



The Wellbeing and Mental Health of Doctors in Training

3 external CPD points

Introduction

Specialty training programmes require Supervisors to take a holistic approach that addresses not only professional, educational and clinical learning goals, but also recognises and responds to trainees’ pastoral needs. Supervisors who attend this interactive session will be provided with an overview of the key mental health and wellbeing problems that may arise for trainees, such as depression and anxiety, chronic stress and being at risk of burnout. We will also explore how personality traits can impact a doctor’s wellbeing and progress through training. Through case- based exercises Supervisors will have the opportunity to discuss and reflect upon their roles as well as refresh their skills and practice having conversations around mental health.

Learning objectives

1. Understand the situation regarding the mental health and wellbeing of junior doctors in the UK
2. Feel equipped as a supervisor to respond to mental health problems that arise in trainees
3. Have knowledge of key wellbeing and resilience strategies

	Welcome and introduction to the session
	Mental Health in Junior Doctors: Stress, Burnout and Moral Distress at work Understanding personality traits Awareness of the triggers and risk factors for mental health problems
	Obstacles to seeking support Banishing stigma and fostering a culture respectful of equality, diversity and inclusion principles
	Maintaining Professionalism: the impact upon patient care and healthcare delivery. Overview of relevant GMC guidance
	The Supervisors role: Recognising signs and symptoms of mental health problems in trainees How to have conversations around mental health When and how to arrange follow up; referral pathways
	Case scenarios: 1- Return to work following an episode of mental illness 2- Supporting the unwell trainee
	Promoting wellbeing and resilience strategies
	Q&A and Evaluation



To book or enquire about this programme please contact us

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