Wellbeing in Anaesthetists

Upma Misra

Sunderland Royal Hospital, U.K. Honorary Membership Secretary, 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 challongo," Dodge et al Int. Journal of wellbeing 2012

How the Association of Anaesthetists does Wellbeing



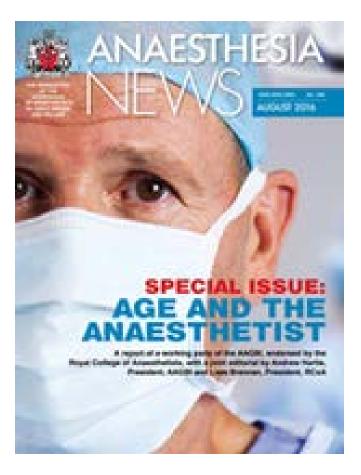
Wellbeing Campaigns

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

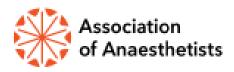
Soon to come Suicide Awareness

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.







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

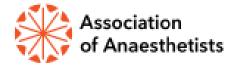


Mentoring

The mentoring scheme has been set up so thatAssociation 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 sche
- Has provided mentoring to over 45 members
- Provides mentoring taster sessions at its 3 major conferences



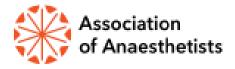


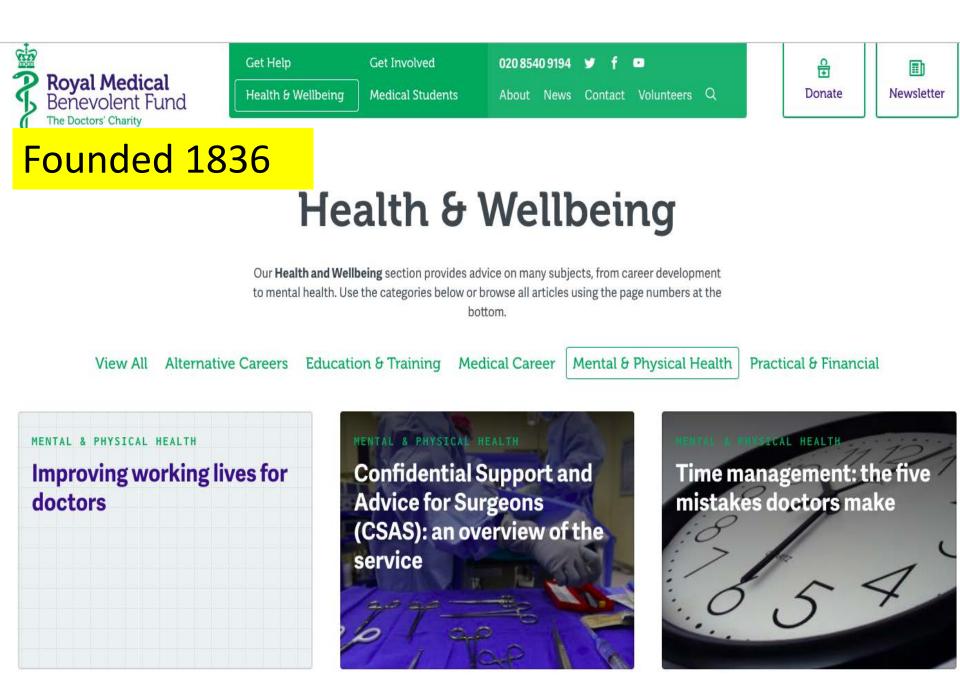
Education Bursary Scheme

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





- 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)

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

		HOME	MEET THE TEAM	RESOURCES	RESEARCH	FOR TRAINEES	NEWS	FAQS	CONTACT US	
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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

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