**Occupational health, wellbeing and stress – an inter-professional educational workshop**

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**Background** Health care worker wellbeing, burn out and work-related injuries are of increasing concern across all health systems. Implications for the individual, families, workforce and the quality of patient care are significant. Engaging healthcare staff in yet more wellbeing initiatives and stress management can be challenging, particularly in masculine dominated cultures and workplaces. Framing the topics of stress and mental health in the wider context of occupational health is one method of engaging staff. Interactive workshops based in the lived workplace experience can also provide useful information for managers and occupational health programs.

**Aims** To share lessons from a model of workplace-based education about occupational health and stress.

**Method** A large health corporation in Qatar had a gap in occupational health and staff wellbeing. Whist the corporate culture was slowly changing, the Ambulance Service agreed to proceed with an occupational health service. Part of this strategy was to educate staff and encourage more open conversation around workplaces injuries and stresses and encourage reporting. The curriculum developed included small group workshops using videos; brainstorming, and opportunity to reflect on psycho social stressors. A very diverse workforce in terms of culture, language, education and powerposed unique challenges in designing inter-professional activities. Adult learning principles and following the accreditation requirements for QCHP educational activities ensured an interactive and engaging workshop. This model can be applied in many diverse settings.

**Results** Over 30 introductory workshops for basic occupational health principles and stress management was delivered over the past 14 months to over 300 staff. Feedback was very positive; suggestions for improvement were a great resource for management.

**Conclusion** This is a useful educational model for designing inter-professional activities to teach about occupational health, stress and wellbeing.