### Wednesday 9/5/2018

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 - 17:00</td>
<td>Master Class on Burnout in Health Care</td>
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<tr>
<td>17:00-18:30</td>
<td><strong>Workshop 1</strong>&lt;br&gt;Making room for the mythic: From coma memories to conscious conversations and well-being in clinical practice—a narrative medicine workshop&lt;br&gt;Elizabeth Berger</td>
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<tr>
<td>18:30 - 19:15</td>
<td>Welcome Address&lt;br&gt;<strong>Efharis Panagopoulou</strong></td>
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<tr>
<td>19:15 - 20:15</td>
<td><strong>Keynote 1</strong>&lt;br&gt;TBA</td>
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<tr>
<td>20:30</td>
<td>Welcome Reception</td>
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### Thursday 10/5/2018

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00 - 9:30</td>
<td>Morning Yoga</td>
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<tr>
<td>9:30 - 10:30</td>
<td>Workshop 2&lt;br&gt;Balint groups as a means to prevent burnout among health care practitioners&lt;br&gt;Aya Biderman, Yuval Shorer, Taly Samson, Ruth Kannai</td>
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<td><strong>WELLMED DEBATE</strong>&lt;br&gt;<strong>Efharis Panagopoulou, Anthony Montgomery</strong></td>
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<tr>
<td>10:30 - 10:45</td>
<td>Stretching</td>
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<td>Time</td>
<td>Session</td>
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<tr>
<td>10:45 - 12:15</td>
<td><strong>Parallel Session 1</strong>&lt;br&gt;&quot;Should have, could have, would have...&quot; Regretfulness, presenteeism and intentions to leave medicine&lt;br&gt;Chair: TBA&lt;br&gt;Discussant: TBA&lt;br&gt;· Maslach Burnout Inventory (MBI): Profiles and regretfulness about choice of specialty&lt;br&gt;Annette Fischer Pedersen, Karen Busk Nørøxe, Flemming Bro, Peter Vedsted&lt;br&gt;· Person-environment congruence: Associations with burnout and intentions to leave the profession among pediatricians&lt;br&gt;Talma Kushnir, Avner Herman Cohen, Zachi Grossman, Shai Ashkenazi, Gabriel Chodick&lt;br&gt;· Nurses’ Intention to Leave Work - Effect of their Family Variables&lt;br&gt;Yoshiko Yamaguchi, Takahiro Inoue, Hiroko Harada, Miyako Oike&lt;br&gt;· Predicting future supply of GP’s in Israel&lt;br&gt;Yael Applbaum, Ziona Haklai, Miriam Aburbeh&lt;br&gt;· Sickness and caregiver presenteeism among university hospital physicians&lt;br&gt;Lise Løvseth</td>
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<td><strong>Coffee Break</strong></td>
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<td>12:15 - 12:45</td>
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<td>12:45 - 14:15</td>
<td><strong>Parallel Session 2</strong>&lt;br&gt;From theory to practice. Intervnetions to improve physician wellbeing&lt;br&gt;Chair: TBA&lt;br&gt;Discussant: TBA&lt;br&gt;· Care in Context: Tailoring clinician wellbeing interventions to healthcare settings&lt;br&gt;Caitlin Weston&lt;br&gt;· Systematic review on the effects of mindfulness interventions among physicians&lt;br&gt;Renée Scheepers, Helga Emke, Kiki Lombarts&lt;br&gt;· Physician health in Israel: From theory to practice</td>
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*preliminary program*
| Workshop 4 | Narrative Medicine: Employing the Power of Story in Clinical Practice  
**Catherine Rogers** |
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<tr>
<td>14:15 - 15:30</td>
<td>Lunch</td>
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| 15:30 - 16:30 | **Keynote 2**  
**TBA** |
| 16:30 - 16:45 | Coffee Break |
| 16:45 - 18:15 | **WELLMED-Improv**  
Aneez Esmail  
Bryan Sexton  
Hardeep Sigh  
Jane Lemaire  
Tessa Richards  
**Workshop 5 16:45-18:30**  
Breema Bodywork: Increasing Well-Being in Clinical Practice and Research  
**Alexandra R. Johnson, Angela Porter** |
8:00 - 11:00 * WALK & TALK MOUNT OLYMPUS

11:15 - 12:15 * Expert Talks
Chair: TBA
· Coaching physician leaders into well-being and high performance
  Amer Kaissi
· Workplace interventions to reduce physician burnout. A review.
  Paul DeChant
· A mother in the house
  Kathy Stepien

12:15 - 12:45 * Coffee Break

12:45 - 14:15 * Parallel Session 4
Physician wellbeing: Facts, factors and solutions
Chair: TBA
Discussant: TBA
· Higher risk of mental disorders among health professionals than general population in Catalonia
  Lucia Baranda, Anna Mitjans, Antoni Calvo, Gustavo Tolchinsky, Jaume Padrós
· Understanding My Health – A Mixed Method Study of Doctors’ Wellbeing in Brisbane
  Margaret Kay, Susan O’Dwyer, Lynette Fergusson, Georga Cooke
· 20 years of PAIMM: Integral Care Programme for Sick Doctors in Catalonia
  Gustavo Tolchinsky, Jaume Padrós, Eugeni Bruguera, Antoni Calvo, Carme Bule, Anna Mitjans
· Introducing the Work-Life Balance Scale, Psychometric Properties, Benchmarking Data and Future Directions
  Stephanie P. Schwartz, Kathryn C. Adair, J. Bryan Sexton

12:45 - 14:15 * Parallel Session 5
Medical students in the spotlight
Chair: TBA
Discussant: TBA
· Coping strategies as predictors of stress in Portuguese medical students
  Ana Mónica Pereira, José Miguel Pêgo
· The contribution of self-care and life satisfaction to burnout among medical students
  Keren Michael, Dana Schujovitzky, Orit Karnieli-Miller
· Health and Well-being of Medical Students in Austria
  Stefan Höfer, Cornelia Strecker, Alexandra Huber, Melanie Hausler, Thomas Höge
· ‘Be gentle, give me a compliment and legitimize my feelings and dilemmas.’ The importance of providing support to enhance well-being within reflective journals feedback
  Lior Rozental, Orit Karnieli-Miller, Dafna Meitar

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<td>14:15 - 15:30</td>
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<td>15:30 - 16:30</td>
<td>European Society for Quality and Safety in Family Practice (EQUIP)</td>
<td>Keeping people safe and well in healthcare: Managing yourself, your work and your interfaces</td>
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<tr>
<td></td>
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<td>Andrée Rochfort</td>
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<td>Isabelle Dupie</td>
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<td>Sophia Dimopoulou</td>
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<td>16:30 - 17:00</td>
<td>Coffee Break</td>
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<tr>
<td>17:00 - 18:30</td>
<td>Symposium 2</td>
<td>Uncertainty in Medicine: Fear it, embrace it, manage it?</td>
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<td>Chair: Sudeh Cheraghi-Sohi</td>
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<td>Discussant: Evangelia Tsiga, Avril Daczak</td>
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<td>Symposium 3</td>
<td>The workplace is making our juniors sick – Can we change the culture?</td>
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<td>Chair: Louise Nash</td>
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<td>Discussant:</td>
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### Compassionate self-improvement: a key clinician wellness correlate and predictor of improved burnout and professional fulfillment
Bryan Bohman, Maryam Hamidi, Rachel Seaman, Andrea Hausel, Mickey Trockel

### The association between burnout and depression in medical students
Alice McGarvey, Orla Fitzpatrick, Ronan Conroy, Regien Biesma

### Job demands and resources in hospital settings
Chair: TBA
Discussant: TBA

- Hospital doctors’ psychosocial working conditions, work-related wellbeing and quality of care: A multilevel mediation perspective
  - Kevin Teoh, Juliet Hassard, Tom Cox

- Hospital Cultural Development Program: Case Study from the Department of Cardiothoracic Surgery, Oslo University Hospital
  - Joy Buikema Fjaertoft, Arnt E. Fiane

- Job satisfaction, work ability and life satisfaction among Finnish anesthesiologists
  - Pirjo M. Lindfors, Kari E Nurmi, Marko Eloavainio

- Reducing physicians’ workload while increasing treatment adherence and satisfaction in women with urinary incontinence
  - Diana Taut, Adriana Baban, Women-Up Consortium

- Workplace and personal wellbeing factors associated with burnout in hospital doctor trainees and consultants in Ireland
  - Lucia Prihodova, Gillian Walsh, Blánaid Hayes

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<tr>
<td>Physicians' emotional reactions to uncertainty and its impact on decision making in primary care</td>
<td>Evangelia Tsiga, Efharis Panagopoulou</td>
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<tr>
<td>Managing Diagnostic Uncertainty in Primary Care: a systematic critical review</td>
<td>Rahul Alam, Sudeh, Cheraghi-Sohi, Maria Panagioti, Aneez Esmail, Stephen Campbell, Efharis Panagopoulou</td>
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<td>Training to manage uncertainty</td>
<td>Avril Danczak, Alison Lea</td>
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<td>Stress and Distress among Physician Trainees: A Cross-Sectional Study</td>
<td>Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock</td>
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<td>Bullying and sexual harassment of junior doctors in NSW: prevalence and response</td>
<td>Anthony Llewellyn, Aspasia Karageorge, Eric Wenlong Li, Dennis Nguyen, Louise Nash</td>
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<td>Why trainees leave: exploring the reasons for and experiences of leaving surgical training and how to improve the process of leaving</td>
<td>Mary Lawson, Claire Spooner</td>
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<td>Stress and Distress among Physician trainees: A Randomised Controlled Trial</td>
<td>Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock</td>
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<td>Using the arts to address workplace culture: “Grace under pressure”, a verbatim theatre project</td>
<td>Claire Hooker, Paul Macneill, Kimberley Ivory, Paul Dwyer, Karen Scott, Louise Nash, Jo River, David Williams, James Dalton</td>
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St Patrick meets Socrates quiz night
8:00 - 9:30 * Interactive Poster Session
Chair: TBA

- General practitioner burnout in relation to their patients' out-of-hours healthcare contacts and potentially avoidable hospitalizations
  Karen Busk Nørøxe, Anette Fischer Pedersen, Flemming Bro, Peter Vedsted
- Investigation of the frequency and intensity of morally distressing situations in Cypriot mental health nurses
  Maria Christodoulou-Fella, Elizabeth Papathanassoglou, Nicos Middleton, Maria Karanikola
- EUSTRESS: A stress monitoring system for physicians and medical students
  Ana Mónica Pereira, José Miguel Pêgo, Joaquim Gonçalves, Victor Carvalho
- From burnout to engagement: Transforming residents’ medical competencies into medical leadership capabilities
  Mairi Savage Pamela Mazzocato, Carl Savage, Terese Stenfors-Hayes, Kristina Palm, Mats Brommels

9:30 - 10:30 * Keynote 3

10:30 - 10:45 * Stretching

10:45 - 12:15 * Parallel Session 7
New perspectives in quality of care and patient safety
Chair: TBA
Discussant: TBA
- Evolving dimensions of quality care: Comparing physician and managerial perspectives
  Rebecca Amati, Amer A. Kaissi, Annegret F. Hannawa
- Is physician burnout associated with reduced patient safety? Findings from a systematic review and meta-analysis
  Rebecca Amati, Amer A. Kaissi, Annegret F. Hannawa

* Parallel Session 8
Mental health, depression and suicide among doctors
Chair: TBA
Discussant: TBA
- Impact of psychosocial work characteristics on physicians’ depression: A 10-year follow-up study
  Matthias Weigl, Anna Schneider, Peter Angerer
- The Relationship between Resident Depression and Satisfaction with their Medical Careers
  Matthias Weigl, Anna Schneider, Peter Angerer

Workshop 8
Accessing emotions through poetry: Poetry as an access to expression and increasing emotional intelligence in physicians
Maiysha Clairborne

Workshop 9
Resetting your outlook with gratitude: A simple, effective daily practice
Alexandra R. Johnson, Jennifer Caragol

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| 12:45 - 14:15 | **Parallel Session 9**  
* From clinical rounds and beyond. New approaches in patient rounds  
* Chair: TBA  
* Discussant: TBA  
* The Dose-Response Effect of Positive Rounding: Associations with Burnout, Burnout Climate, and Work-Life Balance  
* Kathryn C. Adair, Allan Frankel, Michael Leonard, Kyle Rehder, Jonathan Bae, J. Bryan Sexton  
* The UK implementation of Schwartz Rounds: An intervention to improve care through enhancing staff wellbeing  
* Cath Taylor, Shilpa Ross, Julia Phillipou, Glenn Robert, Mary Leamy, Ellie Reynolds, Laura Bennett, Jill Maben  
* Beyond the traditional clinical rounds. What else is there?  
* Evi Angelopoulou, Efharis Panagopoulou  
* Reducing the stress of night shift for junior doctors by development of comprehensive morning handover  
* Carmel Crock, Deborah Colville |
| 12:45 - 14:15 | **Parallel Session 10**  
* When the glass is half full: Nurturing positivity in the workplace  
* Chair: TBA  
* Discussant: TBA  
* Can physicians apply their strengths at work? A longitudinal analysis of work characteristics in hospitals  
* Cornelia Strecker, Thomas Höge, Alexandra Huber, Melanie Hauser, Stefan Höfer  
* Positive team processes – The role of team work engagement in fostering learning and knowledge sharing  
* Annalena Welp, Anya Johnson, Helena Nguyen, Karyn Wang  
* Thriving in scrubs: Understanding and fostering resilience in residents  
* Abigail Ford Winkel, Ann Robinson, Aubrie-Ann Jones, Anne West Honart, Allison Squires  
* Recovery after work in health professionals: The role of psychological detachment  
* Cristina Vajaean, Adriana Baban |
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| 15:30 - 17:00| **Parallel Session 11**  
Supporting physicians at the beginning of their career  
Chair: TBA  
Discussant: TBA  
- Resident physician health: The University of Alberta’s innovative approach to learner advocacy & wellness  
  Erica Dance  
- Mind the (support) gap: Supporting academic trainees through peer networks  
  Carmen Soto, Verena Walsh, Elaine Boyle  
- Role of performance and wellness department in OMSB residency training  
  Saif Al Hashmi, Noura Al Hadhramy, Mashael Al Sabahi  
- Improvisation with actors for team development and inter-professional learning in the emergency department (ED)  
  Carmel Crock, Deborah Colville  
- Burnout and physical activity in medical students  
  Philip Macilwraith, Deirdre Bennett |
|              | **Parallel Session 12**  
Stress and distress in physicians: (How) can we feel better?  
Chair: TBA  
Discussant: TBA  
- Stress and distress among physician trainees: A cross-sectional study  
  Carmen Axisa, Louise Nash, Patrick Kelly, Simon Willcock  
- The Canadian Physician Health Survey: A National Dataset  
  Christopher Simon, Taylor McFadden, Krista VanSlingerland, Cecile Bensimon  
- An evolutionary model of medical student distress  
  Jaleh Shahin, William Whelton  
- Social unconscious in medical profession  
  Kristiina Toivola, Juha-Matti Toivola  
- The health and stress related benefits in hospital staff of “Caring for the Caregivers” (CCG): an extended, 5-component Stress-Reduction Intervention  
  Sarah Salion, Deborah Katz-Eisner, Hila Yaffe, Tali Bdolah-Abram |
| 19:15 - 20:15| **Closing Ceremony - Keynote 4**                                    |
|              | Greek Glenti - Conference Party                                     |