ICPH 2021
International Conference on Physician Health™

A vision for humanity in medicine
Monday 26 – Friday 30 April 2021

Monday Tuesday Wednesday Thursday Friday
This important conference, supported by the British, American and Canadian Medical Associations, aims to support doctors and medical students to create better working environments for themselves and their colleagues.

This time, the conference will be an entirely online event, with an exciting schedule of presentations and interactive sessions to enable physicians across the globe to learn, connect and develop strategies and networks to support them.

By presenting positive interventions and bringing together a vibrant, international community of professionals, we aim to enable you to make your career and workplace more conducive to sustaining your health and wellbeing. The conference will give you the tools to put ideas into practice.

A healthier workforce delivers better outcomes for patients and this conference will offer strategies to enable you to make positive change for the benefit of your patients, your team and yourself. The programme includes inspirational keynote presentations, themed presentation streams, poster sessions and opportunities to connect with colleagues.
A vision for humanity in medicine
A panel session chaired by Christopher Simon, strategic advisor of physician wellness and medical culture, Canadian Medical Association

CONFIRMED SPEAKERS:
Chair: Christopher Simon

Panelists:
Dr Clare Gerada, medical director, NHS Practitioner Health
Professor Debbie Cohen, emeritus advisor of physician wellness and medical culture, Canadian Medical Association
Professor Michael West
Dr Jen Warren

Adam Kay

Resilience, regeneration and restoration – learning from others Professor Debbie Cohen, emeritus professor of occupational health, Cardiff University

COVID perspectives and learning
Chair: Anwessh Kinger

Professor Sabrhath Sawe
Professor Colin West

Dr Karthi Subba Rao

Suicide and the myth of Sisyphus
Dr Clare Gerada, medical director, NHS Practitioner Health

Closing keynote
Adam Kay
REGISTRATION FEES:

All registration fees are in GBP (£ sterling) and include tax (VAT), access to all five conference days, and access to the on-demand content for 12 weeks after the conference.

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>British, American or Canadian Medical Association Member</td>
<td>£150.00</td>
</tr>
<tr>
<td>Trainee doctor or resident</td>
<td>£96.00</td>
</tr>
<tr>
<td>Retired physician</td>
<td>£96.00</td>
</tr>
<tr>
<td>Medical student</td>
<td>£60.00</td>
</tr>
<tr>
<td>Non-member or non-physician</td>
<td>£240.00</td>
</tr>
</tbody>
</table>

Reduced registration fees are also available to accepted presenting authors.

HOW TO REGISTER:

Visit our website www.bma.org.uk/icph2021 to find out more and book your place.

ANY QUESTIONS:

Please contact us at icph2021@bma.org.uk or +44 (0) 207 383 6137
Bojana Connor, a wellbeing expert with extensive experience in developing mindfulness programmes for doctors in distress, will lead three mindfulness masterclasses during the week. Designed specifically for the conference, the classes will focus give an overview of mindfulness theories and apply practical exercises to help clinicians working under pressure.

**Monday: 13.30 – 14.30 BST**
**Masterclass 1: Humanity in Medicine: Mindfulness and Compassion**
Focussing on catastrophe thinking, Bo will look at ways in which mindfulness can help us to cultivate compassion for ourselves and others and will lead attendees in guided exercises.

**Tuesday: 12.45 – 13.45 BST**
**Masterclass 2: Managing Thoughts, Emotions and Challenging Situations: Practical Mindfulness for Clinicians**
This session will consider automatic thoughts and how they lead to stress and impact emotions and reactions. Unpacking real-life examples of stress situations, there will also be an opportunity to participate in a guided practice Body Scan.

**Thursday: 13.30 – 14.30 BST**
**Masterclass 3: Processing Loss and Sadness: Mindfulness as a Psychological Wellbeing and Self-Care Tool**
Today’s session will focus on processing emotions and finding inner stability and will consider the stages of loss and grief, how emotions can stay in the body and how practical exercises can help manage difficult moments.

---

**Miranda Shaw Yoga**
Miranda is an experienced therapeutic yoga teacher who practises in South Wales, UK. With a focus on breathing correctly, practising safely and getting the most out of poses, Miranda will help you take what you learn on the mat into your everyday life. During the pandemic, she has made videos showing yoga techniques to help people with anxiety, grief and PTSD.

Find out more at [http://mirandayoga.co.uk/](http://mirandayoga.co.uk/) and Miranda’s YouTube channel [https://www.youtube.com/channel/UC7yicDdjYA0EmUBK49PakvA](https://www.youtube.com/channel/UC7yicDdjYA0EmUBK49PakvA)

Miranda will offer two 45 minute yoga sessions, focussing largely on breathing with stretches to encourage a deeper breath to reduce stress and improve overall wellbeing.

**Session 1, Wednesday 28 April, 5.45 – 6.30pm**
A relaxing session with nourishing, calming exercises to help you unwind after a stressful day at work. Miranda will focus on breathing exercises and end with a guided relaxation session. Participation in this session would require space to be able to lie on the floor.

**Session 2, Friday 30 April, 12.45 – 1.30pm**
A session offering some stress releasing exercises and breathing exercises that can be done at work. No need for any space or additional equipment: you can join this session either standing up or sitting in your chair.
**MONDAY 26 APRIL 2021**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.30 – 14.30</td>
<td>Masterclass 1: Humanity in Medicine: Mindfulness and Compassion</td>
</tr>
<tr>
<td>14.30 – 15.00</td>
<td>Welcome to ICPH 2021</td>
</tr>
<tr>
<td>15.00 – 15.15</td>
<td>Official welcome and introduction</td>
</tr>
<tr>
<td>15.15 – 16.45</td>
<td>Keynote session: A vision for humanity in medicine</td>
</tr>
<tr>
<td>16.45 – 17.15</td>
<td>Visit the poster and trade exhibitions</td>
</tr>
<tr>
<td>17.15 – 18.15</td>
<td>Concurrent sessions 1</td>
</tr>
</tbody>
</table>

**Concurrent sessions 1**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>Oral presentations: Perspectives and progress</td>
<td></td>
</tr>
<tr>
<td>1B</td>
<td>Oral presentations</td>
<td></td>
</tr>
<tr>
<td>1C</td>
<td>Oral presentations: Creating physician health services in the COVID-19 pandemic</td>
<td></td>
</tr>
<tr>
<td>1D</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1E</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1F</td>
<td>Workshop</td>
<td></td>
</tr>
</tbody>
</table>

**Oral presentations**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>123:</td>
<td>Physicians Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Karen Horneffer-Ginter, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA</td>
<td></td>
</tr>
<tr>
<td>284:</td>
<td>Changes in work stress among doctors in Norway from 2010 to 2019: A study based on repeated surveys</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Judith Rosta, senior researcher, LEFO – Institute for Studies of the Medical Profession, Norway</td>
<td></td>
</tr>
<tr>
<td>578:</td>
<td>Creating a wellbeing hub to address diverse needs in an academic medical center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Amy Locke, director and Dr Ellen Morrow, co-director, resiliency centre, University of Utah, USA</td>
<td></td>
</tr>
<tr>
<td>710:</td>
<td>The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Taylor McFadden, advisor, physician wellness and medical culture, Canadian Medical Association, Canada</td>
<td></td>
</tr>
<tr>
<td>715:</td>
<td>Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Chantal Breaux, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA</td>
<td></td>
</tr>
</tbody>
</table>

**Workshop**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1D</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1E</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1F</td>
<td>Workshop</td>
<td></td>
</tr>
</tbody>
</table>

**Workshops**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>284:</td>
<td>Changes in work stress among doctors in Norway from 2010 to 2019: A study based on repeated surveys</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Judith Rosta, senior researcher, LEFO – Institute for Studies of the Medical Profession, Norway</td>
<td></td>
</tr>
<tr>
<td>304:</td>
<td>Creating a wellbeing hub to address diverse needs in an academic medical center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Amy Locke, director and Dr Ellen Morrow, co-director, resiliency centre, University of Utah, USA</td>
<td></td>
</tr>
<tr>
<td>578:</td>
<td>Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Chantal Breaux, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA</td>
<td></td>
</tr>
<tr>
<td>710:</td>
<td>The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Taylor McFadden, advisor, physician wellness and medical culture, Canadian Medical Association, Canada</td>
<td></td>
</tr>
<tr>
<td>715:</td>
<td>Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Chantal Breaux, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA</td>
<td></td>
</tr>
</tbody>
</table>

**Oral presentations**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>123:</td>
<td>Physicians Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Karen Horneffer-Ginter, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA</td>
<td></td>
</tr>
<tr>
<td>284:</td>
<td>Changes in work stress among doctors in Norway from 2010 to 2019: A study based on repeated surveys</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Judith Rosta, senior researcher, LEFO – Institute for Studies of the Medical Profession, Norway</td>
<td></td>
</tr>
<tr>
<td>578:</td>
<td>Creating a wellbeing hub to address diverse needs in an academic medical center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Amy Locke, director and Dr Ellen Morrow, co-director, resiliency centre, University of Utah, USA</td>
<td></td>
</tr>
<tr>
<td>710:</td>
<td>The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Taylor McFadden, advisor, physician wellness and medical culture, Canadian Medical Association, Canada</td>
<td></td>
</tr>
<tr>
<td>715:</td>
<td>Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr Chantal Breaux, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA</td>
<td></td>
</tr>
</tbody>
</table>

**Workshop**

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1D</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1E</td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td>1F</td>
<td>Workshop</td>
<td></td>
</tr>
</tbody>
</table>
**TUESDAY 27 APRIL 2021**

**13.45 – 14.00**

**Oral presentations: Medical students and junior doctors**

**2A**

67: Understanding the barriers to accessing wellbeing support in a psychologically well-being-orientated learning environment: a qualitative study

Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia

**2B**

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

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

**2C**

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

Dr Erica Frank, professor and research chair, University of British Columbia, Canada, Dr Tal Shammaif, chief wellness officer, Stanford University, USA and Professor Beadie Tjomse, University of Norway, Norway

**2D**

639: 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, Dr Helen Chipchase, consultant anaesthetist and Dr Alora Webster, clinical psychologist, South Tees Hospitals NHS Foundation Trust, UK

**2E**

568: Measuring and Responding to Mistreatment Among Medical Colleagues

Dr Samuel Van Hoorne, senior research associate and Ms Greita Elhart, manager of strategic projects, ChristianaCare, USA

**2F**

347: Professional Support Unit in Wales - Using the Trainee voice to improve services

Dr Claire Curtis, consultant in acute and special care dentistry, Cardiff and Vale University Health Board and Dr Kathryn Speedy, ST4 in child and adolescent mental health services, Aneurin Bevan University Health Board, UK

246: Conflicts in French operating rooms: risk factors are female, centre size, staff and age; a webmail survey

Dr Thomas Lautaud, College Francis des Anesthesistes Reanimateurs/SMAIR Commission, France

184: Burnout or Professional Fulfillment? Understanding the Well-being Gender Gap in General Surgeons

Dr Daniel Marchalik, medical director, physician well-being and Dr Mahrye Miel, director of behavioral health research, MedStar Health Georgetown University, USA

544: 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 Repp, senior associate dean for well-being and resilience and Dr Lauren Pecoraro, associate dean for faculty well-being and resilience, Icahn School of Medicine at Mount Sinai, USA

**14.00 – 15.30**

**Concurrent session 2**

**2A**

67: Understanding the barriers to accessing wellbeing support in a psychologically well-being-orientated learning environment: a qualitative study

Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia

**2B**

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

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

**2C**

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

Dr Erica Frank, professor and research chair, University of British Columbia, Canada, Dr Tal Shammaif, chief wellness officer, Stanford University, USA and Professor Beadie Tjomse, University of Norway, Norway

**2D**

639: 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, Dr Helen Chipchase, consultant anaesthetist and Dr Alora Webster, clinical psychologist, South Tees Hospitals NHS Foundation Trust, UK

**2E**

568: Measuring and Responding to Mistreatment Among Medical Colleagues

Dr Samuel Van Hoorne, senior research associate and Ms Greita Elhart, manager of strategic projects, ChristianaCare, USA

**2F**

347: Professional Support Unit in Wales - Using the Trainee voice to improve services

Dr Claire Curtis, consultant in acute and special care dentistry, Cardiff and Vale University Health Board and Dr Kathryn Speedy, ST4 in child and adolescent mental health services, Aneurin Bevan University Health Board, UK

246: Conflicts in French operating rooms: risk factors are female, centre size, staff and age; a webmail survey

Dr Thomas Lautaud, College Francis des Anesthesistes Reanimateurs/SMAIR Commission, France

184: Burnout or Professional Fulfillment? Understanding the Well-being Gender Gap in General Surgeons

Dr Daniel Marchalik, medical director, physician well-being and Dr Mahrye Miel, director of behavioral health research, MedStar Health Georgetown University, USA

544: 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 Repp, senior associate dean for well-being and resilience and Dr Lauren Pecoraro, associate dean for faculty well-being and resilience, Icahn School of Medicine at Mount Sinai, USA

**15.30 – 16.00**

Visit the poster and trade exhibitions

**16.00 – 17.30**

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

Professor Debbie Cohen, emeritus professor of occupational medicine, Cardiff University and Dr Thomas Kitchen, consultant anaesthetist, Cardiff and Vale University Health Board, UK 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 our healthcare systems, or should we think about regenerating or restoring them? Is resilience the way to go? 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.
### Concurrent sessions

#### 13.45 – 14.00 Platform open

**Panel:** Dr David Wrigley, BMA deputy council chair, UK  
**Chair:** Dr Peter Tunney, interim medical director, Barts Health NHS Trust, UK  
**Speakers:**  
- Dr Andrew Armstrong, professor of health economics, University of Manchester, UK  
- Dr Richard Duggins, consultant psychiatrist in Manchester, UK  
- Dr Kristin E Marchalik, medical wellness officer, University of New Mexico, USA  
- Dr Helen Mackie, consultant, NHS Lanarkshire, UK  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training,  
  University of Southern California, USA

#### 13.00 – 15.00 Keynote session 3: COVID perspectives and learning

**Panel:**  
- Dr Mike Jones, UK Core Medical Trainee  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training, USA  
- Dr Ryan Matlow, associate professor and clinical associate in psychiatry, University of California, Los Angeles, USA  
- Dr Sara Duggins, professor, Stanford University School of Medicine, USA  
- Dr Lucy Marks, independent psychologist, University of North London and Mary University, London, UK

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

#### 16.00 – 17.30 Concurrent session 3

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Abstract</th>
</tr>
</thead>
</table>
| 3A | The serious business of fun and leisure | Dr David Wrigley, BMA deputy council chair, UK  
**Chair:** Dr Peter Tunney, interim medical director, Barts Health NHS Trust, UK  
**Speakers:**  
- Dr Andrew Armstrong, professor of health economics, University of Manchester, UK  
- Dr Richard Duggins, consultant psychiatrist in Manchester, UK  
- Dr Kristin E Marchalik, medical wellness officer, University of New Mexico, USA  
- Dr Helen Mackie, consultant, NHS Lanarkshire, UK  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training, University of Southern California, USA 

#### 3B | Using quality charts to improve the working environment for doctors in the COVID-19 pandemic | Dr Mike Jones, UK Core Medical Trainee  
**Chair:** Dr Peter Tunney, interim medical director, Barts Health NHS Trust, UK  
**Speakers:**  
- Dr Andrew Armstrong, professor of health economics, University of Manchester, UK  
- Dr Richard Duggins, consultant psychiatrist in Manchester, UK  
- Dr Kristin E Marchalik, medical wellness officer, University of New Mexico, USA  
- Dr Helen Mackie, consultant, NHS Lanarkshire, UK  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training, University of Southern California, USA 

#### 3C | The impact of the learning environment on marginalised groups | Dr Mike Jones, UK Core Medical Trainee  
**Chair:** Dr Peter Tunney, interim medical director, Barts Health NHS Trust, UK  
**Speakers:**  
- Dr Andrew Armstrong, professor of health economics, University of Manchester, UK  
- Dr Richard Duggins, consultant psychiatrist in Manchester, UK  
- Dr Kristin E Marchalik, medical wellness officer, University of New Mexico, USA  
- Dr Helen Mackie, consultant, NHS Lanarkshire, UK  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training, University of Southern California, USA 

#### 3D | Implementing a COVID-19 perspective and learning | Dr David Wrigley, BMA deputy council chair, UK  
**Chair:** Dr Peter Tunney, interim medical director, Barts Health NHS Trust, UK  
**Speakers:**  
- Dr Andrew Armstrong, professor of health economics, University of Manchester, UK  
- Dr Richard Duggins, consultant psychiatrist in Manchester, UK  
- Dr Kristin E Marchalik, medical wellness officer, University of New Mexico, USA  
- Dr Helen Mackie, consultant, NHS Lanarkshire, UK  
- Dr Daniel Turton, Director of Curriculum for Doctors in Training, University of Southern California, USA 

### Other events

- **All event times are UK times: British Summer Time (UTC +1)**
- **Wednesday 28 April 2021**
- **Session open:**  
  - **Theme:** Active Learning - Navigating, running, teaching exercises to help you arrive at a directed day of work. Motiva will focus on training exercises and end with a guided relaxation session. Participation in this session would require space to be able to run in the floor
14.30 – 15.00 Visit the poster and trade exhibitions
13.30 – 14.30 Masterclass 3: Processing Loss and Sadness: Mindfulness as a Psychological Wellbeing and Self-Care Tool
17.30 – 18.30 Concurrent session 5

**Oral presentations: Mindfulness based interventions**

**4C**

- **Physician Suicide:**
  - **Oral presentations:**
    - **Bullying and Dehumanizing Behaviour:** by **Ms Nikitha Menon,** Stanford Medicine, Palo Alto, USA
    - **Suicidal Ideation in Increase Risk for Do Burnout** by **Dr Patricia Dobkin,** McGill Medical School, Canada

- **Oral presentations:**
  - **Interventions to combat vicarious trauma and burnout** by **Ms Shayna Kulman-Ross,** Sydney Children’s Hospital, Australia
  - **Holding the hearts of those who heal: utilising metacognition for Optimising Resilience, and Presence,** by **Dr Richard Szuster,** University of Auckland, New Zealand
  - **The Humanity of Physician Suicide:** by **Dr Annemarie de Jongh,** University of Noord-Brabant, the Netherlands
  - **34: The Management of Metacognition For Enhancing Routines** by **Dr Helen Church,** University of Sheffield, UK

**4D**

- **Physician Suicide:**
  - **Oral presentations:**
    - **Bullying and Dehumanizing Behaviour:** by **Ms Nikitha Menon,** Stanford Medicine, Palo Alto, USA
    - **Suicidal Ideation in Increase Risk for Do Burnout** by **Dr Patricia Dobkin,** McGill Medical School, Canada

- **Oral presentations:**
  - **Interventions to combat vicarious trauma and burnout** by **Ms Shayna Kulman-Ross,** Sydney Children’s Hospital, Australia
  - **Holding the hearts of those who heal: utilising metacognition for Optimising Resilience, and Presence,** by **Dr Richard Szuster,** University of Auckland, New Zealand
  - **The Humanity of Physician Suicide:** by **Dr Annemarie de Jongh,** University of Noord-Brabant, the Netherlands
  - **34: The Management of Metacognition For Enhancing Routines** by **Dr Helen Church,** University of Sheffield, UK

**4F**

- **Physician Suicide:**
  - **Oral presentations:**
    - **Bullying and Dehumanizing Behaviour:** by **Ms Nikitha Menon,** Stanford Medicine, Palo Alto, USA
    - **Suicidal Ideation in Increase Risk for Do Burnout** by **Dr Patricia Dobkin,** McGill Medical School, Canada

- **Oral presentations:**
  - **Interventions to combat vicarious trauma and burnout** by **Ms Shayna Kulman-Ross,** Sydney Children’s Hospital, Australia
  - **Holding the hearts of those who heal: utilising metacognition for Optimising Resilience, and Presence,** by **Dr Richard Szuster,** University of Auckland, New Zealand
  - **The Humanity of Physician Suicide:** by **Dr Annemarie de Jongh,** University of Noord-Brabant, the Netherlands
  - **34: The Management of Metacognition For Enhancing Routines** by **Dr Helen Church,** University of Sheffield, UK
FRIDAY 30 APRIL 2021

16.15 – 16.30 Optional yoga session

16.30 – 16.50 Keypnotes session 5: Adam Kay

Keynotes Session 5: Adam Kay

Adam Kay is a former doctor and now a multi-award-winning writer and comedian. His books include This is Going to Hurt and Two Pints with Cock Sparrer. These and the edition of Year 1000: 100 Days to Save the NHS, published in July 2020, which has raised over £250,000 for charity. He is also the author of new kids’ book, Kay’s Anatomy.

16.50 – 17.30 Closing remarks and look ahead to 2022

All event times are UK times: British Summer Time (UTC +1)
Thank you

We would like to thank the following individuals for their contribution to the planning of this conference:

**Planning committee:**
Ashley Cummings, American Medical Association, USA  
Caroline Eason, British Medical Association, UK  
Clare James, British Medical Association, UK  
Dr Margaret Kay, Queensland Doctors Health Programme, Australia  
Dr Taylor McFadden, Canadian Medical Association, Canada  
Mary Meekings, British Medical Association, UK  
Kimberly Murrell, British Medical Association, UK  
Tom Rapanakis, British Medical Association, UK  
Dr Christopher Simon, Canadian Medical Association, Canada  
Dr Michael Tutty, American Medical Association, USA

**Abstract review committee:**
Chair: Professor Debbie Cohen, emeritus professor, Cardiff University  
Dr Joy Albuquerque, Ontario Medical Association, Canada  
Dr Erica Dance, University of Alberta, Canada  
Professor Liselotte Dyrbye, May Clinic, USA  
Dr Joke Fleer, University Hospital Medical Center, Groningen, Netherlands  
Dr Leslie Flynn, Queen’s University, Canada  
Professor Erica Frank, University of British Columbia, Canada  
Dr Margaret Kay, Queensland Doctors Health Programme, Australia  
Dr Thomas Kitchen, Cardiff and Vale University Health Board, UK  
Dr Taylor McFadden, Canadian Medical Association, Canada  
Dr Alice McGarvey, Irish Hospital Consultants Association, Ireland  
Dr Kristine Olson, Yale University, USA  
Dr Joachen Profit, Stanford University School of Medicine, USA  
Tom Rapanakis, British Medical Association, UK  
Dr Karin Isaksson Ro, Institute for Studies of the Medical Profession, Norway  
Dr Mithu Sen, Western University, Canada  
Dr Christopher Simon, Canadian Medical Association, Canada  
Dr Sarah Smith, University of Toronto, Canada  
Dr Daniel Tawfik, Stanford University School of Medicine, USA  
Dr Susan Thompson-Hingle, SIU School of Medicine, USA  
Dr Michael Tutty, American Medical Association, USA  
Professor Reidar Tyssen, University of Oslo, Norway  
Dr Brianna Vaa Stelling, Mayo Clinic, USA  
Dr Ira Van Der Steenstraten, Breeze Life Coaching, Australia  
Professor Colin West, Mayo Clinic, USA  
Dr Choong-Siew Yong, New South Wales Doctors Health Services, Australia