

MIDDLE EAST CANCER CONSORTIUM



Workshop on the Stresses of Working with Cancer Patients

Lordos Beach Hotel

Larnaca, Cyprus, June 22-24, 2007

DAY 1- June 22nd, 2007

09:00-09:05 **Welcoming remarks** – Prof. Michael Silbermann, Executive Director, MECC

09:05-09:20 **Introduction to MECC** (film)

09:20-09:30 **Introduction to the meeting's topic** – Mrs. Sara Ben-Ami, Israel

SESSION I : The Pathophysiology of Stress Leading to Burnout

Chair : Prof. Ayala Malach Pines, Israel and Prof. Muhammad Maher Hammami, Saudi Arabia

09:30-09:45 **The pathophysiology of stress** - Prof. Michael Lumpkin, USA

09:45-10:00 **Scientific basis for complementary approaches to stress management** - Prof. Aviad Haramati, USA

10:00-10:30 Coffee Break

SESSION II : Psycho-Oncology Aspects of Burnout

Chair : Prof. David Wellisch, USA and Prof. Riza Cetingoz, Turkey

10:30-10:45 **Staff grief in the context of oncology care** - Prof. David Wellisch, USA

10:45-11:00 **Stress and burnout: significant differences between them** - Prof. Ayala Malach Pines, Israel

11:00-11:15 **Integrative medicine and psycho-social aspects of cancer care** – Prof. Barrie R. Cassileth, USA

11:15-11:30 **Caregivers' burden and its implication for caregivers' & patients' health** – Dr. Miri Cohen, Israel

11:30-11:50 **Spirituality and spiritual care: contribution to the well-being of the healthcare professionals-**

Sr. Patricia Parachini, USA

11:50-12:00 **Mind-Body Medicine: Introduction to healing experiences** - Ms. Nancy Harazduk, USA

12:00-13:00 **Mind – Body experiential exercises (breathing /meditation)** participants subdivided into 3 groups

13:00-14:15 Lunch

SESSION III : Stress and Burnout in Physicians in a Hospital Environment

Chair : Prof. Aziza Shad, USA and Prof. Myriam Ben Arush, Israel

14:15-14:25 **Why physicians burnout-** Prof. Aziza Shad, USA

14:25-14:40 **Caring of patients with incurable cancer: What stresses us?** – Dr. Nathan Cherny, Israel

14:40-14:55 **Insights from a pediatric physician working with a heterogenous population -**

Prof. M. Ben Arush, Israel

14:55-15:25 **An incident that stressed me significantly** – Drs. Shad, Cherny & Ben Arush

15:25-16:00 Coffee Break

16:00-17:00 **Mind – Body experiential exercises (biofeedback)** participants subdivided into 3 groups

MIDDLE EAST CANCER CONSORTIUM



DAY 2- June 23rd, 2007

SESSION IV: *Nurses and Burnout – in a Hospital Environment*

Chair : Mrs. Sara Ben-Ami, Israel and Mrs. Françoise Daoud, Palestinian Authority

- 09:00-09:15 **Burnout among family caregivers of adult cancer patients** – Prof. Ahmed Elzawawy, Egypt
09:15-09:30 **Burnout among nurses who treat pediatric cancer patients** - Mr. Mohammad A. Qabajah, PA
09:30-09:45 **Burnout among nurses who work with families of cancer patients** - Mrs. Ibtisam Ghrayeb, PA
09:45-10:00 **Preventive approach to burnout among healthcare professionals** – Dr. Nagwa El Kateb, Egypt

10:00-10:30 Coffee Break

SESSION V: *How Stressful is a Social Worker`s Job in the Context of Cancer Care?*

Chair : Ms. Hanan Qasem, Israel and Ms. Debbi Wolf, Israel

- 10:30-10:50 **The psycho-social basis for social work in oncology** – Prof. David K. Wellisch, USA
10:50-11:10 **The association between the social worker`s tasks and self emotional distress** -
Dr. Gili Peleg, Israel
11:10-11:25 **My experience as a social worker with a heterogenous patient population** -
Mrs. Hanan Qasem, Israel
11:25-11:40 **Insights from a physician in the Turkish population** - Dr. Tugba Yavuzsen, Turkey
11:40-13:00 **Experiential exercise. 4 sub groups: Burnout: self diagnosis, causes & cures** -
Prof. Ayala Malach Pines, Israel

13:00-14:00 Lunch

SESSION VI: *Stress and Burnout in a Hospice Setting*

Chair : Dr. Nagwa Elkateb, Egypt and Dr. Dima Ratib Ezmigna, Jordan

- 14:00-14:15 **Burnout issues in running a hospice** – Dr. M. Ezzat, Egypt
14:15-14:30 **My experience as a nurse in a heterogenous hospice adult population** - Mrs. Mali Szlaifer, Israel
14:30-14:45 **The problem of burnout in the hospice- A Cypriot experience** – Dr. Sophia Pantekhi, Cyprus
14:45-15:00 **A resident`s perspective of burnout** – Dr. Eyal Jacobson, Israel
15:00-16:00 **Mind – Body experiential exercises** participants subdivided into 3 groups.

16:00-16:30 Coffee Break

- 16:30-16:40 **Introduction to Art Therapy** - Tracy Councill, USA
16:40-17:40 **Exercise in Art Therapy** participants subdivided into 2 groups – Tracy Councill, USA

MIDDLE EAST CANCER CONSORTIUM



DAY 3- June 24th, 2007

SESSION VII: *Home Care Services and Burnout*

Chair: Prof. Aziza Shad, USA and Mrs. Mali Szlaifer, Israel

09:00-09:10 **Issues that cause burnout in homecare** - Mrs. Barbara Pitsillides, Cyprus

09:10-09:30 **Preventive strategies to cope with working in the home** – Mr. Panayiotis Hadjikos, Cyprus

09:30-09:45 **Burnout experienced by working with children at home** - Mrs. Ronit Wajntraub, Israel

09:45-10:00 **Burnout in home care, lessons learned** - Mrs. Rachel Christou, Cyprus

10:00- 10:30 Coffee Break

10:30-10:50 **Predictors of the quality of life and burden of family caregivers across different trajectories of illness** – Dr. Kim Youngmee, USA

10:50-11:20 **Exercise in Art Therapy** participants subdivided into 2 groups – Tracy Councill, USA

11:20-11:35 **Quality of life among terminally ill cancer patients in Jordan-** Mr. Khalouf Abdel Rahman, Jordan

11:35-12:30 **Experiential exercise. 4 groups: Models for preventing burnout** - Prof. Ayala Malach Pines, Israel

12:30-14:00 Lunch

14:00-15:00 **Panel discussion with representatives from all the involved sub-professions :**

Chair - Prof. Aziza Shad, USA

Physician - Prof. Myriam Ben Arush, Israel

Nurse - Mrs. Barbara Pitsillides, Cyprus

Social worker - Dr. Gili Peleg, Israel

Psycho-oncologist – Prof. David K. Wellisch, USA **and** Prof. Ayala Malach Pines, Israel

Spiritual councilor - Sr. Patricia Parachini, USA

Basic scientist - Prof. Aviad Haramati, USA

Educator - Dr. Nagwa Elkateb, Egypt

Art Therapist – Tracy Councill, USA

15:00-16:00 **Final experiential exercises- Models for Prevention of Burnout.**

Participants subdivided into 3 groups.

16:00-16:30 **Presentation of certificates and closing by Prof. Silbermann**

Meeting adjourns