

ESMO WORKSHOP

LEADING FOR BETTER MENTAL HEALTH, WELLBEING AND RESILIENCE OF THE ONCOLOGY WORKFORCE

Barcelona, Spain
31 January -1 February 2025

CO-CHAIRS:

Claire Hardy, UK
Susana Banerjee, UK

SPEAKERS:

Stavroula Leka, UK (remote)
Helen Garr, UK
Jonathan Lim, UK
Konstantinos Kamposioras, UK
Miriam O'Connor, IE
Gustavo Tolchinsky, ES
TBC/EU Commission Belgium
Representative
Elena Elez, ES

LEARNING OBJECTIVES

- Understand the mental health and wellbeing challenges faced by oncology professionals across Europe and the world, including burnout and resilience factors.
- Identify and analyze the contributing factors and risks leading to mental ill-health and burnout among healthcare workers.
- Explore various initiatives and interventions implemented across Europe to promote mental health, wellbeing, and resilience in healthcare workers and physicians.
- Recognize the significance of different intervention levels to facilitate positive change and transformation in mental health support.
- Familiarize oneself with the international standard ISO 45003, focusing on 'Psychological health and safety at work'.
- Describe essential resilience skills for enhancing personal wellbeing and coping with challenges in the healthcare field.
- Examine the ESMO Resilience Task Force (RTF) position paper and discuss strategies for implementation at a personal, institutional and national level.
- Develop an action plan to address mental health, wellbeing, and resilience within one's own institution's/country's oncology workforce.
- Establish connections with other oncology leaders across Europe to create a supportive peer network for promoting transformation and wellbeing internationally within the oncology profession.

Friday, 31 January 2025

09:00-9.15 15'	Opening and welcome	Speaker
15'	Workshop Introduction – The ESMO Resilience Task Force (RTF), workshop goals and learning objectives	Susana Banerjee, UK

09:15-11:05 110'	SESSION 1 Overview of the main issues and recommendations on wellbeing and burnout in oncology	Co-Chairs: Claire Hardy, UK Susana Banerjee, UK
15'	Wellbeing and burnout in oncology	Jonathan Lim, UK
15'	The impact of COVID-19 on oncologists globally: Key findings from the ESMO RTF survey series	Miriam O'Connor, IE
20'	Recommendations for the future – Highlights from the ESMO RTF position paper	Konstantinos Kamposioras, UK
25'	Break out and discussion session on issues and recommendations	Faculty
20'	Feedback and take-home messages	Co-Chairs
15'	Q&A and discussion	All

11:05-11:30	Coffee break	
--------------------	---------------------	--

11:30-13:00 75'	SESSION 2 Good practice and shared learning: initiatives from across Europe to support the mental health and wellbeing of healthcare workers	Co-Chairs: Elena Elez, ES Miriam O'Connor, IE
15'	Shared practice initiative 1: NHS Practitioner Health	Helen Garr, UK
15'	Shared practice initiative 2: Professional wellbeing programmes in the USA (TBC)	(TBC)
15'	Shared practice initiative: Programa d'Atenció Integral al Metge Malalt (PAIME-PAIMM)TBC	Gustavo Tolchinsky, ES
15'	Sharing reflections and take-home messages	Co-chairs
15'	Q&A	All

13:00 -14:00	Lunch	
---------------------	--------------	--

14:00-15:55 115'	SESSION 3 Workplace risk factors and approaches	Co-Chairs: Claire Hardy, UK Susana Banerjee, UK
45'	Worker mental health and burnout – influencing factors, intervention approaches and international standards for best practice (remote)	Stavroula Leka, UK (remote)
10'	Q&A	Stavroula Leka, UK (remote)
45'	Break out session and action planning	Claire Hardy, UK and faculty
15'	Feedback and take-home messages	Co-Chairs

15:55-16:30	Coffee break
--------------------	---------------------

16:30-18:30 100'	SESSION 4 Real world practices from delegates and the European initiatives	Chair: Konstantinos Kamposioras, UK
50'	Selected Presentations: Health and wellbeing initiatives and practices across Europe	Selected on competitive base
20'	How Europe is addressing health and wellbeing in the healthcare workforce	TBC
20'	Closing remarks Day 1 and discussion	Co-Chairs
10'	Q&A	TBC

20:30	Dinner
--------------	---------------

Saturday, 1 February 2025

09:00-10:30 90'	SESSION 5 Personal resilience skills development workshop (part 1)	Chair: Jonathan Lim, UK
90'	Part 1. Developing personal resiliency skills for managing organisational changes and working life	Claire Hardy, UK

10:30-11:00	Coffee break
--------------------	---------------------

11:00-12:30 90'	SESSION 6 Personal resilience skills development workshop (part 2)	Chair: Kevin Punie, BL
90'	Part 2. Developing personal resiliency skills for managing organisational change and working life	Claire Hardy, UK

12:30-13:00 30'	Conclusion, evaluation and next steps	Co-Chairs: Claire Hardy, UK Susana Banerjee, UK
---------------------------	--	--

13:00-14:00	Lunch
--------------------	--------------