ICPH 2021
International Conference on Physician Health™

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

Monday Tuesday Wednesday Thursday Friday
MONDAY 26 APRIL 2021

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<td>13.30 – 14.30</td>
<td>Masterclass 1: Humanity in Medicine: Mindfulness and Compassion</td>
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<td>14.30 – 15.00</td>
<td>Welcome to ICPH 2021</td>
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<td>15.00 – 15.15</td>
<td>Official welcome and introduction</td>
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<td>BMA president, Professor Sir Harry Burns</td>
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<td>AMA president, Dr Susan R Bailey</td>
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<td>CMA president, Dr Ann Collins</td>
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<td>15.15 – 15.45</td>
<td>Keynote session: A vision for humanity in medicine</td>
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<td>Chair: Dr Christopher Simon, CMA</td>
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<td>Panel:</td>
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<td>– Dr Jane Lemaire, clinical professor and vice chair physician</td>
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<td>wellness and vitality Department of Medicine, University of Calgary,</td>
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<td></td>
<td>Canada</td>
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<td>– Dr Jennifer Warren, anaesthetist and para-athlete, UK</td>
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<td>– Professor Michael West, professor of organisational psychology,</td>
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<td>University of Lancaster, UK</td>
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<td>16.45 – 17.15</td>
<td>Visit the poster and trade exhibitions</td>
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<td>17.15 – 18.15</td>
<td>Concurrent sessions 1</td>
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**1A** Oral presentations: Perspectives and progress

**1B** Oral presentations

**1C** Oral presentations: Creating physician health services in the COVID-19 pandemic

**1D** Workshop

**1E** Workshop

**1F** Workshop

**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

**304:** A better performance, care and wellbeing for healthcare professionals: the Galatea Foundation experience in organizational interventions
Mrs Anna Mitjans, project manager; Dr Montserrat Plana, psychotherapist; Galatea Foundation, Spain

**323:** Physicians Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine
Dr Karen Hommeffer-Ginter, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA

**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

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

**706:** The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic
Dr Taylor McFadden, advisor, physician wellness and medical culture, Canadian Medical Association, Canada

**714:** Rapid Transformation of a Highly Responsive Well-Being Program in Response to COVID-19
Dr Nadia Chárgula, medical director; Ginter, assistant dean for wellness, and Dr Echo Meyer, vice chair of psychological services, University of North Carolina School of Medicine, USA

**715:** Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups
Dr Chantal Bazeau, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Ayolly, assistant professor of medicine, Rutgers New Jersey Medical School, USA

**716:** 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 Lindsay Gage, medical director of physician experience, Nebraska Medicine, USA
ICPH2021

TUESDAY 27 APRIL 2021

12.45 – 13.45

Masterclass 2: Managing Thoughts, Emotions and Challenging Situations: Practical Mindfulness for Clinicians

13.45 – 14.00

Platform open

14.00 – 15.30

Concurrent session 2

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.
14.00 – 15.00 Keynote session 3: COVID perspectives and learning
Chair: Dr David Wrigley, BMA deputy council chair, UK
- Dr Lubash Bawa, dean-in-charge, Royal College of Physicians, India
- Dr Hakan Soncino, key senior researcher, engaged for study of the Medical Profession, Norway
- Professor Bill Cake, professor of medicine, medical educators and biostatistics, Mayo Clinic, USA

13.45 – 14.00 Platform open

14.00 – 15.00 Keynote session 3: COVID perspectives and learning
Chair: Dr David Wrigley, BMA deputy council chair, UK
- Professor Colin West, professor of medicine, medical education and biostatistics, Mayo Clinic, USA
- Dr Karin Isaksson Rø, senior researcher, Institute for Studies of the Medical Profession, Norway
- Dr Subodh Dave, dean-elect, Royal College of Psychiatrists, UK

15.30 – 16.00 Visit the poster and trade exhibitions

17.45 – 18.30 Optional yoga session
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.

20.00 – 22.00 Gala dinner
15.00 – 16.00 Concurrent sessions 4
4A Oral presentations: Mindfulness based interventions
4B Oral presentations: Performance data interventions
4C Oral presentations: Mindfulness based interventions
4D Oral presentations: Workshop
4E Workshop
4F Workshop

16.00 – 16.15 Gender Differences in Experienced Bullying Among Normal weight Residents
Eleanor Agnew, assistant professor of Medicine, Alumni, New Jersey Medical School

16.15 – 16.30 Mental Health: Preventing and Responding to Suicidal Ideation Among Healthcare Workers, a Pilot Study
Dr. Andrew Klein, Johns Hopkins University, USA

16.30 – 16.45 How Psychological Resilience can Be Improved Among Medical Students
Dr. Rosemary Quirk, School of Medicine, Canada

16.45 – 17.00 balloon Workshop: Tool - a Practical Workshop as a Reflective Learning Experience
379: The Bruce Hospital, UK

17.00 – 17.15 Posters session 4: Suicide and the Myth of Stigma
Dr. Claire Corbin, medical director, NH Health Practitioner Health, UK

17.15 – 17.30 Session 5: Etc.
4A Oral presentations: Prevention of physician suicide
4B Oral presentations: Impact of suicide
4C Oral presentations: Impact of suicide
4D Oral presentations: Impact of suicide
4E Oral presentations: Impact of suicide
4F Oral presentations: Impact of suicide
5A Workshop
5B Workshop
5C Workshop
5D Workshop
5E Workshop
5F Workshop

20.00 – 21.30 Welcome Reception
The Cloud, Manchester

21.30 – 22.30 Social Gathering
The Cloud, Manchester

THURSDAY 29 APRIL 2021 THURSDAY 29 APRIL 2021 THURSDAY 29 APRIL 2021
FRIDAY 30 APRIL 2021

10.45 – 12.15 Optional yoga session

12.15 – 13.00 Visit the poster and trade exhibitions

14.30 – 15.30 Convenance session 6