

PROGRAMME

EAPH CONFERENCE 2015

SUNDAY 19TH

19.00 REGISTRATION
20.00 WELCOME DRINK

MONDAY 20TH

ROOM A

ROOM B

ROOM C

8.00

REGISTRATION

Official welcome

8.30

• **Dr. Jaume Padrós**, President of the Catalan Medical Association
• **Dr. Michael Peters**, President of the European Association for Physician Health
• **Dr. Antoni Arteman**, General Manager of the Galatea Foundation

9.00

Opening lecture
"The health footprint of a healthy doctor" **Dr. Peter Anderson***

10.00

POSTERS *Coffee break in the terrace-garden*

10.30

Parallel Oral Presentations topic 1: Building health and resilience in medical school

Chair: Prof. Dr. Friedrich M. Wurst
44. Reality weakness trait is linked to both mental health and performance-related issues among medical students: a nationwide and cross-sectional study (NORDOC).
Prof. Reidar Tyssen, Norway

19. The hidden curriculum of patient-centered care: Narratives from medical students.
Dr. Karolina Doulougeri, Greece

45. Mental health and intervention studies in Norwegian medical students and doctors: a review and update of the NORDOC studies.
Prof. Reidar Tyssen, Norway

Chair: Dr. Karin Isaksson Rø
7. Resilience and professional identity. Recognising and responding to the challenge: Empowering medical students to support and embed change in their undergraduate curriculum: A new approach.
Dr. Debbie Cohen, UK

8. Predisposing factors of burn out among Parisian General Practitioners Trainees. A longitudinal study.
Prof. Eric Galam, France

49. Process training for health providers: Self-management and emotional intelligence strengthen foundation for resilience.
Ms. Ane Haaland, Norway

Chair: Dr. Eulàlia Masachs
30. It's just a laboratory, it is not your life." Stressors and starting points for health-promoting interventions in medical school from the students' perspective: a qualitative study.
Dr. Thomas Kötter, Germany

57. Developing a medical education website for doctors and medical students in Ireland on 'doctors' health & healthcare: information & services.
Dr. Andrée Rochfort, Ireland

15. The transition of medical students to the residency training: the effects on physical activity and mental health.
Dr. Alba Pardo, Catalonia, Spain

11.45

POSTER SESSION

12.15

WORKSHOPS

1. "No decisions about me, without me": Learning communication skills in the new paradigm doctor-patient relationship.
Dr. Debbie Cohen, UK / **Dr. Pilar Lusilla**, Catalonia, Spain

51. Designing your practice for quality care and career satisfaction.
Dr. Henry Ukpeh, Canada

3. Developing Resilience through Peer Support.
Dr. Vishal Agrawal, UK

13.15

LUNCH *in the terrace-garden*

14.45

Parallel Oral Presentations topic 2: Professional resilience in a changing health care system

Chair: Dr. Andrée Rochfort
11. Current and future health care needs of future hospital physicians.
Mr. Martijn M. Ruitenburg, The Netherlands

60. Training communication skills for health professionals: Does it influence on job satisfaction, burnout and resilience?
Dr. Pilar Lusilla, Catalonia, Spain

47. Assessing and remediating disruptive physician behaviour: The first five years of results from the Ontario Medical Association.
Dr. Derek Puddester, Canada

Chair: Dr. Antoni Arteman
35. Passionate performance in times of burnout.
Prof. Dr. med. Edgar Voltmer, Germany

17. A story of resilience: Being a paediatrician in Spain.
Ms. Anna Mitjans, Catalonia, Spain

36. Physicians' perceptions in favour of or against establishing a private practice and correlations to work-related behaviour and experience patterns.
Prof. Dr. med. Edgar Voltmer, Germany

Chair: Dr. Michael Peters
55. The role of GP's self esteem in critical decision making.
Dr. Evangelia Tsigas, Greece

58. The changing context of UK General Practice- the story from the Journal of the Royal College of General Practitioners.
Dr. Jennifer C Napier, UK

5. When resilience fails: dual diagnosis among physicians.
Dr. María Dolores Braquehais, Catalonia, Spain

16.00

POSTERS *Coffee break in the terrace-garden*

16.30

WORKSHOPS

24. Bringing the well being and patient safety research agenda together: Why healthy HPs equal safe patients.
Prof. Anthony Montgomery, Greece

32. A Baker's dozen of mental toughness skills- a resilience workshop.
Dr. Mark RW Stacey, UK

16. Living or surviving at work: Learning to develop professional resilience in complex working environments.
Dr. Eulàlia Masachs, **Ms. Anna Mitjans**, Catalonia, Spain

17.30

General EAPH Assembly

21.00

GALA DINNER & MUSIC GROUP. BEST POSTER AWARD

Chair: Prof. Reidar Tyssen

31. Appropriate mental toughness training for medical students and clinicians. **Dr. Mark RW Stacey.** UK

25. Protective factors and risk factors for psychiatric morbidity among general practitioners – a cross-sectional gender stratified study. **Prof. Ann Fridner.** Sweden

48. Global Physician Resilience: The Role of Social Context. **Dr. Dana Hanson.** Canada

50. The balance between discretion and incentive driven systems. A qualitative study on the importance of organisation of peer support for doctors in Norway. **Dr. Karin Isaksson Rø.** Norway

Chair: Dr. Pilar Lusilla

56. How therapists react to patient's suicide – findings and consequences for health care professionals' wellbeing. **Prof. Dr. Friedrich M. Wurst.** Austria

6. Health for Health Professionals Wales: A national intervention to support doctors in distress: outcomes and lessons learnt one year on. **Dr. Debbie Cohen.** UK

28. Long term follow-up study of a cohort of doctors who have attended the MedNet Service. **Dr. Tony Garelick.** UK

12. To regret or not to regret medicine, does it matter for physicians' later well-being? A nationwide and longitudinal study over 15 years after leaving medical school (NORDOC). **Prof. emeritus Tore Gude.** Norway

Chair: Ms. Anna Mitjans

26. 'What's Up Doc?' Development of an occupational health and personal resilience program for junior doctors in a UK teaching hospital. **Dr. Evie Kemp.** UK

34. Physicians sickness presenteeism: Safe or hazardous? **Dr. Lise Tevik Loevseth.** Norway

20. Health and wellbeing of physicians as a guarantee of better quality of medical care. **Dr. Anna G. Margaryan.** Armenia

9. Toward a Belgian National Assistance for Physicians in Acute Psychological Distress. **Dr. Michel Bafort.** Belgium

9.00
Parallel Oral Presentations
topic 3: **Personal resilience and the health of doctors**

10.30

POSTERS *Coffee break in the terrace-garden*

11.00
WORKSHOPS

54. Mental skills training for hospital physicians: to maintain or improve workability. **Mr. Martijn M. Ruitenburg.** The Netherlands

27. "What's Up Doc?" Following a junior doctor with depression-a skills based workshop. **Dr. Evie Kemp.** UK

29. To explore key psychodynamic changes derived from therapeutic consultations that contribute towards resilience. **Dr. Tony Garelick.** UK

12.00

Working Group Topic 3
Coordinator: Dr. Andrée Rochfort

Working Group Topic 2
Coordinator: Dr. Michael Peters

Working Group Topic 1
Coordinator: Ms. Anna Mitjans

13.00

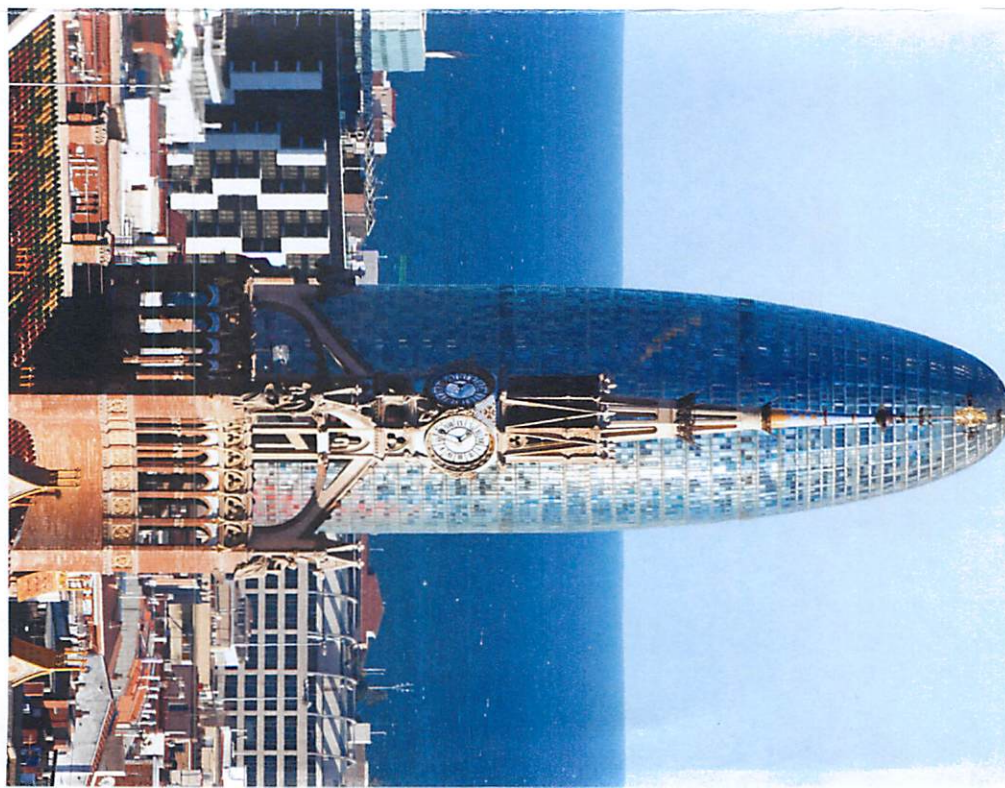
WORKING GROUPS' CONCLUSIONS AND CLOSING
Dr. Gustavo Tolchinsky, General Secretary of the Catalan Medical Association

13.30

LUNCH *in the terrace-garden*

* **Dr. Peter Anderson, MD, MPH, PhD, FRCP**
Professor, Substance Use, Policy and Practice, Institute of Health and Society, Newcastle University, England
Professor, Alcohol and Health, Faculty of Health, Medicine and Life Sciences, Maastricht University, Netherlands
Member World Economic Forum Global Agenda Council on Mental Health

Dr. Anderson is trained as a general practitioner and a specialist in public health medicine form Oxford and London in the UK. In England, he set up and directed the first national unit for health promotion in primary care. He has worked for the World Health Organization and been a specialist adviser to the European Commission. His clinical, professional and academic life has been dedicated to promoting health and preventing illness. He has developed the concept of the health footprint, which, similar to the carbon footprint, can be applied to individuals. In his presentation, Dr. Anderson will summarize the key evidence as to what each of us, as physicians, can do to improve our own health footprint, and thus build our own resilience, and promote our own health and prevent disease.



ERPH CONFERENCE 2015

DOCTORS' RESILIENCE.

BUILDING EUROPEAN NETWORKS

THROUGH RESEARCH AND PRACTICE

BARCELONA, 20TH - 21ST APRIL 2015

