

Wellbeing in Anaesthetists

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Association
of Anaesthetists

Definition of Wellbeing

“is a state in which individuals have the psychological, social and physical resources they need to meet a particular challenge.”

Dodge et al Int.Journal of wellbeing 2012

How the Association of Anaesthetists does Wellbeing



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Wellbeing Campaigns

Age and the Anaesthetist

What began as a lecture has evolved to being an Association publication.

It is a comprehensive analysis of the impact of age on the individual anaesthetist, their clinical practice, patients, retirement and the wider NHS.

A new working party has been created to continue this work



Wellbeing Campaigns

Soon to come... Suicide Awareness

In September the Association launched a nation wide survey, the results of which will shape new guidance.

Results of the survey will be published in July's *Anaesthesia*

Guidelines will be published in 2019 and will be available for hospital departments and staff to improve suicide awareness and offer resources in the event of the suicide of a colleague.



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3 September 2018

Survey on suicide among anaesthetists

Mentoring

Reason why members want mentoring

- Feeling overwhelmed with workload/no longer enjoying day to day work
- Struggling with work/life balance
- Interested in becoming a mentor and wanted to experience being mentored
- Approaching end of training and need help preparing for the Consultant role
- Overwhelmed with increased exam pressure and decision making in the final year of training



Mentoring

The mentoring scheme has been set up so that Association members interested in having a mentor can access a team of trained mentors throughout the country

- Programme has been established for six years
- The Association has trained 137 doctors in mentoring
- 107 trained mentors have signed up to the Association's scheme
- Has provided mentoring to over 45 members
- Provides mentoring taster sessions at its 3 major conferences



Education Bursary Scheme

Supporting members returning to work after a period of sickness and/or disability related absence from the workplace and who need financial assistance to update and maintain their CPD

How it works:

- Application process
- Set of criteria
- Panel decision



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Founded 1836

Health & Wellbeing

Our **Health and Wellbeing** section provides advice on many subjects, from career development to mental health. Use the categories below or browse all articles using the page numbers at the bottom.

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MENTAL & PHYSICAL HEALTH

Improving working lives for doctors

MENTAL & PHYSICAL HEALTH

Confidential Support and Advice for Surgeons (CSAS): an overview of the service

MENTAL & PHYSICAL HEALTH

Time management: the five mistakes doctors make

- Leading charity for docs, medical students, families
- 60% seeking support in 2017–18 were under 40 yrs old
- 53% cited mental health issue
- 75% reported lack of sympathy within profession (Together for Doctors survey 2017)

<https://www.bbc.co.uk/news/health-45356349>

Doctors' mental health problems 'last taboo'

By Chris Hemmings Victoria Derbyshire programme

Victoria Derbyshire programme



For confidential advice call **020 3049 4505**



NHS Practitioner Health Programme

Supporting the Health of Health Professionals



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Working Parties in progress

Substance use disorder in anaesthetists

Catastrophes in Anaesthetic Practice

The Healthy Mind Platter

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter