

7TH INTERNATIONAL CONGRESS OF PERSON CENTERED MEDICINE

WORK-LIFE BALANCE: CHALLENGES AND SOLUTIONS

SATURDAY NOVEMBER 2, 2019

ORGANIZED BY THE INTERNATIONAL COLLEGE OF PERSON CENTERED MEDICINE
AND THE JAPAN MEDICAL ASSOCIATION

AUDITORIUM, JAPAN MEDICAL ASSOCIATION (JMA) BUILDING



CONGRESS ANNOUNCEMENT

Congress Presidents: Yoshitake Yokokura, President of JMA and Jon Snaedal, President of ICPCM

Organizing Committee:

International College of Person Centered Medicine, ICPCM: Jon Snaedal (President), Juan E. Mezzich (Secretary General), Jim Appleyard (Board Advisor), Michel Botbol (Board Member), Tesfamicael Ghebrehiwet (Board Member), Helen Millar (Board Member), Ihsan Salloum (Board Member), Werdie Van Staden (Board Member), and Japan Medical Association.

Expected Participants: These encompass clinicians and scholars in medicine and related health disciplines, including Japanese and international participants. Japanese participants including Members of the Japan Medical Association will have free registration. For other participants, the registration fee is 200 USD for persons residing in World Bank Group A (High Income Countries) and 150 USD for persons in other countries. Non-professional Representatives of Patient and Family Organizations and full-time students and trainees will pay discounted one-half fees.

JMA Continuing Medical Education (CME) Certificates will be issued.

Presentation Formats include Plenary Symposia and Interactive Poster Sessions.

Abstracts deadline is October 10, 2019. Submissions should include title, authors with location and e-address, and a text of up to 250 words and two references connected to statements in the text. Abstracts should be preferably structured with objectives, methods, findings, discussion, and conclusions, and reflect either a systematic literature review, a data analysis, a consultation process, or a compelling commentary.

Registration and Abstract Forms: These forms from international participants should be submitted to ICPCMsecretariat@aol.com. Forms from Japanese participants should be submitted to the Secretariat of the Japan Medical Association: 2-28-16 Honkomagome, Bunkyo-ku, Tokyo 113-8621, Japan. Tel: +81-3-3946-2121/3942-6489, Fax: +81-3-3946-6295, E-mail: jmaintl@po.med.or.jp

CONGRESS PROGRAM DRAFT

SATURDAY NOVEMBER 2, 2019

- 9:00 – 9:10 **Opening Session**
Moderator: Kichiro Matsumoto, Executive Board Member, JMA
- Greetings:** Yositake Yokokura, President of JMA
Jon Snaedal, President of ICPCM
- 9:10 - 10:40 **Session 1: Concepts of Person Centered Medicine, Work-Life Balance, and Burn-out**
Chairs: Jon Snaedal, President, ICPCM; Naoto Yamaguchi, Research Division Chief, Saiseikai Research Institute of Health Care and Welfare
- 1. Person Centered Medicine and Well-being**
Juan E. Mezzich, Secretary General, ICPCM; Former President, World Psychiatric Association, Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, New York, Hipolito Unanue Professor of Person Center Medicine, San Marcos National University, Lima.
 - 2. Work, Health and Well-being**
Werdie Van Staden, Board Director, ICPCM; Nelson Mandela Professor of Psychiatry & Philosophy, University of Pretoria
 - 3. Japanese concept of *Work Life Balance***
Akizumi Tsutsumi, Professor and Chair, Department of Public Health, Kitasato University School of Medicine
 - 4. Burn-out and Related Health Conditions:**
Ihsan Salloum, Board Director, ICPCM; Professor. Psychiatry and Behavioral Sciences, University of Miami
 - 5. Discussion with the audience and conclusions**
- 10:40 - 11:10 **Break and Interactive Poster Session 1**
- 11:10 - 12:40 **Session 2: International Perspectives on Working Hours and Work Style Reform in Health Professions**
Chairs: Mari Michinaga, Executive Board Member, JMA; Juan Mezzich, ICPCM
- 1. World Medical Association Perspectives**
Miguel Jorge (tbc), President, World Medical Association; Member of the Executive Committee Brazilian Medical Association
 - 2. German Medical Association Perspectives**
Ramin Parsa-Parsi (tbc), Head of Department, German Medical Association; Council Member, WMA
 - 3. Nordic Medical Association Perspectives**
Jon Snaedal, President, ICPCM; Former President, World Medical Association, WMA; Professor of Geriatric Medicine, National University Reykjavik
 - 4. Japanese Perspectives**
Yoshifumi Nakashima, Head of Department, Department of Psychiatry, Mitsui Memorial Hospital
 - 5. Discussion with the audience and conclusions**
- 12:40 - 13:40 **Recess**

- 13:40 - 15:10 **Session 3: Health Professional Training and the Promotion of Work Life Balance and Prevention of Burn-out**
Chairs: Helen Millar, ICPCM; Akitaka Shibuya, Executive Director, Professor, The Kitasato Institute, Kitasato University
1. **International Perspectives for Education on Well-being and Burn-out:**
 Jim Appleyard, Advisor to the Board, ICPCM (London); President, 2013-2017, ICPCM; Vice President, International Association of Medical Colleges; Former President, WMA
 2. **Training on Empathy and Narratives for Psychological Strengthening and Well-being**
 Michel Botbol, Board Director, ICPCM (Brest, France); Secretary for Publications, Executive Committee, World Psychiatric Association; Professor, Child Psychiatry, University of Western Brittany
 3. **Training on Wellbeing, Work and Family**
 Ulrich Weigeldt (tbc), German Family Physician Association
 4. **Intervention for medical students and doctors to prevent burn-out**
 Koji Wada, Professor, Department of Public Health, Faculty of Medicine, International University of Health and Welfare
 5. **Discussion with the audience and conclusions**
- 15:10 - 15:40 **Break and Poster Session 2**
- 15:40 –17:10 **Session 4: International Perspectives on Well-being, Health Systems, Management and Occupational Safety**
Chairs: Michiko Kido, Director, Department of Obstetrics and Gynecology, Japanese Red Cross Medical Center; Jim Appleyard (ICPCM)
1. **Health Systems Issues on Well-being and Burn-out**
 Stephan Hofmeister (tbc), National Association of Statutory Health Insurance Physicians, Germany
 2. **National Health Systems Framework for Well-being and Burn-out: The UK NHS Case**
 Helen Millar, Board Director, ICPCM (Dundee, Scotland); Former Treasurer of the World Federation for Mental Health; Consultant Psychiatrist, Dundee University
 3. **Evaluation of Person Centered Care in Peruvian Hospitals**
 Juan Mezzich, Secretary General, ICPCM; Former President, World Psychiatric Association Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, NY; Hipolito Unanue Professor of Person Center Medicine, San Marcos National University, Lima
 4. **Japanese Case Studies**
 Anna Nakayasu, Department of Obstetrics and Gynecology, Japanese Red Cross Medical Center
 5. **Discussion with the audience and conclusions**
- 17:10 - 17:45 **Closing Session**
Chairs: Jon Snaedal (ICPCM); Yoshiharu Aizawa, Professor Emeritus, Kitasato University
- **Congress Conclusions:** Jim Appleyard (ICPCM)
 - **Presentation of the Tokyo Declaration on Work Life Balance:** Werdie Van Staden (ICPCM)
 - **Next Steps:** Juan Mezzich (ICPCM)