ICPH 2021
International Conference on Physician Health™

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

Monday
Tuesday
Wednesday
Thursday
Friday

AMA
American Medical Association

ASSOCIATION MÉDICALE CANADIENNE

CANADIAN MEDICAL ASSOCIATION

BMA
<table>
<thead>
<tr>
<th>14.30 – 15.00</th>
<th>Welcome to ICPH 2021</th>
<th>Event overview and opportunity to visit the platform</th>
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<tbody>
<tr>
<td>15.00 – 15.15</td>
<td>Official welcome and introduction</td>
<td>BMA president, Professor Sir Harry Burns AIMA president, Dr Susan R Bailey CMA president, Dr Ann Collins</td>
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<tr>
<td>15.15 – 16.45</td>
<td>Keynote session: A vision for humanity in medicine</td>
<td>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</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: Adapting and creating physician health services in the COVID-19 pandemic

**1D** Workshop

**1E** Workshop

**1F** Workshop

### 123: Physicians Then and Now: A 30-year perspective on finding satisfaction and sustainability in medicine

Chair: Dr Karen Horneffer-Ginter, assistant dean for wellness, and Dr David Dunstone, associate professor emeritus in psychiatry, Western Michigan University, USA

- **123A**: Implementation and Results of the Professional Well-being Program – Medical College of Uruguay
  - Dr Juan Lapueto, 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

- **123B**: Perspectives and Oral presentations: 1A– Professor Michael West, professor of organisational psychology, University of Lancaster, UK – Dr Jennifer Warren, anaesthetist and para-athlete, UK – Dr Jane Lemaire, clinical professor and vice chair physician wellness and vitality Department of Medicine, University of North Carolina School of Medicine, USA

- **123C**: Oral presentations: Adapting and creating physician health services in the COVID-19 pandemic
  - Dr Samantha Meltzer-Brody, chair of psychiatry and director of well-being program, Dr Nada Charguia, medical director psychiatry outpatient services and Dr Echo Meyer, vice chair of psychological services, University of North Carolina School of Medicine, USA

### 284: Changes in work stress among doctors in Norway from 2010 to 2019: a study based on repeated surveys

Chair: Dr Judith Rosta, senior researcher, LEFO – Institute for Studies of the Medical Profession, Norway

- **284A**: 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

### 304: A better analysis to inform a national framework

Chair: Dr Caroline Gerin-Lajoie, executive vice-president of physician health and wellness, Canadian Medical Association, Canada

- **304A**: 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

### 481: Uncovering the Physician Health and Wellness Landscape in Canada: A national analysis to inform a national framework

Chair: Dr Samuel Lajoie, executive vice-president of physician health and wellness, Canadian Medical Association, Canada

- **481A**: Creating a culture of peer support for physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups
  - Dr Chantal Brouillon, assistant dean for faculty vitality and chief wellness officer and Dr Manasa Aguda, assistant professor of medicine, Rutgers New Jersey Medical School, USA

### 706: The CMA Wellness Connection: A national, virtual peer support program launched in response to the COVID-19 pandemic

Chair: Ms Taylor McFadden, program manager, physician health and wellness, Canadian Medical Association, Canada

- **706A**: Prioritize Specific Needs
- **706B**: Design a Program
- **706C**: To Understand and Prioritize Specific System Needs for the Individual
- **706D**: Physician and Group Level

Chair: Dr Sarah Richards, medical director of patient and provider experience and Dr Bethany-Lowendes, 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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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>16.00</td>
<td>Keynote session 2: Resilience, regeneration and restoration – learning from others</td>
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<td>13.45</td>
<td>Platform open</td>
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<td>14.00</td>
<td><strong>Concurrent session 2</strong></td>
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<tr>
<td>14.00</td>
<td>2A Oral presentations: Medical students and junior doctors</td>
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<td>14.00</td>
<td>2B Oral presentations: The gender gap</td>
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<td>15.30</td>
<td>2D Workshop</td>
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<td>15.30</td>
<td>2E Workshop</td>
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<td>16.00</td>
<td><strong>Workshop</strong></td>
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### 2A Oral presentations: Medical students and junior doctors
- Not so special? The mental health of medical students in context with general student mental health
  - Dr Sarah Rees, intervention development co-ordinator, National Centre for Mental Health, Cardiff University, UK

### 2B Oral presentations: The gender gap
- Making up for being female? Rethinking work-life balance, gender norms and gender in medicine
  - Dr Charlotte N.L. Chambers, director of policy and research, Association of Saluted 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
  - Dr Tait Shanafelt, chief wellness officer, Stanford University, USA and ProfessorREADME 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 anesthetist, Newcastle Upon Tyne Hospitals NHS Foundation Trust and Dr Helen Chajchaj, consultant anesthetist, South Tees Hospital NHS Foundation Trust, UK
- 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

### 2C Workshop
- Improving 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.

### 2D Workshop
- 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
- Conflicts in French operating rooms: risk factors are female, centre size, staff and age; a webinar survey
  - Dr Thomas Léauté-Labouesse, College Français des Anesthésistes-Réanimateurs/SMART Commission, France
- Burnout or Professional Fulfillment? Understanding the Well-being Gender Gap in General Surgeons
  - Dr Mithile Sheth, director of behavioural health research, Medstar Health Research Institute, USA
- Mainstreaming physician wellbeing and preventive health into the undergraduate medical curriculum: “Lifestyle Medicine and Prevention” at Imperial College School of Medicine
  - Dr Amy Banerji, GPST and strategic clinical teaching fellow, Imperial College London School of Medicine, 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 well-being and resilience, Icahn School of Medicine at Mount Sinai, USA

### 2E Workshop
- The gender gap in medical education and training: a webmail survey of participants and reviewers
  - A qualitative study of the barriers of Australian female medical students and junior doctors.
- The gender gap in General Practice: are female, centre size, staff and age; a webinar survey
  - Dr Thamarie St-Louis, College Français des Anesthésistes-Réanimateurs

### 2F Workshop
- Accelerating the measurement of workplace discrimination in medical education and training: a webmail survey of participants and reviewers
  - A qualitative study of the barriers of Australian female medical students and junior doctors.
- The gender gap in General Practice: are female, centre size, staff and age; a webinar survey
  - Dr Thamarie St-Louis, College Français des Anesthésistes-Réanimateurs
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<th>Session</th>
<th>Title</th>
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<td>3A</td>
<td>Oral presentations: Residents and trainees and the learning environment</td>
<td>Dr Daniel Turton, Dr Rebecca Marchalik, Dr Ryan Matlow, Dr Jennifer Reese, Dr Heidi Edmundson, Mr Nathaniel Duggins</td>
<td>Barts Health NHS Trust, USA; MedStar Health, USA; University of New Mexico, USA; Barts and The London, UK; London, Queen Mary University of London, UK; Renewal Centre, UK</td>
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<td>3B</td>
<td>Oral presentations: Psychological effects and interventions during the COVID-19 pandemic</td>
<td>Dr Miriam Trainees, UK Core Medical Trainees, UK, Dr Josephine Lanarkshire consultant, 119: The serious business of fun during the COVID-19 pandemic, Dr Richard Williams, UK</td>
<td>UK Royal Colleges of Physicians Training Board, UK; European Board of Internal Medicine, UK; UK General Medical Council, UK; UK Clinical Research Network, UK; USA National Institute of Neurological Disorders and Stroke, USA</td>
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FRIDAY 30 APRIL 2021

10.30 – 11.00 Visit the poster and trade exhibitions

11.00 – 11.30 Concurrent session 4

4A Oral presentations: Burnout and preventative interventions

4B Oral presentations: Peer support and networks

4C Oral presentations: Building workforce capacity

4D Workshop

4E Workshop

4F Workshop

4G Workshop

201: Burnout by physician and ethnicity in the United States: Dr Magali Pawlowska, assistant professor, diversity development and identity, Stanford University, USA

202: Less than full-time: The therapist and the physician-in-patient: The Barcelona Collaborative Paradigm: Dr Gustavo Braquehais, secretary to the board, Barcelona Medical Council and Dr Maria Dolores Alcober, integral care programme for doctors, Galeno Foundation, Barcelona, Spain

203: The Art of Sifting: Using the artist-sitter relationship to better understand the doctor-patient relationship: Dr Elizabeth Jones, foundation doctor, University Hospital, North Midlands, UK

407: Simulated Florence: Resilience in Various Environments (STRES) Course to develop confidence for stressful clinical events based on mindfulness skills: Dr Stephanie Smith, resident, University of Calgary and Dr Layth Tameem, resident, University of Calgary, Canada

580: Does it Take to Move the Dial on Physician Professional Fulfilment and Burnout at an Academic Medical Center?: Dr Eva Weindel, clinical professor of medicine, director of faculty wellness, Stanford University School of Medicine, USA

581: Buddy Up!: Dr Luke Peel, clinical teaching fellow in emergency medicine, NHS Greater Glasgow and Clyde; Dr Rossana Bevan, CT2 in psychiatry, East London Foundation Trust and Dr Natalie Pawlowska, ST4 in histopathology, University Hospitals Leicester, UK

582: Implementing a Peer Support Program to Prevent Burnout in High-Risk Physicians: Dr Jin Chang, pediatric urgent care, Oslo Medical Foundation, USA

583: Healthy Enough to Work?: Private disability insurance and physicians with mental health disabilities: Dr Joy Arnetz, medical director, physician health program, Ontario Medical Association, Canada

200: The Better Working Lives Group – A Method to prevent and treat burnout: Dr Lyndsey Goddard, infant grade doctor in anaesthesiology and Dr Paul Monjeux, deputy medical director and chair of Better Working Lives group, West Suffolk NHS Foundation Trust, UK

369: The Ward Network: A Research Service for Doctors in the South West of England: Dr Edward Miles, ST6 in anaesthesiology; Dr Layth Tameem, ST6 in anaesthesiology and Dr Mark Kellogg, ST6 in anaesthesiology, Health Education England South West, UK

433: Supporting the return to clinical practice: Dr Claire Coome, ST7 in anaesthesiology, Queen Elizabeth University Hospital, Glasgow, UK

308: Identifying factors contributing to Primary Care Practitioners’ (PCPs) burnout and prioritizing improvement efforts to mitigate PCPs’ burnout during COVID-19: Dr Karthik Adapa, research specialist and manager, Human Factors Laboratory, University of North Carolina School of Medicine, USA

708: Identifying factors contributing to Primary Care Practitioners’ (PCPs) burnout and prioritizing improvement efforts to mitigate PCPs’ burnout during COVID-19: Dr Karthik Adapa, research specialist and manager, Human Factors Laboratory, University of North Carolina School of Medicine, USA

560: More than an interview: A qualitative interview study: Dr Ingrid Taxt Horne, PhD student, Research Institute Modum, Norway

541: The Regulation of Physician Workforce to a Sustainable Workforce: Dr Laurent Peccoralo, physician, Calvino School of Medicine at Mount Sinai, Dr Heather Fakly, physician, Christiansen; Dr Daniel Marchals, physician, MedStar Health, USA

15.30 – 16.00 Closing remarks and look ahead to 2022