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Panel Discussion

**16P2****Can focus on mental help retain staff?**

Session organised by the ESAIC Education and Training Committee

05 June 2023  
08:30 – 09:30

ESAIC Expo



Chair: Stefan De Hert (Ghent, Belgium)

**Do we have a problem with fatigue, mental stress and burnout?**

Speaker: Anne Marie Camilleri Podesta (Msida, Malta)

**Can peer to peer talks and immediate defusing positively affect staff wellbeing?**

Speaker: Pernille Cedergreen (Herlev, Denmark)

**What can we do about it? – The trainees perspective**

Speaker: Sophie Noels (Edegem, Belgium)

**Panel discussion**

LT

Lightning Talks

**14LT2****How to communicate and teamwork in the intensive care and OR**

Session organised by the ESAIC Patient Safety and Quality Committee

05 June 2023  
10:00 – 11:00

ESAIC Expo



Chair: Doris Oestergaard (Herlev, Denmark)

**Preparing for tonight's night crisis: powernap**

Speaker: Dora Karmelic (Zagreb, Croatia)

**Who's the leader?**

Speaker: Guttorm Bratteboe (Bergen, Norway)

**How to use an emergency manual**

Speaker: Michael St. Pierre (Erlangen, Germany)

**Team out: 10'' for 10'**

Speaker: Richard D. Urman (Boston, United States)

**Discussion**



## Focus on the Trainees Committee

The mission of the ESAIC Trainees Committee is to establish a network between the European Anaesthesiology Trainees (**the ESAIC Trainee Network**) from the countries represented in the ESAIC Council and National Anaesthesiologists Societies Committee (NASC) and to strengthen their visibility within the Society.

Conducted by the Trainees Committee, the ESAIC Trainee Network and programmes aim at securing the future of anaesthesiology and intensive care by enriching and supporting the young doctors of today, giving them an active voice to make a difference.

Therefore, **the success of the Trainee Network depends on all European Trainees**. If you are one of them, the ESAIC encourages you to join and discover how you can enrich your career by engaging in various activities and play an active role in our Society.

**Meet the key stakeholders of the Trainees Committee's initiatives during dedicated ESAIC Expo sessions.**

LT

Lightning Talks

### 16LT3

#### Leadership from the bottom to the top - How trainees can create a better team

Session organised by the ESAIC Trainees Committee

05 June 2023  
11:30 - 12:30

ESAIC Expo



Chair: Maria Iulia Crisan (Grabs, Switzerland)

#### Communication in your team - It takes more than one flint to make a fire

Speaker: Igor Abramovich (Berlin, Germany)

#### Gender equity and leadership - let's make an equal team

Speaker: Cristina Honorato (Pamplona, Spain)

#### Under pressure - a perspective from emergency medicine

Speaker: Philip Verdonck (Antwerp, Belgium)

#### Research and leadership - How to facilitate connection in the lab

Speaker: Carolina Soledad Romero (Valencia, Spain)

#### Creating change as a trainee, is it (im)possible?

Speaker: Benedikt Preckel (Amsterdam, Netherlands)

#### Discussion



CB

**16CB1****Speak up: how to manage conflicts in intensive care and the OR**

Case-Based Discussion Session organised by the ESAIC Patient Safety and Quality Committee

05 June 2023  
13:00 – 14:00

ESAIC Expo



Chair: Guttorm Bratteboe (Bergen, Norway)

**Understanding the difficult conversations. The case**

Speaker: Vilma Traskaite Juskeviciene (Kaunas, Lithuania)

**How to speak up: the double challenge tool**

Speaker: Maria Lema Tomé (Madrid, Spain)

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**ESAP3****Master your path - How to overcome challenges in your career**

Panel Discussion Session organised by the ESAIC Trainees Committee

05 June 2023  
14:30 – 15:30

ESAIC Expo



Chair: Maria Iulia Crisan (Grabs, Switzerland)

**So, where do you come from?**

Speaker: Daniela Filipescu (Bucharest, Romania)

**Generation Y - Nobody has it easy!**

Speaker: Francisco Maio Matos (Coimbra, Portugal)

**Barriers to the top**

Speaker: Jannicke Mellin-Olsen (Haslum, Norway)

**Panel discussion**