

KEEPING DOCTORS HEALTHY - A EUROPEAN PERSPECTIVE



Date: Thursday 11th and Friday 12th April 2013
Venue: St Helen's Radisson Hotel, Stillorgan, Co Dublin

Conference Programme

Thursday, April 11, 2013

- 10.00-10.45 **Registration / tea / coffee**
- 10.45-11.00 **Welcome Address by ICGP – Dr. Seamus Cryan, President Elect, ICGP**
Mr. Kieran Ryan, CEO, ICGP & Ms. Caroline Spillane, CEO, Medical Council
- 11.00-12.00 **Opening Keynote Presentation - Setting the Context:**
Prof James Lucey, Medical Director St Patricks Hospital, Dublin, and Clinical Professor of Psychiatry, Trinity College, Dublin
"How important is your mental health?"
- 12.00-13.00 **Day 1 Paper Presentations: 4 Parallel Sessions**
Themes: Quality and Safety in Doctors' Healthcare, Medical Education, Services for Doctors, Research
- 13.00-14.15 **Lunch & Stretch Break**
- 14.15- 15.15 **Day 1 Workshops: 4 Parallel Sessions**
- 15.15- 16.00 **Poster Presentations: 3 Parallel Sessions**
- 16.00 –16.1 **Stretch break / Tea/Coffee**
- 16.15-16.45 **Discussion on Topics and Issues from Presentations – Small Groups**
- 16.45-17.55 **Interactive Drama of Doctors Health Issues, with facilitators**
- 17.55-18.00 **Close of Day 1 proceedings**
- 19.30 **Conference Dinner and Cultural Entertainment**

Friday, April 12, 2013

- 08.00-08.30 **Mindfulness session: REMED, Switzerland**
- 08.30-09.45 **Day 2 Paper Presentations: 4 Parallel Sessions**
Themes: Quality and Safety in Doctors' Healthcare, Medical Education, Services for Doctors, Research
- 09.45-10.45 **Day 2 Workshops: 3 Parallel sessions**
- 10.45-11.15 **Stretch break / Tea /Coffee**
- 11.15-12.00 **EAPH Forum: Next Conference, Membership, Collaborations, Projects & Plans**
- 12.00 -12.30 **Closing Keynote Presentation 1- Consolidation of Conference Theme**
Prof Gerard Bury, University College Dublin
"Physician health: we can or we must?"
- 12.30 -13.00 **Closing Keynote Presentation 2- A Foundation for Implementation**
Prof Paul Finucane, University College Limerick
"Doctors' Health as a Topic in Undergraduate Curricula".
- 13.00-13.10 **Conclusion and Closing address**
- 13.15-14.15 **Lunch**

Thursday 11th April, 2010 Oral Papers Session 1

Time: 12.00 pm – 1.00 pm

Papers 1 - RESEARCH – Pembroke 1

Papers	Title	Presenter	Country
P1	The impact of medico legal matters on the health and practice of doctors	Louise Nash	Australia
P2	Mindfulness and the GP – Attitudes of GPs towards the scope for mindfulness based stress reduction therapy as one of a range strategies used by GPs to maintain their own mental health	Liz O’Gorman	Ireland
P3	A systematic review of peer led interventions to improve mental health and wellbeing in students	Fiona Moir	New Zealand

Papers 2 - RESEARCH – Shrewsbury Suite

Papers	Title	Presenter	Country
P4	How much do doctors really drink: correcting for bias in prevalence estimation of drinking problems among physicians when using the alcohol use disorders identification test (audit) a screening	Friedrich Wurst	Austria
P5	Two years of support and advice for doctors suffering from professional exhaustion in two French regions	Loic Solvignon	France
P6	Work-home stress in Norwegian doctors (NORDOC): the role of the year-cohort and gender	Reidar Tyssen	Norway

Papers 3 – Quality & Safety – Belville Room

Papers	Title	Presenter	Country
P7	How Doctors minds’ mind Patients	Matthias Von Der Tann	UK
P8	Taking care of hospital physicians : development and feasibility testing of job-specific workers' health surveillance	Judith Sluiter	Netherlands
P9	Personal lifestyle and counselling practices of German physicians in private practice	Edgar Voltmer	Germany

Papers 4 – Services – Pembroke Suite

Papers	Title	Presenter	Country
P10	Naturalistic long term follow up study of a cohort of doctors presenting to a specialist service for doctors in difficulty	Maja Meerten Tony Garelick	UK
P11	Helping French Doctors facing burnout: a telephone hotline	Eric Galam	France
P12	Lessons from Eighteen Years Provision of a physician Health Programme	Ben Charnaud	UK

Thursday, 11th April, 2013

Workshop 1

Time: 2.15 pm – 3.15 pm

Workshop 2 - Shrewsbury Suite

	Title	Presenter	Country
W2	Helping Maintain Professional Detachment in the Consultation-The Drama Triangle and the Four Agreements	Andrew Tressidder	UK

Workshop 3 – Pembroke 1

	Title	Presenter	Country
W3	The Deeper Aspects of Doctors' Health and Well-being	Deirdre Kinlen	Ireland

Workshop 4 – Belville Room

	Title	Presenter	Country
W4	Who is the doctor - who is the patient? The challenge of talking to doctors	Maja Meerten Matthias Von Der Tann	UK

Thursday, 11th April 2013 Posters Time: 15.15 pm – 16.00 pm

Posters 1 – Shrewsbury Suite

	Title	Presenter	Country
PST1	Building Capacity among health care professionals to improve patients' satisfaction	Pilar Lusilla	Spain
PST2	Physician health in Austria and Switzerland: results of a survey	Natasha Thon	Austria
PST3	Prior working conditions of physicians admitted to the Barcelona Psychiatric Inpatient Unit for health professionals	Pilar Lusilla	Spain
PST4	The impact of different versions of the alcohol use disorders identification test (Audit) on estimating the prevalence of drinking problems among physicians	Natasha Thon	Austria
PST5	Burnout Among Irish Psychiatry Trainees: Are we blind to our own needs?	Fionn Kelly	Ireland
PST6	Psychiatrist's support service: the story so far	Teresa Borrell	UK

Posters 2 – Belville Room

	Title	Presenter	Country
PST7	Consideration of the Assessment and Impact of Cognitive Impairment in assessed practitioners	Nick Brown	UK
PST8	Objective and subjective lethality of suicide attempts in doctors: results from the Barcelona Inpatient Unit case-control study	Maria Dolores Braquehais	Spain
PST9	The influence of stress at work among medics in emergency medical services	Jasminka Peric	Croatia
PST10	A Practitioner Health Programme for Irish Doctors	Ide Delargy	Ireland
PST11	Dissecting the features of health professionals' suicide attempts with the Weismann-Worden Risk-Rescue Scale and Beck's Suicidal Intent Scale	Maria Dolores Braquehais	Spain
PST12	The definition on insight - a challenge that matters	Nick Brown	UK

Posters 3 – Pembroke 1

	Title	Presenter	Country
PST13	Towards an understanding of the doctors's challenges regarding attention to their own health and wellbeing	Tuva Kolstad Hertzberg	Norway
PST14	Telemedicine: A new opportunity for improving doctors' healthcare	Miquel Jordi Bel	Spain
PST15	Prevalence of common mental health disorders in medical students: a systematic review. Have we got it right?	Melody Rhydderch	UK
PST16	A review of professional health care in a general practice in Ireland	Claire McNicholas	Ireland
PST17	Comparing clinical and socio-demographic features of physicians and nurses admitted to a Psychiatric inpatient unit after a suicide attempt	Miquel Jordi Bel	Spain
PST18	Healthy students: Healthy doctors - medical students perspectives on Factors that impact on their wellbeing during training	Debbie Cohen	UK

Friday, 12th April, 2013

Oral Papers Session 2 Time: 8.30 am – 9.45 am

Papers 5 – EDUCATION, QUALITY – Belville Room

Papers	Title	Presenter	Country
P13	Mental distress in Norwegian medical students and doctors (NORDOC): intervention programs and clinical considerations	Reidar Tyssen	Norway
P14	What's up Doc? Development of an occupational health and personal resilience programme for junior doctors in a UK teaching hospital	Evie Kemp	UK
P15	Night shift preparation and practice amongst junior doctors	Emma Jackson	UK
P16	Patient Safety and Quality of Care for Doctors as Patients	Andree Rochfort	Ireland

Papers 6 - RESEARCH – Shrewsbury Suite

Papers	Title	Presenter	Country
P17	Study of mortality among doctors in Catalonia (2000-2009)	Anna Mitjans	Spain
P18	Survey of doctor's health in Serbia - are we healthier than our patients?"	Tatjana Radosavljevic	Serbia
P19	Suicide attempts in health caregivers: results from a case-control study	Maria Dolores Braquehais	Spain
P20	Leisure time activities as salutogenetic factors for the psychosocial health of medical students	Thomas Koetter	Germany

Papers 7 – QUALITY & SAFETY – Pembroke 1

Papers	Title	Presenter	Country
P21	Stress in Medicine : Causes, Consequences and Proposed Solutions	Margaret O'Rourke	Ireland
P22	Now you have to think for me - because right now I am too stressed to think for myself? A qualitative evaluation of the counselling network for doctors in Norway	Karin Ro	Norway
P23	High levels of self-care among hospital based doctors in a Dublin University Teaching Hospital	Ide Delargy	Ireland
P24	Sick Doctors and their caregivers: which specificities? Qualitative study among 33 French doctors	Eric Galam	France

Papers 8 – SERVICES – Pembroke Suite

Papers	Title	Presenter	Country
P25	Pathways of care for healthcare professionals accessing treatment for substance use disorders: a Review of referrals to a specialist service in London, England	Jane Marshall	UK
P26	Patient profiles, length of episodes and changes in use of services according to the sick physician's needs. Study of 1,561 sick doctors treated in the PAIMM Programme	Antoni Arteman	Spain
P27	An analysis of referrals to a medical student support service at Cardiff University: the importance of effective triage	Debbie Cohen	UK
P28	Developing an Occupational Health resource to support doctors' fitness to work	John Harrison	UK

Friday, 12th April, 2013

Workshops 2 Time: 9.45 am – 10.45 am

Workshop 5 - Pembroke 1

	Title	Presenter	Country
W5	The role of insight in improving physician health and remediation	Nick Brown	UK

Workshop 6 – Shrewsbury Suite

	Title	Presenter	Country
W6	Reconsidering suicide prevention strategies in physicians	Maria Dolores Braquehais	Spain

Workshop 7 – Belville Room

	Title	Presenter	Country
W7	Psycho-Educational Programmes for Boundary Violating Clinicians	Jonathan Coe	UK

EAPH Officers



Dr Andrée Rochfort MB BCh BAO MICGP LFOM MMedSc

Dr Rochfort graduated from Trinity College Dublin in 1987 and worked in St James' Hospital Dublin where she had also trained. She completed her Specialist Training for General Practice in Cardiff, South Wales in 1991 and joined her training practice as a Partner in a five doctor practice. She returned to Ireland in 1996 and trained in occupational medicine. She has practiced in Enniscorthy as a GP since 1998. In 2000, the ICGP set up the Health in Practice Programme for which she is Director, coordinating a system of health services for GPs and their families delivered by over 100 health professionals nationally. She has lectured at Irish Universities, at national and at European GP Conferences on the topics of Patient Safety and Quality of Care, Doctors Health, Health of healthcare workers and Workplace Health & Safety. doctor, as the standards of care delivered and expected are sometimes paradoxically lower. Over the past thirteen years she has gained experience in supporting doctors who treat doctors, and encouraging doctors to avail of formal healthcare.

She is currently involved in a European research project on patient empowerment in the self-management of chronic conditions, and she has publications on quality of patient care, teaching quality improvement and on doctors health' & healthcare. She enjoys gardening, cooking and gaelic sports (GAA) for children and teenagers in particular.

Current Appointments:

GP since 1991

Occupational Health Physician, HSE (Wexford General Hospital, since 1999)

Director, Health in Practice Programme, Irish College of General Practitioners (since 2000)

EAPH, European Association for Physician Health (Honorary Officer since 2009, Chair of Organising Committee for EAPH 2013)

EQuIP, The Wonca European Association for Quality and Safety in General Practice (Honorary Secretary since 2010)

Dr Karin Isaksson Rø, MD, PhD.

After medical studies Karin Isaksson Rø has specialized in occupational health.

During the last eleven years she has been working with counselling of physicians at the Resource Centre, Villa Sana, in Norway, and with research on physician health and behaviour at LEFO – The Institute for Studies of the Medical Profession.

The Resource Centre, Villa Sana, offers counselling for doctors from all of Norway, either during a day or through a week-long course. The activities at the centre aim to promote doctors' health, strengthen their professional identity and to prevent the development of burnout. Doctors can contact the counselling service directly, and there is no documentation of the contacts in medical records or otherwise.

The research at LEFO – The Institute for Studies of the Medical Profession, is concerned with all aspects of doctors' work life. Doctors' career choices, psychological, ethical and social aspects of doctoring, and the physician role in general are studied over time in a representative group of Norwegian doctors.

Organisational changes or political signals that may be of importance for the life, work and health of doctors and the conditions for their healthy lives can be followed. A special focus is kept on the discrepancy between how the doctors perceive their professional role, and society's expectations from medical professionals.





Dr Michael Peters

Dr Mike Peters is head of the Doctors for Doctors Unit at the British Medical Association which provides confidential support and signposting to doctors in difficulty, he is also responsible for overseeing the BMA Counselling service. He was formerly a senior partner in full time general practice in Hampstead and was a GP Trainer as well as working as a clinical assistant in psychiatry at the Royal Free Hospital, London. Dr Peters is also a Consulting Medical Editor to the BMA.



Dr Friedrich Martin Wurst. Univ. Prof. Dr. med.

Current position

Professor and Chairman, Department of Psychiatry and Psychotherapy II, Paracelsus Medical University (PMU), Christian-Doppler-Hospital, Salzburg, Austria

Honors

2010 President, Austrian Society for Addiction Research and Treatment

2010 Secretary General, European Federation of Addition Societies (EUFAS, www.eufas.net)

2009 Executive Board Member, European Association for Physician Health

2000-07 Member of the Board of Directors, Swiss Society of Addiction Medicine (SSAM)

Fields of Interest:

Addiction Medicine (e.g. substance use disorders, pathological gambling, direct ethanol metabolites), Suicidology, Physician Health

F. Wurst has presented at various international meetings in Europe, USA, Russia and Japan, published extensively mainly in the field of addiction medicine, edited several books and is member of the editorial board of several journals.



Dr Pilar Lusilla MD, PhD

Senior Consultant Psychiatrist. Psychiatry Department Hospital General Universitario Vall d'Hebron. Barcelona

Assistant Professor Universitat Automa de Barcelona

Ex-Director of the Inpatient Unit. Integral Care Program for sick Doctors and Nurses (PAIMM).

Galatea Foundation. Barcelona (Spain)

Dr Lusilla has been leading for 10 years the inpatient Unit in Spain for doctors and nurses with mental and/or addictive behaviors. This unit is a part of a program devoted to provide care and treatment for doctors and nurses managed by Galatea Foundation in collaboration with Vall d'Hebron University Hospital. Dr. Lusilla has conducted research in the field of dual diagnosis and addictive behaviors among health professionals and she has experience in training doctors to treat doctors. She is now involved in research about improving communications skills in doctors as a preventive way of burn-out.

Keynote Speakers



Prof. James V. Lucey MD (Dub), PhD (Lond), FRCPI, FRCPsych

Medical Director, St. Patrick's University Hospital, Dublin and

Clinical Professor of Psychiatry TCD

Special Interests: Health services management; General Adult Psychiatry specialising in clinical management of Obsessive Compulsive Disorders (OCD) and other Anxiety Disorders

Clinical Expertise: Prof. Jim Lucey is Medical Director of St. Patricks University Hospital since 2008. He has more than 25 years experience in psychiatry. In addition to medical management he maintains his clinical practice at St. Patrick's where he works on the assessment, diagnosis and management of obsessive compulsive (OCD) and other anxiety disorders.

Career: Prof. Lucey was educated at St. Michaels College in Dublin and at the Royal College of Surgeons in Ireland (RCSI) where he qualified in medicine in 1977. He trained in psychiatry at St. Patrick's Hospital in Dublin and at the Maudsley Hospital in London, graduating with an MD from Trinity College, Dublin and a PhD from the University of London. He is a fellow of the Royal College of Physicians of Ireland and of the Royal College of Psychiatrists in London, as well as a member of the College of Psychiatry of Ireland. In 1993 he was appointed Consultant Psychiatrist, and Director of Psychiatric Intensive Care in St. Bartholomew's Hospital in London. He returned to Ireland in 1997 to become a Consultant Psychiatrist with the Northern Area Health Board (HSE) at Connolly Hospital working in the community of North West Dublin. In 2002 he was appointed to St. Patrick's where he became the Director of the Anxiety Disorders Service and also Consultant Psychiatrist with responsibility for electro-convulsive therapy. He has been a Senior Lecturer in Psychiatry at the University of London (1993-1997) at St. Bartholomew's Hospital, London, and at The Royal College of Surgeons in Ireland (1998-2002) and is currently Clinical Professor of Psychiatry at Trinity College Dublin.

Other Activities: Dr. Lucey's research includes studies into the biology of OCD which were completed while a JNP Moore Research Fellow at St. Patricks. Later while a Wellcome Trust Junior Fellow at the Institute of Psychiatry, University of London, he studied the use of functional brain-imaging to examine the biology of OCD, Panic disorder and Post-traumatic Disorder. In October 2006 he attended Harvard School of Public Health for "Leadership Development for Physicians in Academic Medical Centres" and again in 2008 for "Forces for Change" in health services.

Dr Lucey provides psychiatric assessment services to undergraduate students at The Royal College of Surgeons in Ireland (RCSI). He teaches medical undergraduates and post graduate students of psychiatry at TCD. He gives public lectures and is a regular broadcaster on mental health matters on RTE radio featuring on Today with Pat Kenny

Contact details: @ St. Patricks University Hospital, Dublin, www.stpatrickshosp.ie

Tel. (+353 1) 2493614, Email. jlucey@stpatmail.com



Professor Gerard Bury, Professor of General Practice & Director of Centre for Emergency Medical Science, UCD.

Inner city GP since 1984. President Medical Council of Ireland 1996-2004 and Director of Medical Education, HSE 2009-2012.



Professor Paul Finucane is the Project Manager for the new Health Research Institute at the University of Limerick. Prior to taking on this role, he was the Foundation Head of the UL Graduate-Entry Medical School from 2007 to 2012. He graduated in Medicine from University College Cork in 1978 and since then has worked in the Yemen Arab Republic (as a volunteer development worker), in Wales and in Australia as well as in several parts of Ireland. His clinical background is in Geriatric Medicine. At one stage he worked with the Medical Council as its Director of Competence Assurance and later chaired its Professional Competence Committee which oversaw the introduction of Professional Competence Schemes for doctors working in Ireland. He is also a founding member of the International Performance Assessment Coalition. He is married to Aileen and has two dogs (Porgy & Bess). When not sitting on Committees he likes to sail and cycle and has a keen interest in the visual arts.



The European Association for Physician Health (www.eaph.eu)

The European Association for Physician Health, EAPH, is a network of individuals and institutions that enables communication and working together on areas of common interest on the health and healthcare for doctors, early identification and management of illness and promotion of healthy behaviours among medical professionals.

The EAPH aims to encourage a higher quality of care for all doctors, including doctors in difficulty, across Europe by providing a forum for:

- Sharing expertise and good practice on the treatment of doctors by doctors and other health professionals,
- Influencing and encouraging the development of health services for doctors and
- Undertaking joint research on the health and well being of doctors

Background to the Association

In 2001, a group of doctors met in Barcelona, during the 1st European meeting of PAIMM (www.paimm.org) where European experts met to discuss Care programmes in Europe for Health professionals with mental disorders and addictive behaviours. The meeting concluded with a consensus document, the Manifesto of Barcelona which was published (see full text on EAPH website). In 2006, a group of European doctors met informally at the International Conference for Physician Health in Canada. In 2008, a larger meeting took place in London in a post-conference meeting after the International Conference for Physician Health which was hosted jointly by the American, British and Canadian Medical Associations. The group agreed to form an association and to meet formally at an inaugural conference of the European Association of Physician Health in Oslo. The constitution of the association was drafted by NHS national Clinical Assessment Service under the auspices of the UK National Patient Safety Agency in 2009 and agreed by those who attended the Oslo conference in 2009.

The Officers of EAPH

The officers of EAPH were nominated and elected in Oslo 2009 and were

1. Prof Olaf Aasland, Norwegian Medical Association (replaced by Dr Karin Ro, PhD, of NMA and Villa Sana, Norway in 2011),
 2. Dr Mike Peters, Head of BMA Doctors for Doctors Unit,
 3. Dr Pilar Lusilla, Psychiatrist and Dr Antoni Arteman, Specialist in Preventive Medicine and Public Health and general manager of the Galatea Foundation. Both are involved in Paimm (www.paimm.org), an inpatient and outpatient service in Barcelona which treats doctors from all over Spain with psychiatric conditions and addictions,
 4. Prof Frieder Wurst, Psychiatrist, Paracelsus Medical University, Salzburg,
 5. Dr Andree Rochfort, GP and Director ICGP Health in Practice Programme, and Honorary Secretary of EQuIP - European Association for Quality and Patient Safety in General Practice - a Wonca Europe Network Organisation,
 6. Prof Jenny Firth Cozens of London Deanery (postgraduate medical education) who retired as EAPH Officer in 2011.
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The Members of EAPH

Membership is open and free to those interested in the broad area of doctors' health and wellbeing and currently consists of health professionals and academics from a range of backgrounds: medicine, psychology, nursing, clinicians, researchers, medical educators and their institutions at undergraduate and postgraduate levels, universities, regulatory / licensing bodies, medical societies, health policy and standards institutions. EAPH is a young association and not yet legal body; it charges no membership fee. All of the founding members and current officers are supported by their employing organisations or fund themselves independently. Members meet each other and collaborate during the annual conference.

There are currently 200 members from thirty three countries and several continents.

The Website and Conferences of EAPH

The EAPH website is generously hosted by BMA.

Each year, a conference is administratively hosted by an officers' organisation, sometimes in conjunction with other organisations in their country; whereby the host country organisers seek out a suitable venue, dates, accommodation, and lead all the administration for example, the registration process and handling the production of delegate packs.

Past meetings have been in London BMA 2008 (networking meeting to establish interest in setting up an association of doctors to share expertise on doctors' health and healthcare), Oslo, Norwegian Medical Association 2009, Galatea Foundation / Catalan Medical Association in Barcelona 2010 and Paracelsus Medical University Salzburg 2011.

The conference is usually held over two days in autumn / winter. It was agreed to defer the winter conference of 2012 to spring of 2013 in order to allow more time between meetings.

EAPH Conference Organising Committee 2013

The EAPH conference organising committee currently consists of Dr Andrée Rochfort, ICGP Health in Practice Programme, Dublin (Chair of Conference Organising Committee 2013), Dr Mike Peters, Doctors for Doctors Unit BMA, London, Dr Karin Ro, of Norwegian Medical Association and Villa Sana, Norway (a residential treatment centre for doctors); Dr Pillar Lusilla, Consultant Psychiatrist at PAIMM, in-patient and outpatient psychiatry treatment in Barcelona, Prof Frieder Wurst, Psychiatrist in Salzburg.

The officers of the association organise and agree the clinical / academic content of presentations, posters, oral paper presentations and workshops, keynote speakers and plenary. The EAPH officers form an international abstract review committee, and no officer is permitted to judge abstracts from their own country.
