

Managing pressure in the world of paediatrics-
Exploring well-being, resilience and performance

Thursday 3rd May 2018
Mount Somerset Hotel & Spa, Taunton

Key note speaker:

Dr Michael Farquhar, consultant at Evelina Hospital and author of *“Fifteen-minute consultation: problems in the healthy paediatrician—managing the effects of shift work on your health”*. Sleep is fundamental to good health. Healthcare professionals receive little teaching on the importance of sleep, particularly with respect to their own health when working night shifts. Knowledge of basic sleep physiology, together with simple strategies to improve core sleep and the ability to cope with working nights, can result in significant improvements both for healthcare professionals and for the patients they care for.

Human & Systems Factors:

Dr Laura Pickup (human factors research and consultancy). Exploring factors in our workplace which influence human performance and wellbeing. How can we learn from other industries with systems in place to control these risks?

Reflective Practice:

Discussion around the implications of the Bawa-Garba case and impact of this upon patients, families and paediatric teams. What can we do to promote resilience, well-being and performance now and in the future?

Workshop opportunities:

Workshops will include managing and reducing burn-out; compassion fatigue; practical tips on promoting well-being for us and for our patients.

Trainee opportunities:

This is a key meeting to network with your colleagues from the SW region and to add to your learning portfolio. There are opportunities for poster and oral presentations (interesting cases, audit/improvement work, research etc).

Please submit abstracts for consideration of oral and poster presentations. Four submitted abstracts will be selected for oral presentation and will have registration fee refunded. Email submissions to alexandra.powell@tst.nhs.uk by 4th April 2018 please.

The venue has agreed to offer Spa treatments for those interested and an evening meal for those wishing to stay, details to follow.