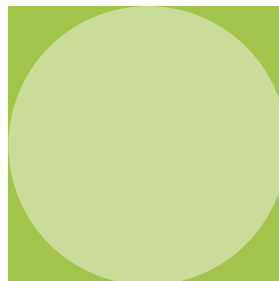


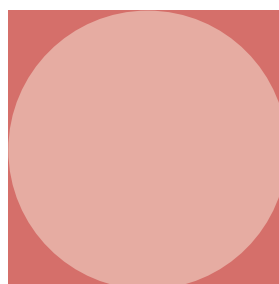
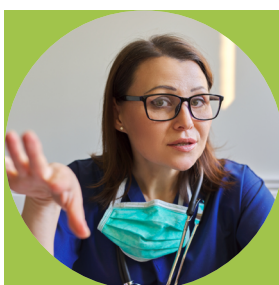
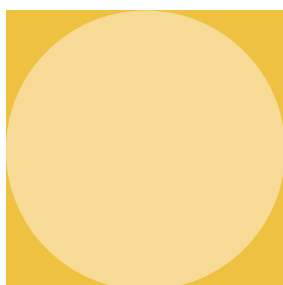
International Conference
on Physician Health™



Conference report

Theme: A vision for humanity in medicine

Location: Held virtually, on Let's Get Digital



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FOREWORD



FOREWORD

In what has been a tumultuous time for everyone, I am particularly proud that the BMA was able to host this year's International Conference on Physician Health (ICPH), organised jointly with the American and Canadian Medical Associations. The conference – with a theme of 'A vision for humanity in medicine' – could not have happened at a more crucial time for the profession, as doctors around the world continue to struggle on the frontlines of a truly international effort to contain and overcome the COVID-19 pandemic.

This global public health emergency has tested and heaped pressure on the physical and mental health of doctors working in every medical specialty, and in every corner of all healthcare systems, the world over.

Doctors across the globe are exhausted from the relentless and intense workload they have endured for more than a year. They have experienced significant changes to their working lives and managed the emotional effect of the risk to not only their own health but of their loved ones. They have witnessed death and serious illness at unprecedented levels and have cared for patients cut off from family, friends, and visitors, including having to treat colleagues struck down by this deadly disease.

While the pandemic has triggered global tragedy, fear, and pervasive uncertainty, it also offers an opportunity for profound learning.

With over 750 delegates from all corners of the world attending, the conference was led by international experts who are passionate about physician wellbeing and shared their learnings. Keynote sessions included exploring the effect of the COVID-19 pandemic on doctors' health and wellbeing as well as on physician health services, peer support, work-life balance, and avoiding burnout.

Special thanks go to Professor Debbie Cohen and the abstract review committee for helping to select the excellent programme, and to our expert group who in the early planning stages identified our pertinent conference theme as well as some of our keynote speakers.

Finally, I would like to thank everyone involved with putting this conference together, including the ICPH planning committee, the BMA conference unit, wellbeing team, AV team, and field events team, and all the other staff who kindly participated as session moderators. Thank you also to our supporters and contributors.

As doctors, whoever we are, wherever we practise, we need to support each other through this pandemic – united and compassionate.

A handwritten signature in black ink, appearing to read 'Chaand Nagpaul', with a stylized flourish at the end.

Dr Chaand Nagpaul CBE
BMA council chair

EVENT OVERVIEW



EVENT OVERVIEW

In April, the BMA hosted the International Conference on Physician Health (ICPH), held virtually for the first time and attended by over 750 delegates from around the world. Jointly organised with the American and Canadian Medical Associations, this biennial conference provides a platform for physicians and other health community leaders to learn, connect, and develop strategies and networks to support each other.

This year's event, spread over five afternoons instead of the usual three days, was scheduled to be face-to-face in London in September 2020 but was rescheduled to run virtually in April 2021. Themed 'A vision for humanity in medicine', the conference invited experts and practitioners from around the world, who are passionate about physician wellbeing, to share their learnings, experiences, and ideas from what has been an unprecedented year.



Welcoming remarks from Dr Chaand Nagpaul, BMA council chair



Presidential welcome from Association presidents: Professor Sir Harry Burns (BMA), Dr Ann Collins (CMA) and Dr Susan R Bailey (AMA)

Attendees and countries represented

Without the constraints of travel or a venue's space limitations, ICPH 2021 attracted over 750 participants compared to 305 when the BMA last hosted ICPH in 2014. This year's delegates represented 15 countries across five continents, including: Australia, Belgium, Canada, Finland, Germany, Ireland, Israel, Malta, Netherlands, New Zealand, Norway, Spain, UK, USA and Uruguay.

The planning committee consisted of representatives from the British, Canadian, American and Australian Medical Associations.

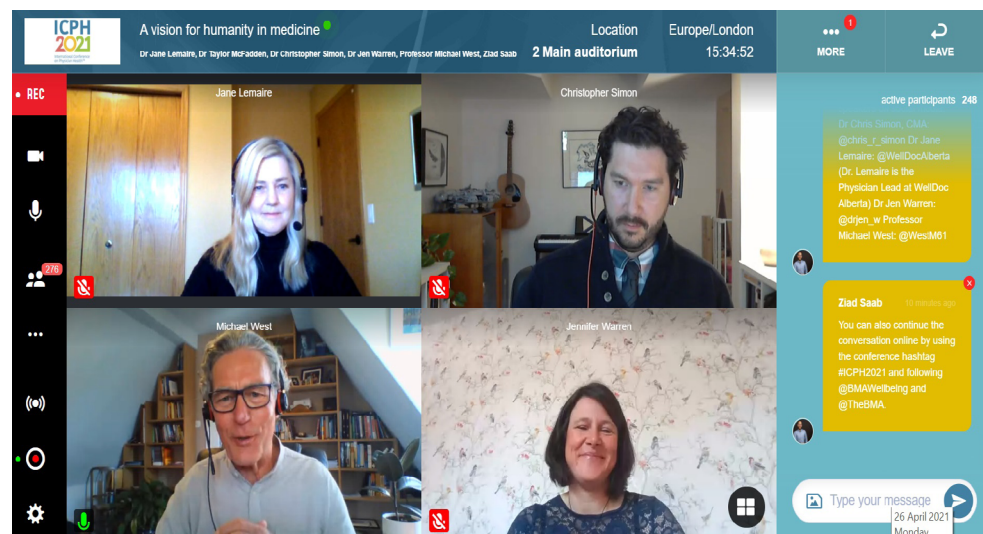
PROGRAMME OVERVIEW



PROGRAMME OVERVIEW

Keynote sessions:

- **Monday:** The opening plenary, chaired by Christopher Simon and panelled by Dr Jane Lemaire, Professor Michael West and Dr Jen Warren, talked to the conference's overall theme: A vision for humanity in medicine.
- **Tuesday:** Professor Debbie Cohen and Dr Thomas Kitchen explored how we can apply system-level thinking from outside of medicine to regenerate and restore our healthcare systems.
- **Wednesday:** BMA deputy chair of council, Dr David Wrigley, expertly chaired a panel made up of Professor Subodh Dave, Dr Karin Isakkson Rø, and Professor Colin West to hear key learnings from COVID-19 for physician wellbeing from across the globe.
- **Thursday:** Dame Clare Gerada discussed preventing physician suicide with powerful and moving stories from members of her bereavement group.
- **Friday:** Lastly, we heard some insights into the life of an NHS junior doctor from Adam Kay.



Opening plenary: chaired by Christopher Simon with panellists Dr Jane Lemaire, Professor Michael West and Dr Jen Warren.



Resilience, regeneration and restoration plenary: Professor Debbie Cohen and Dr Thomas Kitchen.



COVID-19 plenary: chaired by Dr David Wrigley, BMA deputy chair of council, with panellists Professor Subodh Dave, Dr Karin Isakkson Rø, and Professor Colin West.



Suicide and the myth of Sisyphus plenary: Professor Dame Clare Gerada with members of her bereavement group, Amandip Sidhu and Dr Ruth Taylor.



Closing plenary: Adam Kay.

In addition to these insightful keynote sessions, the varied oral presentations, workshops, and posters explored important themes including:

- The psychological impact of COVID-19 on physician wellbeing
- Preventing burnout
- System-level interventions
- The gender gap.

They also helped our delegates to build a rounded set of skills that are beneficial to one's wellbeing.

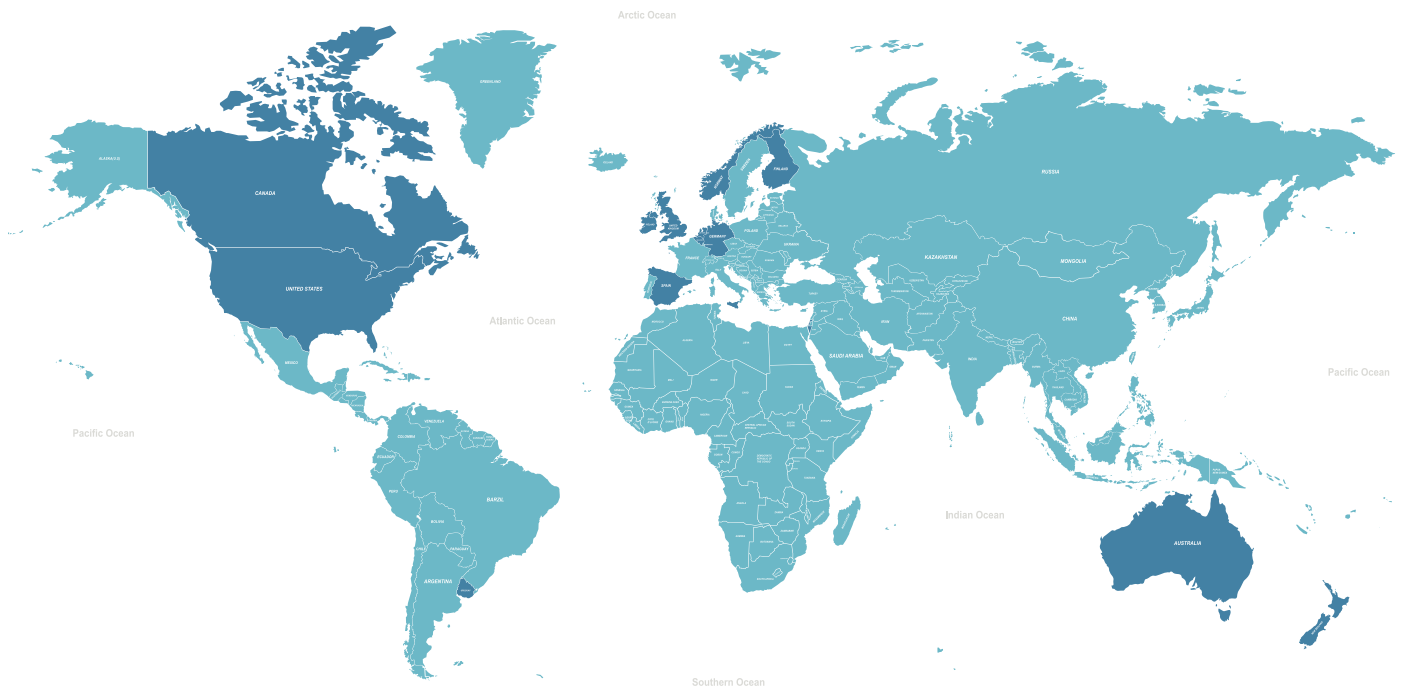
Presentation and workshop content for the programme was curated by an abstract review committee chaired by Professor Debbie Cohen. They reviewed over 700 abstracts, including the additional 50 abstracts we received following a late call specifically on the topic of COVID-19. From this, the abstract review committee selected 60 themed oral presentations, 19 interactive workshops and 53 poster presentations.

Content was also available on demand for 12 weeks following the event to allow participants to make the most of the excellent programme, particularly helpful for those based in different time zones.

KEY STATISTICS



KEY STATISTICS



Attendance:

750+ delegates from 15 countries across 5 continents

- 5 plenaries
- 60 themed oral presentations
- 19 workshops
- 53 poster presentations

KEYNOTE SPEAKERS



KEYNOTE SPEAKERS

A vision for humanity in medicine panel

Chair



Christopher Simon
Strategic advisor of physician wellness and medical culture, Canadian Medical Association.

Panellists



Dr Jane Lemaire
Clinical professor, Division of General Internal Medicine, and vice chair, physician wellness and vitality, Department of Medicine at the Cumming School of Medicine, University of Calgary, Alberta, Canada.



Dr Jen Warren
Anaesthetist dual training with intensive care and para-athlete.



Professor Michael West
Senior visiting fellow at the King's Fund, London and professor of organisational psychology at Lancaster University Management School.



Professor Debbie Cohen
Emeritus professor of occupational health, Cardiff University.



Dr Thomas Kitchen
Consultant anaesthetist, Cardiff and Vale University Health Board.

COVID perspectives and learning panel

Chair



Dr David Wrigley
Senior GP, BMA chief officer and deputy chair of UK council, BMA lead for doctor health and wellbeing.



Professor Subodh Dave
Dean elect of the Royal College of Psychiatrists, professor of psychiatry at the University of Bolton and a consultant psychiatrist at Derbyshire healthcare NHS Foundation Trust.



Dr Karin Isaksson Rø
Senior researcher at The Institute for studies of the Medical Profession, Norway.



Professor Colin West
Professor of Medicine, Medical Education, and Biostatistics at Mayo Clinic, Co-Director of the Mayo Clinic Program on Physician Well-Being.



Dr Clare Gerada
Medical director, NHS Practitioner Health.



Adam Kay
Writer and comedian, former junior doctor.

Suicide and the myth of Sisyphus

Closing plenary

Activities: Yoga, mindfulness, and networking

In addition to the academic programme, there were also daily extracurricular activities:

- Bespoke mindfulness masterclasses with Bojana Connor focused on humanity in medicine, processing sadness and grief, and managing emotions.
- Miranda Shaw ran two yoga classes tailored for medics.

Participants were also able to enjoy a ‘networking carousel’ within the platform, which allowed five-minute conversations with other, randomly allocated, delegates who wished to take part. This networking event proved popular and following requests for additional opportunities to meet with fellow delegates, two further sessions were added to the programme during the week, highlighting another bonus of a virtual conference.

Exhibitors

We would like to thank our gold sponsors and the many exhibitors that helped support the conference and furthered the message and practice of physician health. Following is a complete list of those participants.

Gold sponsors



Doctors' Support
Network



Footlamp Consulting



Olly's Future



The Rounds



General Medical
Council



Health Assured

Other exhibitors included:

- American Medical Association
- Canadian Medical Association
- British Medical Association
- BMA Wellbeing
- Miranda Yoga

Social media and feedback

Conference delegates were encouraged to share reflections via the conference hashtag [#ICPH2021](#). The virtual conference offered a level of engagement and interaction between delegates not always possible in a face-to-face format.



Comments from conference attendees

Testimonials

A selection of comments from participants on the overall conference:

‘Really well done for a virtual conference. Really nice to be able to share with so many physicians from across the world. Enjoyed the space! Hope it will stay online?’

‘It was a really great conference and I am still watching sessions as there were so many sessions I wanted to attend or re-watch and this platform gives me the opportunity.’

‘Very well run considering the circumstances.’

‘I really love the variety of offerings and the international collaborations.’

‘There were presentations that gave me an incredible amount to think about. For the most part the sessions that grabbed my attention were physician presenters because it gave me hope physicians can carve out time for this work.’

‘The platform was excellent – overall easy to navigate and having the App was helpful in keeping track.’

‘Wonderfully put together in the midst of a pandemic. My congrats to all!’

‘I took a lot from the sessions I attended. Would definitely be interested in attending in person when there is an opportunity.’

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

Planning committee:

Ashley Cummings (AMA staff)
Taylor McFadden (CMA staff)
Tom Rapanakis (BMA staff)
Caroline Eason (BMA staff)
Mary Meekings (BMA staff)
Christopher Simon (CMA staff)
Caroline Gerin-Lajoie (CMA staff)

Kimberly Murrell (BMA staff)
Dr Michael Tutty (AMA staff)
Clare James (BMA staff)
Dr Michael Peters (BMA staff)
Julia Wilkens (AMA staff)
Dr Margaret Kay (Australia)

Abstract review committee:

Chair: Professor Debbie Cohen (Wales)
Dr Alice McGarvey (Ireland)
Dr Ira van der Steenstraten (Australia)
Dr Joy Albuquerque (Canada)
Dr Samantha Meltzer-Brody (US)
Dr Daniel Tawfik (US)
Dr Erica Dance (Canada)
Dr Kristine Olson (US)
Professor Susan Thompson-Hingle (US)
Dr Joke Fleer (Netherlands)
Dr Jochen Profit (US)

Professor Reidar Tyssen (Norway)
Dr Leslie Flynn (Canada)
Dr Karin Isakkson Rø (Norway)
Dr Brianna Vaa Stelling (US) (Norway)
Professor Erica Frank (Canada)
Dr Mithu Sen (Canada)
Dr Colin West (US)
Dr Margaret Kay (Australia)
Dr Sarah Smith (Canada)
Dr Choong-Siew Yong (Australia)
Dr Thomas Kitchen (Wales)

Expert group:

Chair: Dr Helen Fidler
Dr Amit Kochhar
Dr Hannah Barham-Brown

Stephen Naulls
Professor Dame Clare Gerada
Lucy Warner

We would also like to thank all the session facilitators and moderators, without whom the conference would not have run so smoothly.



SAVE THE DATE

Mark your calendars

Plan to join us at the next ICPH, Oct. 13–15, 2022 in Orlando, Florida, at the Hyatt Regency Orlando.

Email physicianhealth@ama-assn.org to be placed on the ICPH mailing list in order to receive timely conference updates, including when the call for abstracts opens.



ICPH
2022
International Conference
on Physician Health
Oct. 13–15
Hyatt Regency Orlando



ICPH 2021