

# WCA



18<sup>th</sup> World Congress  
of Anaesthesiologists

3 - 7 March 2024 SINGAPORE

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## PROGRAMME

### Professional Practice & DEI

**Tuesday, March 05, 2024**

**Session Date/Time: Tuesday, March 5, 2024 - 12:45 - 15:15**

MR 334 (Level 3)

**Professional Practice & DEI Workshop: From Resistance to Resilience Mindset: Inner Engineering Skills for Inner PPE and Enhanced Wellbeing in Health Care Providers**

Workshop Fee: 50 USD

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 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.

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

*Balavenkatasubramanian Jagannathan, India*

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

*Balachundhar Subramaniam, United States*

## PROGRAMME

### Wednesday, March 06, 2024

**Session Date/Time: Wednesday, March 6, 2024 - 08:15 - 12:15**

MR 333 (Level 3)

#### **Professional Practice & DEI Workshop: Introduction to VAST Wellbeing**

Workshop Fee: 20 USD

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.

#### **Introduction to VAST Wellbeing**

*Jonathan Bailey, Canada*

#### **Introduction to VAST Wellbeing**

*Adam Mossenson, Australia*

#### **Introduction to VAST Wellbeing**

*Vaibhavi Upadhye, India*

#### **Introduction to VAST Wellbeing**

*Gaston Nyirigira, Rwanda*

#### **Introduction to VAST Wellbeing**

*Jackson Kwizera Ndekezi, Rwanda*

#### **Introduction to VAST Wellbeing**

*Cassandra Poirier, Canada*

#### **Introduction to VAST Wellbeing**

*Susan Nicoll, New Zealand*

**Session Date/Time: Wednesday, March 6, 2024 - 13:45 - 17:45**

MR 333 (Level 3)

#### **Professional Practice & DEI Workshop: VAST Wellbeing Facilitation and Implementation**

Workshop Fee: 20 USD

Description Concerns regarding wellbeing and healthcare provider burnout are gaining attention around the world.

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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.

### **VAST Wellbeing Facilitation and Implementation**

*Jonathan Bailey, Canada*

### **VAST Wellbeing Facilitation and Implementation**

*Adam Mossenson, Australia*

### **VAST Wellbeing Facilitation and Implementation**

*Vaibhavi Upadhye, India*

### **VAST Wellbeing Facilitation and Implementation**

*Gaston Nyirigira, Rwanda*

### **VAST Wellbeing Facilitation and Implementation**

*Jackson Kwizera Ndekezi, Rwanda*

### **VAST Wellbeing Facilitation and Implementation**

*Cassandra Poirier, Canada*

**Session Date/Time: Wednesday, March 6, 2024 - 16:15 - 17:15**

MR 334 (Level 3)

### **Professional Practice & DEI Workshop: Establishing a DEI Culture in My Work Environment**

Workshop Fee: 20 USD

#### Workshop Description:

Establishing and maintaining a culture of diversity, equity, and inclusion (DEI) is a social and practical necessity for everyone. This 1-hour workshop aims to introduce anaesthesiology providers at all levels and leadership roles to DEI concepts and explore leadership approaches to inclusion. Based upon group interest, we will discuss applications of these concepts in the realms of clinical care and/or education.

#### Workshop Objectives:

During this 1-hour introductory workshop on "Establishing a DEI Culture in My Work Environment", participants should be able to:

1. Discuss foundational DEI terminology and compare/contrast how DEI concepts are operationalised across cultures;
2. Recognise DEI concepts that are foundational to building culture: "(re)discovering" implicit bias while remaining reflexive of individual lived and cultural experiences;
3. Transform non-performative policies and practices into meaningful infrastructure;

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4. Apply community engagement principles using case-based learning.

### Who Should Attend?

This workshop is designed for anaesthesiology providers at all levels. Leaders and administrators within Departments of Anesthesiology and at the hospital level are also encouraged to attend. Bring a colleague and/or a friend and join us in co-constructing a transformative workshop that not only navigates but also embraces the complexities of DEI! Together, we can shape the future of anaesthesiology that serves, and ensures, all individuals feel as though they belong.

### **Session Introduction & Facilitation**

*Helen Lee, United States*

### **Facilitation**

*Gianni Lorello, Canada*