



Wellbeing, reflection and being prepared for the emerging surge

Chairs: Dr Gunjeet Dua, Clinical Content Lead, RCoA Webinars
Dr Claire Mallinson, RCoA Council Member

Panel:

- Dr Mike Farquhar, Consultant, Paediatric Sleep Medicine, Guy's and St Thomas' NHS Foundation Trust
- Dr Mark Stacey, Consultant Anaesthetist and Associate Dean New Initiatives (Wales)
- Dr Sue Walwyn, President SEAUK
- Dr Shirley Remington, Associate Dean, Health Education England (HEE)
- Dr Roopa McCrossan, Locum Consultant Anaesthetist, Newcastle Hospitals and Honorary Secretary, Association of Anaesthetists Trainee Committee

Below is a list of resources and other materials to accompany the Wellbeing, reflection and being prepared for the emerging surge webinar

Presentations:

[Dr Mark Stacey: Coping with Stress](#)

[Dr Shirley Remington: Returning to work in a post COVID world](#)

[Dr Roopa McCrossan – Trainee wellbeing resources](#)

Online resources:

There are several references to other resources during the course of the webinar. Links are given below to the relevant material:

Free resilience resources for healthcare workers:

<https://resilienceresources.wixsite.com/bakersdozen>

Mental Health consequences of Covid-19 | NCMH on PTSD:

<https://www.ncmh.info/resources/consequences-covid-19/>

The NHS Practitioner Health Programme is only available in England at the moment. There is a similar organisation in Wales:

<https://www.hhpwales.co.uk/>