

Chosen Charity:

Doctors in  
Distress

NHS

Practitioner Health

# International Practitioner Health Summit 2024

# The Wounded Healer

## A New Hope for Workforce Wellbeing and Solutions for the Future

### Conference of NHS Practitioner Health

Thursday 27th – Friday 28th June 2024  
Virtual Attendance



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### Speakers Include:

- **Dr Benji Waterhouse** *Consultant Psychiatrist, comedian & author of You Don't Have to Be Mad to Work Here*
- **Professor Dame Robina Shah** - *Professor of Medical Education and Psycho Social Medicine MBChB Programme; Director, Doubleday Centre for Patient Experience; Chair, UK Medical Schools Collaboration on Patient Partnership, Member, NHS England General Assembly and Member NHS England Health*
- **Fatima Khan-Shah** - *Inclusivity Champion, Convener, Programme Lead, Unpaid Carers and Personalised Care West Yorkshire Race Equality Network*

# International Practitioner Health Summit 2024

# The Wounded Healer

A New Hope for Workforce Wellbeing and  
Solutions for the Future

*Conference of NHS Practitioner Health*

**Thursday 27th – Friday 28th June 2024**  
**Virtual Attendance**

NHS Practitioner Health in association with the Workforce Specialist Service in Scotland and the Canopi service in Wales, are pleased to announce the International Practitioner Health Summit 2024 which will focus on a new hope for workforce wellbeing and solutions for the future. Day one will focus on looking inward, how do our experiences as health professionals shape us. With day two turning outward, how do we use our experiences as health professionals to do things differently.

We are aware that the last few years have created intolerable pressures on staff, but also that many people have been focused on interventions and support to make a difference to the work experience of those in health and care settings. This two day CPD certified conference will focus on a new hope for workforce wellbeing and solutions for the future. We will be joined by a range of speakers and organisations who understand the challenges and impact of poor mental health and have been at the forefront of identifying and making changes to improve their own or the wider workforce wellbeing.

Open to all healthcare professionals, this hybrid CPD certified conference will welcome delegates from across the world attending face to face and remotely.

Our chosen charity, Doctors in Distress, is supporting the conference this year with two creative workshops. They are also providing wellness massages that will be open throughout both days delivered by the Community Massage Project free of charge (donations welcome). There will be a Doctors in Distress raffle during the NHS Practitioner Health drinks reception at the end of day 1.

# VIRTUAL DAY 1 PROGRAMME: LOOKING INWARD

## How do our experiences as health professionals shape us

### 09.30 Chair's Introduction & Welcome

**Dr Helen Garr** *Medical Director, NHS Practitioner Health*

### 10.00 Experiences from the frontline

**Dr Rachel Clarke**  
*Palliative Care Doctor and Author*

- How the impact of the last 4 years continues to affect frontline staff across the NHS

### 10.25 Panel Session: How our experiences and challenges affect us?

**Chair: Dr Chaand Nagpaul CBE** *Trustee, Doctors in Distress; GP Partner, North London; Chair, Harrow LMC and NW London LMCs network; Chair, BMA Forum for Racial and Ethnic Equality; Board member, NHS Race and Health Observatory*

#### Panelist Include:

**Fatima Khan-Shah** *West Yorkshire Inclusivity Champion*

**Professor Dame Robina Shah** *Professor of Medical Education and Psycho Social Medicine MBChB Programme; Director, Doubleday Centre for Patient Experience; Chair, UK Medical Schools Collaboration on Patient Partnership; Member, NHS England Assembly; and Member, NHS England Health*

**Professor Mala Rao CBE** *Director, Ethnicity and Health Unit and Senior Clinical Fellow and former Medical Adviser, Workforce Race Equality Strategy Implementation Team, NHS England, Department of Primary Care and Public Health, Imperial College London*

11.00 *Questions and Answers*

11.10 *Tea and Coffee Break and Exhibition*

### Creating time and space for reflection - Session Chair

**Kamran Abbasi** *Editor in Chief, The BMJ*

### 11.30 Reflective Groups for the Reduction of Burnout for Junior Doctors

**Dr Myles Gutkin**  
*Consultant Psychiatrist, Senior Clinical Lecturer,  
PhD candidate, Trainee Group Analyst  
and Lead Clinician  
NHS Practitioner Health*

- Stress and competition can impair performance and reduce support for junior doctors, leading to burnout
- Group interventions targeting emotion regulation and communication could reduce burnout
- Mixed-methods analysis of pilot data support the potential benefit of this intervention

### 11.50 Wellbeing in newly qualified doctors: Exploring the value of peer-led reflective sessions

**Dr Yvette Jaffe**  
*Doctor  
Royal Free London NHS Foundation Trust*

- Newly qualified Foundation Year 1 (FY1) doctors at our hospital reported poor wellbeing and burnout
- Regular peer-led reflective sessions were introduced which all attendees found useful. A range of benefits were elicited, including the provision of a psychological safe space to connect and share with peers
- We created a framework to enable similar sessions to be developed in different settings

### 12.10 'Don't just do something sit there' - reflections on support groups for doctors in high pressure environments

**Dr Hugh Grant-Peterkin**  
*Consultant Psychiatrist  
East London NHS Foundation Trust*

- A presentation of findings from three different support groups run in London NHS hospital - one for all doctors working during Covid-19 in ITU & theatres, one for all juniors in ED and one for Med Regs only
- The groups had different structures and met with different challenges, the context and membership informed their differing outcomes - two stopped, one still going after four years

12.30 *Questions and discussion*

13.00 *Lunch Break and Exhibition*

## 14.00 Chimp Management Workshop

**Dr Sarah Caddy**  
Managing Director  
Chimp Management Ltd

“The Chimp Model” was developed by Professor Steve Peters, Consultant Psychiatrist and author of the bestselling mind management programme, The Chimp Paradox. This session will explore the basic principles of the model, explaining how we can apply it to a variety of challenges in our lives and in doing so become the happiest, most confident and successful version of ourselves.

15.00 Tea and Coffee Break and Exhibition

## 15.30 NHS Check: Moral Injury in healthcare workers

**Prof Neil Greenberg**  
Professor of Defence Mental Health  
Consultant Occupational and Forensic Psychiatrist  
King's College London

**Dr Danielle Lamb**  
Senior Research Fellow  
University College London

- Results on moral injury will be presented from the largest UK study of healthcare worker mental health and wellbeing
- 28% of healthcare workers in the NHS CHECK study reported experiencing moral injury during the first year of the COVID-19 pandemic, while 35% reported moral injury in 2023
- Betrayal was the most commonly reported experience, and qualitative interviews found that staff felt betrayed by government (particularly regarding underfunding and resulting shortages of resources and staff) as well as by NHS leaders, and reported being unable to fulfil their duty of care to patients
- We will also discuss an intervention trial to reduce the impact of potentially morally injurious events is being designed and piloted by our team

## 15.50 Service Evaluation of the Feasibility of a Group CBT Intervention for Burnout with Highly Significant Symptom Reduction

**Dr Lisa Tyrer**  
Psychotherapist  
NHS Practitioner Health

- I developed a virtually delivered CBT-based, 8 session, burnout intervention
- 21 doctors (57% primary-care, 76% female, 29% trainees) had median attendance 7/8
- All reduced PHQ9 (median 9 to 3, p 0.0002) and GAD7 (median 9 to 3.5, p 0.0002) and would recommend the course. 17/18 respondents noticed improved mood, and 9/10 off work felt better able to return

## 16.10 Experience of delivering care to doctor patients with Bipolar Affective Disorder & Development of a Bipolar Affective Disorder (BPAD) Care Pathway

**Dr Eleanor Cole**  
Lead Clinician  
NHS Practitioner Health

- We believe we have one of the largest number of doctors with BPAD being treated in a single service anywhere in the world
- Description profile of patients in service with BPAD diagnosis
  - Description of Practitioner Health BPAD Care Pathway
  - An open dialogue with patients supports engagement and treatment adherence.

16.30 Questions and discussion

16.50 Day 1 Close

# VIRTUAL DAY 2 PROGRAMME: TURNING OUTWARD

## How do we use our experiences as health professionals to do things differently

### 09.30 Chair's Introduction & Welcome Practitioner Health (England and Scotland) 15 years – highlights and thoughts for the future

**Dr Zaid Al-Najjar**  
Medical Director  
NHS Practitioner Health

- Experiences of 15 years delivering practitioner health
- How a national service can act as a barometer for workforce mental wellbeing
- Priorities for the future

### 09.50 Canopi – innovating for integration

**Dr Thomas Kitchen**  
Co Director  
Canopi

- Who do we hear?
- What do we need?
- Learning to integrate... providing mental health support to a social care workforce

### 10.05 Panel Discussion: Regions and the Future

**Dr Zaid Al-Najjar** Medical Director, NHS Practitioner Health  
**Dr Thomas Kitchen** Co Director, Canopi  
**Dr Kirsten Woolley** GP, Workforce Specialist Service

### 10.20 Panel Session: How we use our experiences and challenges in medicine in other areas of our lives?

#### Panelist include:

#### Dr Kim Daybell

Two-time Paralympian; Doctor, Barts Health NHS Trust and Ambassador, Poland's Syndrome UK (PIP UK)

#### Dr Hannah Saitch

Anaesthetist and overall women's winner of Ironman Wales 2022

#### Professor Dame Robina Shah

Professor of Medical Education and Psycho Social Medicine MBChB Programme; Director, Doubleday Centre for Patient Experience; Chair, UK Medical Schools Collaboration on Patient Partnership; Member, NHS England Assembly; and Member, NHS England Health

10.40 Questions and Answers

11.10 Tea and Coffee Break and Exhibition

### 11.30 Thrive Paediatrics - a programme to support the wellbeing and working lives of paediatricians

**Anastasia Woollard**  
Fellow

**Dr Jess Morgan**  
Fellow

Royal College of Paediatrics and Child Health (RCPCH)

- An overview of Thrive Paediatrics, a RCPCH project focused on improving the wellbeing and working lives of paediatricians
- Outline the process of setting up networks of doctors that share experiences, and activate change to create happier, thriving workplaces
- Understand how data from an innovative research tool can help communities of paediatricians make sense of their stories and improve their wellbeing

### 11.50 The success trap: How histories of success can become debilitating.

**Mr Nic Malcomson**  
Psychotherapist  
NHS Practitioner Health

- Understand: how doctors' minds can form generalised positive self-identities linked to high levels of performance
- Recognise the consequences: when placed in overwhelming environments where self-expectations cannot be met, there may be a crisis of self, associated with a sense of failure, shame, anxiety and depression
- Intervention: learn how this may be overcome by undoing the generalisations beneath these identities, leading to an ability to accept moments of failure. This will include a case study

### 12.10 10 Minute Steps to wellbeing for health professionals using CBT and mindfulness

**Dr Lee David**  
Clinician and CBT Therapist  
NHS Practitioner Health

- Brief and effective strategies to support health professionals' wellbeing at work and in our personal lives
- We will explore the six GROWTH steps which provide a practical framework for self-care based on personal values, mindfulness, behaviour change and self-compassion:
  1. Follow your inner Guide
  2. Ready to take action
  3. Observe the moment
  4. Wise Mind
  5. Treat yourself kindly
  6. Healthy life habits

### 12.30 Rapid relief for patients and practitioners - lessons from the Orpheus App

**Erik Bisanz**  
Group Development Director  
Orpheus Mind Technologies

- Background: the need for novel mental health approaches
- The potential role of scalable brief interventions in a global mental health crisis
- The case of the Orpheus app-assisted approach for both patients and practitioners
- Current evidence base including NHS practitioner health pilot
- Key lessons, implications, and future potentials

12.50 Questions and discussion

13.00 Lunch Break and Exhibition

## 14.00 What value does a doctor-only retreat offer? A start-up in review

### Dr Jo Hacking

*Independent Wellbeing Trainer and Transformational Coach*  
About Wellbeing Ltd

- Detailed programme description of a UK-based CPD-accredited residential wellbeing retreat for clients who are practicing doctors
- Demographic and pre-retreat data of 25 participants from 5 retreats between 2022/2024
- Qualitative analysis of participant feedback with recommendations for future development

## 14.20 Space for Life: Developing a Team Garden to Improve Mental and Physical Health

### Dr Susie Gabbie

*Consultant Paediatrician*  
Royal Free London NHS Foundation Trust

- With imagination and persistence, teams can create spaces to enjoy, even in hospital settings
- A team garden or communal space has a positive impact on mental and physical health
- Funding streams such as charities should be approached to develop similar hubs

## 14.40 Self-care one stitch at a time

### Dr Paula Redmond

*Clinical Psychologist*  
Creative Restoration

### Dr Mia Hobbs

*Clinical Psychologist*  
Creative Restoration

- Research and our own personal and professional experience tells us that knitting and other crafts offer a broad range of wellbeing benefits to health professionals
- We present the psychological theory and emerging evidence that underpins the use of craft as part of regular self-care practice and burnout prevention
- Learn how to get started with using knitting and craft for your self-care, and how this might benefit both your personal and professional life

15.00 *Questions and discussion*

15.30 *Tea and Coffee Break and Exhibition*

## 16.00 Chair's Introduction: Consensus Statement

### 16.10 The Write Medicine - the storytelling cure

#### Dr Benji Waterhouse

*Consultant Psychiatrist, comedian and author of You Don't Have to Be Mad to Work Here*

16.40 *Discussion, Questions and Answers*

16.50 *Close of Conference*

# POSTER PRESENTATIONS

## Poster presentations for viewing in display area and on the conference landing page

### **The Role and Value of Coach Mentoring Dentists in Difficulty**

**Philip Gowers**

University of Portsmouth Dental Academy

### **Welcome GPs back to Balint groups GP - they may not be therapy but they can be therapeutic**

**Jill Wilson**

NHS Practitioner Health and NHSE Severn School of Primary Care

### **Post-traumatic growth: Making sense of chaos.**

**Vicki Mottram**

University Hospitals of Derby and Burton

### **Rhe Galatea Foundation experience in organizational interventions**

**Dr Gustavo Tolchinsky**

Fundacia Galatea

### **The doctor's assistant, and no paperwork, with a personal list of patients: ten years experience**

**Mark Rickenbach**

Winchester University, Park and St Francis Surgery

### **Poetry and Prose in adversity and education: the doctor in hospital**

**Mark Rickenbach**

Winchester University, Park and St Francis Surgery

### **Staff perspectives to help understand the impact of an increase in mental health admissions to a general paediatric ward: a service evaluation**

**Ruth Allam**

University Hospitals Plymouth NHS Trust

### **Why Don't We Treat Healthcare Worker's like Professional Athletes?**

**Jay Luthar**

Brigham and Women's

### **An Approach to Managing Difficult Conversations Around Suicide in a busy Paediatric Service**

**Victoria Dublon**

Royal Free Hospital NHS Trust

### **Burnout in Global Clinical Training: A Narrative Literature Review**

**Viraj Shah**

Imperial College Business School, London, United Kingdom

### **Reasonable Adjustments for Autistic Clinicians**

**Helen Smith**

University of Bristol Medical School

### **Reframing Resilience through Deeper Connection-Ignite Purpose's Experience Coaching Doctors and Healthcare team in Australia**

**Keri Thomas OBE**

Ignite Purpose

## Exhibitors

General  
Medical  
Council

ignite  purpose



**Association  
of Anaesthetists**

Doctors  in  
Distress



**Doctors' Support  
Network**



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### Virtual Option

Virtual attendance only includes the main programme, stream A and ePapers on landing page, workshop attendance is not included. This conference will be on Zoom with a dedicated, secure landing page with resources available for three months after the event date.

### Onsite Venue

30 Euston Square, London NW1 2FB. A map of the venue will be sent with confirmation of your booking

### Terms & Conditions

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### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email [carolyn@hc-uk.org.uk](mailto:carolyn@hc-uk.org.uk)

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