



**WORLD ANAESTHESIA DAY
2020**



**OCCUPATIONAL WELLBEING
OF ANAESTHESIOLOGISTS**

**Ideas to join the campaign on
16th October**

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**JOIN THE WFSA'S CAMPAIGN TO RAISE
AWARENESS OF THE IMPORTANCE OF
OCCUPATIONAL WELLBEING**



What is this campaign about?

This World Anaesthesia Day 2020 is focusing on your occupational wellbeing as an anaesthesiologist, and sharing your tips for wellbeing with fellow anaesthesiologists around the world.

It's ok to consider you own wellbeing.

Anaesthesiologists around the world experience high levels of occupational fatigue, burnout syndrome, chemical dependency, mental depression, suicidal ideation and more.

There is a link between occupational health and patient safety, with occupational fatigue being one of the main factors in a high prevalence of crises.

Tell us what you do to improve your well being

Collect and share this conversation with your colleagues
You and your colleagues might be struggling: tell others what you do to help each other.

Helpful resources:

- [Occupational Well-being in Anaesthesiologists](#) - SBA, WFSA & ICM
- [The Association of Anaesthetists' Fight Fatigue campaign resources and fact sheets](#)
- [Maslach Burnout Toolkit™ for Medical Personnel](#) - Maslach, C. et al.
- [Alert Letter from the WFSA Professional Wellbeing Committee](#)

WHY CAMPAIGN FOR #MyWellbeingIsYourWellbeing

Anaesthesiologists wellbeing is closely linked to patient safety. Many doctors fail to treat themselves with the same care they give to patients.

Self-care is a trainable skill

The WHO-WFSA International Standards for a Safe Practice of Anesthesia state that “ [the most important monitor is a trained and vigilant anesthesia provider](#)”.

CALL TO ACTION

- Consider your wellbeing strategies
- Print a poster and fill with strategies
- Share your tips with colleagues via social media
- Talk to colleagues and ask for their ideas
- Create and support the ‘wellbeing space’ in your department

On 16th October World Anaesthesia Day:

1. Join the social media conversation
2. Talk with your colleagues about wellbeing
3. Create a wellbeing social opportunity

ON THE DAY

There are many ways that you can join in the **#Wellbeing** campaign to raise awareness of the need for occupational wellbeing amongst anaesthesiologists around the world

BE VOCAL

To take part, simply print out the poster in this pack and fill it in with the your advice on occupational wellbeing (see on the next page for suggestions) and the name of the country where you work.



[@WFSAorg](https://twitter.com/WFSAorg)



[@WFSAORG](https://www.facebook.com/WFSAORG)

ON SOCIAL MEDIA

Take a fun photo of you or your team with the poster share it on social media with the hashtag

#Wellbeing

Other hashtags:

#WorldAnaesthesiaDay #WAD2020 #Wellbeing

Tweet and share your support with us at [@WFSAorg](https://twitter.com/WFSAorg)

SPREAD THE WORD!

Challenge other anaesthesia providers in your country or region to take part in The Occupational Wellbeing campaign by sharing our promotional materials.

EXAMPLES OF #MyWellbeingIsYourWellbeing

Examples of occupational wellbeing practices to use on your printable poster

- take routine rest breaks
- talk to my colleagues about wellbeing
- raise concerns about stress with my seniors
- encourage a good work-life balance in my department
- I look after my fellow anaesthesiologists
- implement work-place risk assessments
- Learn to say no to calls, if you feel you're not in good shape
- feed and hydrate yourself properly during the workday
- I work on emotional intelligence, assertive communication, collaborative work, empathy and compassion

Sample social media posts:

I ensure my patients safety by not neglecting for my occupational wellbeing #MyWellbeingIsYourWellbeing

#WorldAnaesthesiaDay @WFSAorg

It's good medicine to consider your own wellbeing . No Doctor should be on call 24/7

#MyWellBeingIsYourWellbeing #WorldAnaesthesiaDay

@WFSAorg

This #WorldAnaesthesiaDay I'll be discussing wellbeing strategies with my colleagues. #MyWellBeingIsYourWellbeing



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ANAESTHESIOLOGISTS

[@WFSAorg](https://www.wfsa.org)

To improve my wellbeing I

Ensure that I take regular breaks

.....

in my country

Nigeria

.....

[#WorldAnaesthesiaDay](https://www.wfsa.org)

[#MyWellbeingIsYourWellbeing](https://www.wfsa.org)



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To improve my wellbeing |

.....

in my country

.....

#WorldAnaesthesiaDay

#MyWellbeingIsYourWellbeing