



*Occupational Stress & Burnouts in
the Health Care Profession;
A Psychological Review*

Association of Podiatrists of Malta Annual Conference

9th November 2018

Date: 9th November 2018

Location: Corinthia Palace Hotel & Spa, Attard

Time: 8:00 – 14:00

8:00 – 8:30 **Registration**

8:30 – 8:45 **Opening speech by the President of the APM
Mr. Ivan Farrugia**

Mr. Ivan Farrugia graduated from the university of Malta back in 1998 where he obtained a Diploma in Podiatry. In 2008 he initiated a MSc degree course at Glasgow Caledonian University and successfully completed his studies in children's pedal pathologies at the same university. Soon after this achievement, Mr. Ivan Farrugia set up a Podopaediatric Clinic at the Podiatry Department in Birkirkara Health Centre. Mr Farrugia has been a state registered Podiatrist both locally and in the UK for the last 20 years, forming part of the management team within the same Podiatry Department. Mr Farrugia currently holds the position of President of the Association of Podiatrist of Malta, a role which he also carried out dutifully in 2006 and 2009.

8:45 – 9:30 **“Juggling work, family & personal development – is
work life balance a myth?”
Dr Elaine Dutton (Psychologist)**

Elaine is a registered Health psychologist and obtained her PhD in Health psychology in 2016 focusing on weight management among Maltese women. Her research interests include the role of coping in the development and management of chronic conditions and strategies for health behaviour change, particularly those addressing eating behaviour and stress. Elaine's experience spans a number of fields including Health Promotion, Lecturing, and Coaching individuals attempting lifestyle changes. Elaine is currently also involved in helping small business set-up their human resources function and acting as an internal point of reference to new management teams as they go through phases of both personal and organisational growth.

09:30 – 10:15 **“Tune in to your higher order thinking skills
workshop“
Ms Sharon Cusens**

A Graduate in Psychology and specialised as a Change Management Consultant. Film Director & creator of 'Spring Film Therapy', Author of book series: A Universal Language, Life Coach. Runs various courses in Personal Development at the Academy of Inner Excellence. An innovative, fresh and humorous interactive style of running workshops. Previous work experience includes being a HR Manager and later Strategic Planner for a big Orthopaedic Centre linked to Red Cross Hospitals in Frankfurt for 18 years, directed various Corporate Films for better Time and Quality Management. Coach in QM Team Building related to certification in ISO certifications. Hostess on Royal Caribbean Cruise Lines and Dancer / Choreographer at the Royal Albert Hall. Designed made to measure

theatre and animation concepts to express Management Strategies, Corporate Culture, and Corporate Mentality Change etc. for Incentives and Team Building Courses.

10:15 – 10:30 Mr John Cachia (Mental Health Commissioner)

Dr John Cachia has been Commissioner for Mental Health since 2012. The Office of the Commissioner for Mental Health promotes and safeguards the rights of persons suffering from a mental disorder and their carers. It is responsible for the establishment of the necessary organisational structures and technical infrastructure to ensure the prompt implementation of the provisions of the new Mental Health Act which has been enacted on the 10th October 2013.

**10:30 – 10:45 “An analysis of the burnout levels in podiatrists working within the Governmental services in Malta”
Mrs. Pamela Mizzi**

In 2012, Pamela Mizzi graduated from the University of Malta with a B.Sc(Hons) Podiatry. For around 4 1/2 years, she worked as a podiatrist within the Primary Health Care. In 2017, she graduated from Global College Malta with an Executive MBA. Pamela pursued a career change and now works full-time as the HR Support Services Executive at Simonds Farsons Cisk plc, and lectures part-time 'Strategic Management' to University of Chester students.

10:45 – 11:15 Coffee Break

11:15 – 11:30 Mr Andrew Scicluna – Lead of Podiatry in Malta

Andrew Scicluna Podiatrist MSc Podiatry & Management (Brighton UK) Post Grad Diploma Geriatrics & Gerontology. Was part of the first course in Malta which started way back in December 1982 under the initial coordination of Prof. John Bountempo and later on Mr Chetty . Graduated as a podiatrist 32 years ago in January 1986. Throughout these years has represented Podiatry on the CPCM for 20 years, was founder member of the association and worked hard so that the podiatry profession expanded its popularity and scope of practice. Together with other podiatrists was responsible for the set-up of the podogeriatric team. Currently holds the position of Professional Lead Podiatry. Notwithstanding the 36 years in direct contact with Podiatry with all the ups and downs of this intriguing profession Mr Scicluna is still in love with the profession and feels highly motivated to continue contribute towards the progression of the profession.

11:30 - 12.15 **“Stress, Distress and their management”**
Dr Anthony Dimech (Psychiatrist)

Dr Anthony Dimech MD PGDipCBT(Soton) DipHypno-CBT(Lond) MScAddiction(Lond) GHR(UK) MRCPsych(UK) is a Consultant in General Adult and Addiction Psychiatry. He practices Cognitive Behavioural Hypnotherapy and is a Visiting Senior Lecturer at the University of Malta. Dr Dimech lectures regularly in a number of undergraduate and postgraduate courses related to mental health. He graduated in Medicine at the University of Malta in 1997 and was elected member of the Royal College of Psychiatrists, UK, in 2004. He was awarded a Master of Science degree in Clinical and Public Health Aspects of Addiction at the Institute of Psychiatry, King’s College, London in 2006. His thesis focused on physical health problems in individuals with substance use disorders. In 2007 he was awarded a postgraduate Diploma in Cognitive Therapy for severe mental health problems at the University of Southampton and focused on personality disorders. In 2015 he completed a Diploma in Cognitive Hypnotherapy at the UK College of Hypnosis and Hypnotherapy. He is on the General Hypnotherapy Register, UK. His research interests include the application of Cognitive Hypnotherapy to Addiction and other mental health problems.

12:15 - 13.30 **“Hacking resilience for optimal performance”**
Mr Nathan Farrugia

Nathan is an experienced CEO, TEDx speaker, trainer and entrepreneur with degrees in health science and business. He has completed some of the worlds toughest endurance challenges and set world records in the process. He raises funds and awareness for charity through his challenges and is active in both the commercial and non-profit worlds. His passion is Unlocking Human Potential and bringing out the untapped abilities we hold, often because we act as our own limit. His delivery draws together a wide range of thought leadership in neuroscience, psychology, philosophy, business and health science. Nathan has been working with CEOs and top executives for the past 20 years, both as a CEO as well as a business coach, finding ways to get people to raise their game. His approach is used in a wide range of industries, as fundamentally they approach the ‘human’ element of performance, not the technical. By working with and studying top CEOs, Olympic athletes, musicians, fighter pilots and race car drivers, he now coaches people to excel in what they do. Nathan’s executive coaching academy works with CEOs and executive teams to harness this potential, transforming managers into high performing leaders that, in turn, inspire and transform their own teams. Nathan is married with two young children and lives in Malta.

13:30 – 13:35 **Closing Speech**

13:35 – Onwards **Lunch**