

Professional Practice & DEI

Session

PBLD

Workshop

*This is a preliminary programme and is subject to change.

Workshop

VAST Well-Being I

Concerns regarding wellbeing and healthcare provider burnout are gaining attention around the world. In addition to the effect on the individual, burnout negatively affects healthcare delivery through increased medical errors, decreased compassion, early retirements, and leaves of absence. In low-resource settings, burnout may be exacerbated by excessive workloads, high burden of disease, and resource shortages. Despite it being a crucial component ensuring a well functioning workforce, healthcare provider wellbeing has largely gone unaddressed in low-resource settings. There is a lack of support and stigma about mental health concerns in many settings This 4-hour workshop will give participants an introduction to the Vital Anaesthesia Simulation Training Wellbeing (VAST WB) course. Rather than therapy or peer-support, VAST WB is intended to introduce simple yet effective techniques to manage personal wellbeing and professional wellbeing. VAST WB normally an 8-hour, single day workshop is intended for healthcare workers in low-resource settings. This modified program will draw on the core elements of VAST WB and provide an introduction to strategies that promote personal and professional wellbeing.

At the end of this workshop, participants will be able to:

1. Identify personal and professional factors that influence their wellbeing.
2. Recognize burnout, its risk factors, and prevention strategies.
3. Consider actionable changes to their workplace that can safeguard wellbeing.

Facilitators: TBC

Workshop

VAST Well-Being II

Concerns regarding wellbeing and healthcare provider burnout are gaining attention around the world. Despite the growing awareness, there remains lack of support and stigma about mental health concerns in many areas. This is particularly true for healthcare providers working in low-resource settings. The Vital Anaesthesia Simulation Training Wellbeing (VAST WB) course was developed to raise awareness about healthcare provider wellbeing, personal and workplace factors that influence wellbeing, and provide a forum for discussion of burnout. Rather than therapy or peer-support, VAST WB is intended to introduce simple yet effective techniques that promote personal and professional wellbeing.

This workshop is designed to introduce the VAST WB course and enable healthcare providers to implement VAST WB in their area. The workshop will provide rationale for VAST WB content and practical strategies to safely introduce these important concepts. Notions of wellbeing may vary greatly depending on the regional or cultural context. The workshop will involve interactive discussions on how to sensitively and adaptably introduce concepts surrounding wellbeing, burnout prevention, and change planning.

At the end of this workshop, participants will be able to:

- 1. Understand the VAST WB curriculum**
- 2. Refine individual and workplace burnout risk factors**
- 3. Discuss cultural competent peer support strategies**

Facilitators: TBC

Workshop

From Resistance to Resilience Mindset: Inner Engineering Skills for Inner PPE and Enhanced Wellbeing in Health Care Providers

Healthcare innovation requires us to shift from experiencing monotony or negativity to being solutions-oriented and creative. Resilience-building and self-empowering tools like breathwork, yogic postures, and meditation can help us better manage change and build a resilience mindset to transform inner resistance into innovative leadership. In this 150-minute experiential workshop, you will learn the scientific evidence behind these transformative tools and how



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to practice them yourself. You will take away approaches and skills to integrate into your daily life to empower you to be a better innovator, provider, leader, and above all, a more joyful human being.

Facilitators: Balavenkatsubramanian Jagannathan, India
Balachundhar Subramaniam, USA