

Healthier Practitioners, Better Patient Care: Webinar Insights

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In this important webinar Dr Leanne Rowe covers the ambit of contemporary practitioner health issues.

In light of recent events surrounding the serious issue of healthcare practitioners' mental health, Dr Rowe is keen to offer some clarity around the appropriate management of this topic.

Key points covered

Some of the key points that will be covered are:

- **more effective time management,**
- **building personal resilience** (includes - Taking a break from being a driven practitioner •Common negative thinking patterns •Why general sleep advice does not work •Stress reduction strategies•Helpful resources)
- **managing conflict and criticism** (includes •A shared commitment to continually improving the quality of patient care •Healthy communication with open, honest, constructive debate •Diversity of thinking is encouraged •Recognition of equal opportunity •Participation of the whole team •Decisions based on evidence, reasoning, high standards and consensus •A caring culture)

Presenter

Clinical Professor Leanne Rowe is a General Practitioner, with a special interest in doctors' health. She completed her MD on the topics of depression and cognitive behavioural therapy and has published a number of books on doctors' health. In the past, she was Chairman of the RACGP, Deputy Chancellor of Monash University and she served on the board of beyondblue the national depression initiative.

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