

Type: Programme

Area / Topic: Training of family doctors

Session topics are preliminary and do not reflect the precise content of the final program, which will be based on peer-reviewer evaluations, program theme, and diversity of topics. If you have any concern or query please contact the Scientific Committee via email:

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Title: LOOKING AFTER YOUR OWN HEALTH

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Authors of the abstract: Naomi Harris,

Type of presentation: Workshop

Theme of the workshop: As a junior doctor it is often easy to neglect both your physical and psychological health. I aim to provide simple advice and skills to ensure that the doctor stays healthy.

Learning objectives:

1. What is stress? What are my personal symptoms of stress?
2. When do I ask for help?

3. Explore the importance of having your own GP.
4. Breathing to relax
5. At desk exercises
6. Acupressure to get you through the day
7. Writing for relaxation

Activities to be carried out by assistants and the coordinator:

1. Give strict dictionary definition of stress - is this consistent with our definition
2. Make a personal list of how you feel when you feel you are stressed
3. Workshop the criteria we should use to gauge stress and when to ask for help.
4. Brief presentation on why we should all see a GP regularly. Guidelines on how to find an appropriate GP for yourself.
5. Instruct and practice 3 breathing exercises, 3 at desk exercises and an explanation and demonstration of key acupressure points.
6. Introduction to writing prose and poetry at the end of the day. Short session to share what has been written.

Expected results: Trainees will leave the session motivated to find an appropriate family doctor for themselves. They will also have skills to identify when to seek help and some simple, in surgery activities to keep the family doctor at their peak.
The trainee will also be more aware of how powerful it is to write about your experiences and will know that it does not have to be a literary masterpiece.

Keywords:

- 1: Health Promotion
- 2: Stress
- 3: Stress Management
- 4: General Practitioner