



Royal College
of Surgeons

ADVANCING SURGICAL CARE



Illness to wellness conference: Preventing suicide and supporting mental health wellbeing in theatre teams

11 October 2019
St John's College, Oxford



#Illnesstowellness

Programme

8.45am Registration – Breakfast and networking

9.30am Aims of the day

Mr Andrew Miles
RCS South Central Regional Director

Session 1 - Chair: Mr Andrew Miles

9.45am A surgeon's experience

Professor Neil Mortensen
RCS Vice President

10.15am Building resilience

Dr Helen Bolderston
Clinical Psychologist and Senior Lecturer in Psychology

10.45am Avoiding burnout

Professor Tan Arulampalam
Consultant Surgeon and Visiting Professor of Surgery

11.15am The PHP - working to support doctors' wellbeing

Dr Clare Gerada
NHS PHP and NHS GPH Medical Director

12pm Panel discussion

12.20pm Lunch

Session 2 - Chair: Professor Farah Bhatti

1.10pm Fatigue and the ageing anaesthetist

Professor Jaideep Pandit
Consultant Anaesthetist

1.40pm Substance abuse in surgeons

Dr Ruth Mayall
Consultant Anaesthetist (retired)

2.10pm Suicide - An anaesthetist's perspective

Dr Samantha Shinde
Consultant Anaesthetist

2.40pm Panel discussion

3pm Refreshment break

Session 3 - Chair: Professor Kevin Turner

3.10pm Introduction to session

Professor Kevin Turner
Consultant Urological Surgeon

3.20pm Resolutions and restoration

Dr Suzanne Shale
Independent medical ethics consultant and researcher

3.50pm SAEFAR - What the RCS is doing to support teams in the aftermath of adverse events

Professor Kevin Turner
Consultant Urological Surgeon
Mr Ralph Tomlinson
Acting director, Professional and Clinical Standards, RCS

4.20pm How the BMA support doctors' wellbeing

Mr Tom Rapanakis
Head of Wellbeing Support Services, BMA

4.40pm Panel discussion

5pm Closing remarks