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 Jane Lemmire

Professor Michael West

Dr Ian Warran

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

COVID perspectives and learning
Dr Adam Kay

Suicide and the myth of Sisyphus
Professor Subodh Dave

Closing keynote
Adam Kay

Professor Colin West

Professor Karin Isaksson Rø

Suicide
Professor Colin West

Dr Karen Isaksson Rø

Chair: Christopher Simon

Adam Kay

Dr Karen Isaksson Rø

Christopher Simon

Dr Jane Lemmire

Professor Colin West

Dr Jane Lemmire

Professor Karin Isaksson Rø

Christopher Simon

Dr Jane Lemmire

Professor Karin Isaksson Rø

Christopher Simon
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>
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<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](http://www.bma.org.uk/icph2021) to find out more and book your place.

ANY QUESTIONS:

Please contact us at [icph2021@bma.org.uk](mailto: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 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**  
*What is the great equaliser across all humanity?* This session reminds us to view doctors and patients as one and the same – both as individuals and part of humanity under pressure. Learn to use mindfulness to manage internal stress, develop resilience and introspection skills and cultivate true presence and compassion to deepen therapeutic relationships.

**Tuesday: 12.45 – 13.45 BST**  
**Masterclass 2: Managing Thoughts, Emotions and Challenging Situations: Practical Mindfulness for Clinicians**  
*How does managing our internal experience help us to manage our external experience?* This session highlights that individual attention and discernment are the keys to tackling the global information overload known as the stress-epidemic. Learn how automatic thoughts trigger stress, how to train your attention and respond from a place of calm. Guided stress-reduction practice is included.

**Thursday: 13.30 – 14.30 BST**  
**Masterclass 3: Processing Loss and Sadness: Mindfulness as a Psychological Wellbeing and Self-Care Tool**  
*How do we accept ourselves as sentient beings, practice self-compassion and find inner-stability?* This session looks at how we can work with, honour, and soothe our emotions, and use self-compassion as an ally in life. Learn to find wisdom and growth in difficult times. Guided breathing practice is included.

**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/UC7yiCDdjyA0EmUB49PakvA](https://www.youtube.com/channel/UC7yiCDdjyA0EmUB49PakvA)

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.
### Concurrent sessions 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>13.30 – 14.30</td>
<td>Masterclass 1: Humanity in Medicine: Mindfulness and Compassion</td>
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<tr>
<td>14.30 – 15.00</td>
<td>Welcome to ICPH 2021</td>
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<tr>
<td>15.00 – 15.15</td>
<td>Official welcome and introduction</td>
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<tr>
<td>15.15 – 16.45</td>
<td>Keynote session: A vision for humanity in medicine</td>
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<tr>
<td>16.45 – 17.15</td>
<td>Visit the poster and trade exhibitions</td>
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<tr>
<td>17.15 – 18.15</td>
<td>Concurrent sessions 1</td>
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#### 1A Oral presentations: Perspectives and progress
- **123:** Physicians: Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine  
  Dr Karen Hornet-Griner, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA

#### 1B Oral presentations
- **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

#### 1C Oral presentations: Creating physician health services in the COVID-19 pandemic
- **714:** Rapid Transformation of a Highly Responsive Well-Being Program in Response to COVID-19  
  Dr Nadia Chagulla, medical director, psychology outpatient services and Dr. Echo Meyer, vice chair of psychological services, University of North Carolina School of Medicine, USA

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

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

#### 1F Workshop
- **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 Lindsay Gage, medical director of physician experience, Nebraska Medicine, USA

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### Additional workshops

**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

**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

**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 Ayala, assistant professor of medicine, Rutgers New Jersey Medical School, USA

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All event times are UK times: British Summer Time (UTC +1)
## TUESDAY 27 APRIL 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>16.00 – 17.30</td>
<td>Keynote session 2: Resilience, regeneration and restoration – learning from others</td>
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<tr>
<td>13.45 – 14.00</td>
<td>Platform open</td>
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<tr>
<td>14.00 – 15.30</td>
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### Concurrent session 2

**2A Oral presentations: Medical students and junior doctors**

- **67:** Understanding the barriers impacting on the psychological well-being of Australian junior doctors – a qualitative study
  - Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia

- **348:** 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 Sabino Medical Specialists, Wellington, New Zealand

- **670:** Improving physician/medical student health research: our observations as reviewers
  - Dr Erica Frank, professor and research chair, University of British Columbia, Canada, Dr Tari Shnafelt, chief wellness officer, Stanford University, USA and Professor Reidar Tyssen, University of Norway, Norway

- **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 Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

**2B Oral presentations: The gender gap**

- **184:** Burnout or Professional Fulfillment? Understanding the Well-being Gender Gap in General Surgeons
  - Dr Daniel Marchalik, medical director, physician well-being and Dr Mihnye Mete, 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 Ripp, senior associate dean for well-being and resilience and Dr Lauren Peccoralo, associate dean for faculty well-being and resilience, Icahn School of Medicine at Mount Sinai, USA

**2C Workshop**

- **347:** Professional Support Unit in Wales – Using the Trainee voice to improve services
  - Dr Claire Curto, 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

**2D Workshop**

- **465:** “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

**2E Workshop**

- **565:** Measuring and Responding to Mistreatment Among Medical Colleagues
  - Dr Samuel Van Horn, senior research associate and Ms Greta Ehrhart, manager of strategic projects, Christianacare, USA

**2F Workshop**

- **461:** "Measuring and Responding to Mistreatment Among Medical Colleagues: Icahn School of Medicine at Mount Sinai, USA"
  - Dr Tait Shanafelt, professor and research chair, Stanford University, Dr Erica Frank, professor and research chair, Stanford University, Canada, Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

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**Oral presentations:**

- **2A**
  - Australia Health Programme, Queensland Doctors’ Health Programme, Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia
  - Dr Amy Bannerman, GPST1 and strategic clinical teaching fellow, Imperial College London School of Medicine, UK
  - Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

- **2B**
  - Australia Health Programme, Queensland Doctors’ Health Programme, Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia
  - Dr Amy Bannerman, GPST1 and strategic clinical teaching fellow, Imperial College London School of Medicine, UK
  - Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

- **2C**
  - Australia Health Programme, Queensland Doctors’ Health Programme, Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia
  - Dr Amy Bannerman, GPST1 and strategic clinical teaching fellow, Imperial College London School of Medicine, UK
  - Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

- **2D**
  - Australia Health Programme, Queensland Doctors’ Health Programme, Dr Margaret Kay, medical director, Queensland Doctors’ Health Programme, Australia
  - Dr Amy Bannerman, GPST1 and strategic clinical teaching fellow, Imperial College London School of Medicine, UK
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**Poster and trade exhibitions:**

- **2A**
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  - Dr Amy Bannerman, GPST1 and strategic clinical teaching fellow, Imperial College London School of Medicine, UK
  - Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

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  - Dr Maria Clement, consultant paediatric anaesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust, Dr Helen Chipchase, consultant anaesthetist and Dr Alice Webster, clinical psychologist, South Tees Hospital NHS Foundation Trust, UK

**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

- Dr. David Wrigley, BMA deputy council chair, UK

Panel:
- Dr. David Wrigley, BMA deputy council chair, UK
- Dr. Daniel Turton, education director, St George’s University Hospital, London, UK
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Chair:
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Oral 3A
- 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

Panel:
- Dr. David Wrigley, BMA deputy council chair, UK
- Dr. Daniel Turton, education director, St George’s University Hospital, London, UK
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Chair:
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Oral 3B
- Dr. Mike Jones, UK Core Medical Training and Medical Director, Dr. Mike Jones, UK Core Medical Training and Medical Director, London, UK
- Dr. Helen Mackie, consultant, NHS Lanarkshire, UK
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Panel:
- Dr. Mike Jones, UK Core Medical Training and Medical Director, London, UK
- Dr. Helen Mackie, consultant, NHS Lanarkshire, UK
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Chair:
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Oral 3C
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA

Panel:
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA

Chair:
- Dr. Grace Pandemic Onset of Workers at Health Practice, USA

Oral 3D
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Panel:
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA
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- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Chair:
- Dr. Rebecca Williams-Karnesky, surgery clerkship coordinator, Los Angeles, USA

Oral 3E
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK

Panel:
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK

Chair:
- Dr. Sara Booth, University of Occupational and Psychological Medicine, UK

Oral 3F
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland

Panel:
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland

Chair:
- Dr. Murtaza Molodynski, medical trainee, St George’s University Hospital, Navan, Ireland

Workshop 3A
- Bridgeport Hospital, Yale New Haven Health, London, UK
- Bridgeport Hospital, Yale New Haven Health, London, UK
- Bridgeport Hospital, Yale New Haven Health, London, UK

Chair:
- Bridgeport Hospital, Yale New Haven Health, London, UK

Workshop 3B
- University of North Carolina, USA
- University of North Carolina, USA
- University of North Carolina, USA

Chair:
- University of North Carolina, USA

Workshop 3C
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK

Chair:
- St George’s University Hospital, London, UK

Workshop 3D
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK

Chair:
- St George’s University Hospital, London, UK

Workshop 3E
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK

Chair:
- St George’s University Hospital, London, UK

Workshop 3F
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK

Chair:
- St George’s University Hospital, London, UK

Workshop 3G
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK
- St George’s University Hospital, London, UK

Chair:
- St George’s University Hospital, London, UK

ICPH 2021
**THURSDAY 29 APRIL 2021**

10.00-10.45 Concurrent session 4

- Oral presentations: Mindfulness-based interventions

10.45-11.00 Break & Refreshments

11.00-11.45 Concurrent session 5

- Oral presentations: Mindfulness-based interventions

11.45-12.00 Break & Refreshments

12.00-12.30 Concurrent session 6

- Oral presentations: Mindfulness-based interventions

12.30-13.00 Lunch Break

**Workshop**

13.00-13.45 Workshop 1

13.45-14.00 Break & Refreshments

14.00-15.00 Workshop 2

15.00-15.15 Break & Refreshments

15.15-16.00 Concurrent session 4

- Oral presentations: Mindfulness-based interventions

16.00-16.45 Concurrent session 5

- Oral presentations: Mindfulness-based interventions
Dear NHS: 100 Stories to Say Thank You

Adam Kay is a former doctor and now a multi-award-winning writer and comedian. His books include 'This is Going to Hurt' and 'This is Going to Hurt: Medical School' and he is the editor of 'Dear NHS'.
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