



BURNOUT, RESILIENCE AND WELLBEING STUDY

DAY

VENUE: MURRAY EDWARDS COLLEGE – CAMBRIDGE

CPD: 5 CREDITS



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This event highlights the significance, impact and improvement strategies of burnout in the medical profession. It will involve lectures, discussions, and interactive format supported by the relevant experts and professionals in this field. It will explore medical profession's vulnerability, personal and work factors in burnout. Reflective process, resilient capacity and recovery strategies will be shared and discussed. Support network and optimisation approach will also be explored. The event is suitable for all medical professionals including consultants, trainees and medical students. It will also be beneficial to human resource colleagues to gain further insight on medical well being.

Who should attend: All healthcare professionals including consultants and trainees, medical students and medical staffing colleagues

Educational aims:

- To understand the significance and impact of burnout in the medical profession
- To generate awareness of strategies for resilience and well being

Programme organisers

Dr Teik Choon See, Consultant Radiologist, Cambridge University Hospitals NHS Foundation Trust

Dr Susie Hunt, Professional Wellbeing and Clinician Support, Cambridge University Hospitals NHS Foundation Trust

Join us

Join the BIR today to benefit from reduced delegate rates for our events.

For membership information visit:
www.bir.org.uk/join-us

09:00	Registration and refreshments	12:20	Support, networks, therapy – Looking after our doctors Dr Lucy Henshall, Clinical Lead, NHS Practitioner Health Service, East of England
09:30	Welcome and introduction Dr Lucy Henshall, Clinical Lead, NHS Practitioner Health Service, East of England; Dr Susie Hunt, Professional Wellbeing and Clinician Support, Cambridge University Hospitals NHS Foundation Trust	13:00	Lunch
09:35	‘Burnout et al...’ : All about the beasts Dr Susie Hunt, Professional Wellbeing and Clinician Support, Cambridge University Hospitals NHS Foundation Trust	14:00	Reflective debrief – time to offload and refuel Dr Susie Hunt, Professional Wellbeing and Clinician Support, Cambridge University Hospitals NHS Foundation Trust
10:00	Causative and protective factors for burnout in trainee anaesthetists Behavioural Insights Team/Royal College of Anaesthetists	14:25	Staying present – the what, who and how of mindfulness Dr Mark Chambers
10:25	Wounded healer... wounded team – impact of burnout on team – dynamics, resilience, effectiveness and functionality Dr Megan Joffe, Health Practice Lead, Egecumbie Health	15:10	Refreshments
11:00	Refreshments	15:25	Better Working Lives Group – combatting burnout at the West Suffolk Hospital Dr Paul Molyneux, Consultant Neurologist, West Suffolk Hospital
11:20	Addiction and suicide – never in a doctor? Dr Henrietta Bowden-Jones, Consultant Psychiatrist in Addictions, Central and North West London NHS Foundation Trust; Honorary Lecturer, Imperial College London; Founder and Director, National Problem Gambling Clinic	15:55	Finding joy at work – simple things we can all do Dr Caroline Walker, Psychiatrist, Therapist, Trainer, Coach, Author of ‘The Joyful Doctor’
12:00	A doctor’s story – the loss of a brother, a respected Consultant Cardiologist, to suicide Amandip Sidhu, Pharmacist and Founder of <i>Doctors In Distress</i>	16:25	Final remarks Dr Susie Hunt, Professional Wellbeing and Clinician Support, Cambridge University Hospitals NHS Foundation Trust
		16:30	Close of event

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MURRAY EDWARDS COLLEGE
HUNTINGDON ROAD
CAMBRIDGE
CB3 0DF

Murray Edwards College is situated on Huntingdon Road, to the West of the City Centre.

If travelling by car, visitors should park in the car park at the rear of the College, off Storey's Way. Parking spaces are on a first come, first served basis.

If using sat-nav, please use the post code CB3 0DR. All guests are directed to the Main College from the car park. We put out direction signs for specific events but they can also visit the Porters Lodge for directions or to check in for accommodation.

If you are arriving by bicycle, we have bike parking by the tennis courts off Storey's Way and close to the Porters' Lodge off Huntingdon Road. All cycles are left at the owners risk and we would advise you use a secure lock.

Arriving by road

From the M11, take junction 13 onto the A1303 towards the City Centre.

From the A14, take junction 31 onto the A1307 towards the City Centre.

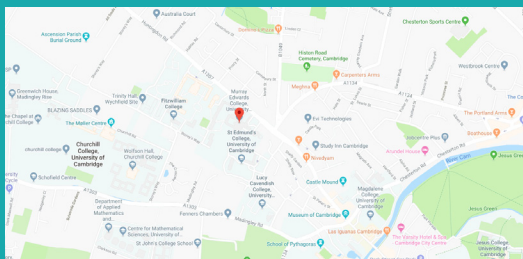
Use the Park and Ride on Madingley Road to ensure easy parking. Further information about Park and Ride. Red route 77, alight at Bridge Street.

Arriving by rail

It is probably quickest and easiest to take a taxi from the Rail Station to Murray Edwards. Alternatively, during the day, a regular bus service operates from the Station to the City Centre and then from outside the Post Office, on St. Andrews Street, take the Citi 5 or Citi 6 bus to Murray Edwards. Buses run every 20 minutes. www.stagecoachbus.com/timetables

Arriving by air

There is an hourly service operated by National Express from Stansted Airport to Cambridge Bus Station. The journey takes 45 minutes. No booking is required. There are also services from Luton, Heathrow and Gatwick Airports operated by the same company.



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