – Dr Benetta Vologelsz, assistant professor and residency director, Dr Heidi Edmundson, associate professor and director of the Office of Well-being, Barts and the London NHS Trust, UK

112: Maximising opportunities to mean the skills of doctors with long-term conditions, enhancing their contribution to humanity – Dr Sara Booth, associate professor, University of Cambridge and Dr Jon Spins, consultant in occupational medicine, University of Cambridge, UK

113: How can we better support our medical students? – Andrew Windle, consultant psychiatrist, Oxford Health NHS Foundation Trust, Dr Sarah Kedar, associate medical director, Dr Andrew Kedar, core medical trainee, University of Bristol, Bristol, London, UK

191: A patient-based intervention to address trainee values, wellbeing and optimal performance – Dr Jennifer Haynes, associate professor of clinical practice, pediatric hospital medicine and Dr Aidan Pearce, associate professor of clinical practice, University of California, USA

201: A framework for targeted psychological interventions for healthcare workers during COVID-19 – Dr Byam Mathew, associate professor, Stanford University School of Medicine, USA

202: Creating the conditions for doctors in training to thrive – Dr Helen Mackie, consultant, NHS Lanarkshire, and Dr Richard Cooke, deputy director of pastoral support, the Office of Well-being, Barts Medical School and the London, Queen Mary University of London, UK

203: Using quality criteria to improve the workplace environment for UK Core Medical Trainers – Dr Ulrich Armstrong, policy advisor, Royal College of Physicians, UK

204: Creating a positive environment for doctors early in their training – Dr Daniel Turton, education advisor, Barts Health NHS Trust, UK

205: Using comporative games to facilitate insight, emotional regulation, and communication – Dr Nathaniel Tramis, professor, Renewal Centre, Lawrence, Kansas, USA

206: Group Psychotherapy and Reflective Practice for Mental Health and Neurology Staff – Dr Richard Huggins, consultant psychiatrist in medical neurology and University of London, UK

207: A framework for creating a positive clinical learning environment: An example of success on the surgery ward – Dr Rebecca Williams, associate medical director, University of New Mexico, USA

208: Psychological safety as a framework for creating a positive clinical learning environment: An example of success on the surgery ward – Dr Rebecca Williams, associate medical director, University of New Mexico, USA

209: Connecting Practice – Supporting medical students volunteering in the NHS – Dr Sarah Cooke, deputy head of student support and pastoral support, Altrincham and Sale, London, Queen Mary University of London and the Centre for Independent Living and Assistant Professor, Independent living, University of London, UK

314: Using quality criteria to improve the workplace environment for UK Core Medical Trainers – Dr Ulrich Armstrong, policy advisor, Royal College of Physicians, UK

315: Using comporative games to facilitate insight, emotional regulation, and communication – Dr Nathaniel Tramis, professor, Renewal Centre, Lawrence, Kansas, USA
16.00 – 16.30 All event times are UK times: (UTC +1)

4A Oral presentations: Bullying and behaviour problems

4B Gender Diversity and Experiences Bullying Among Internal Medicine Residents: Dr Minnie Agyesi, assistant professor of medicine, Icahn School of Medicine USA

4C Harboring the Internal Medicine Physician Performance Review: Dr Dionysus Platis, associate professor of North Carolina School of Medicine, Chapel Hill, USA

5A Physicians’ Views on a Wellbeing Course Gifted to Them: A Qualitative Study: Dr Shahid Saeed, assistant professor of medicine, Canada

5B Predictors of Unplanned Medical-legal claims and implications: analysis of the causes of wellbeing: evaluation of employment and well-being survey 2021: Dr Owen Bradfield-Phillips, external associate in medicine, University of Melbourne, Australia

16.00 – 16.30 Concurrent session E

5C Oral presentations: Prevention of physician suicide

5D Oral presentations: Prevention of leadership

5E Oral presentations: Mindfulness based SCI

5F Workshop

5G Workshop

404: Do Burnout and Depression Increase Risk for Physicians? Dr Michael Mears, clinical associate professor of internal medicine, Stanford Medicine. Palo Alto, USA

405: Is Mindfulness an effective intervention for interprofessional teams? Dr Jason Douds, director of clinical work, Elizabeth Brooks, principal researcher, Colchester Physician health Program, USA

406: A Longitudinal Study Evaluating Interprofessional Associations Between Immediate Supervisor and Subsequent Changes in Emotional well-being: Steve Quill, PA, North-Western University, Minneapolis, USA

407: The hearts of those who heal: utilizing group supervision to treat burnout in a child protection unit: Dr Samuel Ar cardiovascular; München Children’s Hospital, Munich, Germany

408: Is a public health system for analyzing resident workforce stress and improving retention: identifying data and lessons learned: Dr Rosalyn Gayar, programme director external medicine and Dr Anne Bech, director of faculty development in medicine, Melbourne, Australia.

409: Caring for doctors for patients: How to transform healthcare: to support the medical profession to care for their health? Ms Andrea Antoni, head of Support of Physicians Union, Pressure programme, General Medical Council, UK

410: Hotspots: the development, implementation, implementation and evaluation of an anti-bullying program: MedStar Regional Medical Program: Dr Claire Webb, past chair and well-being curriculum, University of Auckland, New Zealand

411: Preventing the Kernal Professional Review Discussion Session: Leaders to Apply Coaching Skills: Dr Anne Allen, co-founder internal medicine and associate professor of medicine, Cleveland Clinic Foundation. Icahn School of Medicine at Mount Sinai, USA

412: Preventing the Kernal Professional Review: Discussion Session: Leaders to Apply Coaching Skills: Dr Anne Allen, co-founder internal medicine and associate professor of medicine, Cleveland Clinic Foundation. Icahn School of Medicine at Mount Sinai, USA

413: Psychometric: Quality of Experience Measured: Dr Aislín Boon, Dr Katrina giant, consultant psychology, University of Toronto, Canada

414: A Pilot study to measure psychological quality of experience and workplace stress among Medical residents of York region. Dr Rosemary Quirk, programme director external medicine, USA

415: A longitudinal study: flourishing interventions for optimizing workplace stress. Dr Rosemary Quirk, programme director external medicine, USA

416: A Public Health System for analyzing resident workforce stress and improving retention: identifying data and lessons learned: Dr Rosalyn Gayar, programme director external medicine and Dr Anne Bech, director of faculty development in medicine, Melbourne, Australia.

417: Building a Resilience for Physician Wellbeing Program: Dr Tiffany Lavers, associate professor, University of Auckland, New Zealand and Dr Eva Prendergast, medicine, Australia

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426: A Public Health System for analyzing resident workforce stress and improving retention: identifying data and lessons learned: Dr Rosalyn Gayar, programme director external medicine and Dr Anne Bech, director of faculty development in medicine, Melbourne, Australia.

427: The humanity of healthcare: the journey from isolation to an Anti-bullying program: Dr Michael Mears, clinical associate professor of internal medicine, Stanford Medicine. Palo Alto, USA

428: Why don’t we talk about suicide during our experience of suicide? Muge Vatan, associate professor for those her:housed following the death of a health professional through suicide. The session will include members from the group and together we will explore why those who suicide ‘had it all’: those deaths over 16.

17.30 – 17.50 Concurrent session F

430: Gender Diversity and Experiences Bullying Among Internal Medicine Residents: Dr Minnie Agyesi, assistant professor of medicine, Icahn School of Medicine USA

431: Harboring the Internal Medicine Physician Performance Review: Dr Dionysus Platis, associate professor of North Carolina School of Medicine, Chapel Hill, USA

432: Physicians’ Views on a Wellbeing Course Gifted to Them: A Qualitative Study: Dr Shahid Saeed, assistant professor of medicine, Canada

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17.30 – 18.00 Discussion group

4E Oral presentations: Prevention of physician suicide

4F Oral presentations: Impact of leadership

4G Oral presentations: Interventions to manage insurance, stress and burnout

4H Oral presentations: Technology insights and solutions

4I Workshop

4J Workshop

THURSDAY 29 APRIL 2021

16.30 – 17.00 With the poster and trade exhibitions

16.30 – 16.45 Concurrent session A

16.45 – 16.50 Concurrent session B

16.50 – 17.00 Concurrent session C

17.00 – 17.15 Concurrent session D

17.15 – 17.30 Concurrent session E

17.30 – 17.50 Concurrent session F

17.50 – 18.00 Discussion group

18.00 – 18.30 With the poster and trade exhibitions
### 14.00 – 15.30 Concurrent Session 6

**14.00 – 15.30 Concurrent session 6**

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<tr>
<td>14.00 – 15.30</td>
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<td>Keynote session 5: Adam Kay, <em>Twas the Nightshift Before Christmas</em></td>
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<td>Adam Kay is a former doctor and now a multi-award-winning writer and comedian. His books include</td>
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<td><em>Dear NHS: 100 Stories to Say Thank You</em>, published in July 2020, which is Going to Hurt and</td>
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<td><em>This is Going to Hurt</em>. He is also the author of new kids’ book <em>Kay’s Anatomy</em>.</td>
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### 15.30 – 16.30 Concurrent Session 6

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