

THE ESMO RESILIENCE TASK FORCE (RTF) WORKSHOP: GOALS AND LEARNING OBJECTIVES

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WHY CREATE THE ESMO RESILIENCE TASK FORCE?



ORIGINAL ARTICLE

ANNALS OF
ONCOLOGY

Annals of Oncology 28: 1590–1596, 2017
doi:10.1093/annonc/mdx196
Published online 25 April 2017

Professional burnout in European young oncologists: results of the European Society for Medical Oncology (ESMO) Young Oncologists Committee Burnout Survey

S. Banerjee^{1,*}, R. Califano², J. Corral³, E. de Azambuja⁴, L. De Mattos-Arruda⁵, V. Guarneri⁶, M. Hutka⁷, K. Jordan⁸, E. Martinelli⁹, G. Mountzios¹⁰, M. A. Ozturk¹¹, M. Petrova¹², S. Postel-Vinay¹³, M. Preusser¹⁴, C. Qvortrup¹⁵, M. N. M. Volkov¹⁶, J. Tabernero⁵, D. Olmos^{17,18} & M. H. Strijbos¹⁹

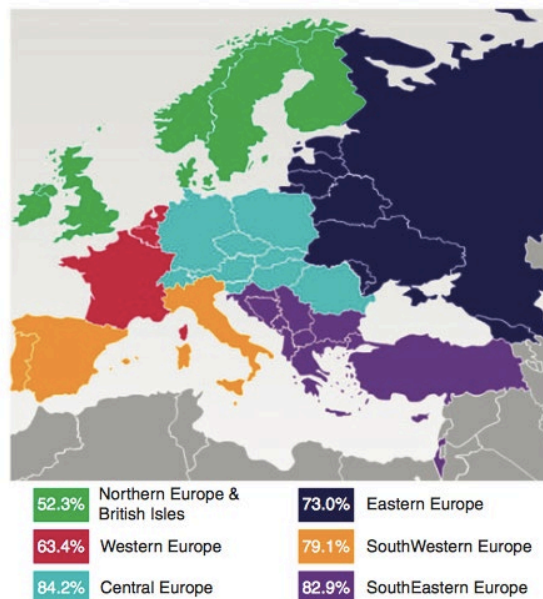


Figure 1. Burnout scores in European regions. Burnout rate defines as high score EE, DEP and/or low PA.

ESMO 2014 Press Release: More Than 70% of Young Oncologists in Europe Suffer Symptoms of Burnout

Perspectives > Medscape Oncology > European Cancer Congress (ECC) 2015

COMMENTARY
No Such Thing as Work-Life Balance

Leticia de Mattos-Arruda, MD, Matthias Preusser, MD, Michael H. Strijbos, MD, PhD
DISCLOSURES | December 14, 2015

Cancer doctors 'facing burn-out': More than 50% of British oncologists aged under 40 struggle to cope with demands of job

- More than 70% of oncologists under 40 are showing signs of burnout
- Burnout can lead to anxiety, depression, substance abuse and suicide
- The lowest rates of burnout were found in the UK at 52 per cent

By DAILY MAIL REPORTER

PUBLISHED: 01:30, 27 September 2014 | UPDATED: 01:30, 27 September 2014

Medscape Oncology > Viewpoints

Oncology's Unrecognized Crisis

Lidia Schapira, MD, Susana Banerjee, MBBS, MRCP, PhD | Disclosures
November 24, 2014

4 comments

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EDITORS' RECOMMENDATIONS



Young European Oncologists Report High Levels of Burnout



Burnout and Unrealistic Views of 'Budding Oncologists'

Dr Schapira: What did your study identify as the primary stressors in burnout?

Dr Banerjee: Oncologists who have a poor work-life balance are 3.6 times more likely to experience burnout. Other factors were inadequate vacation time and longer time to travel to work. There are a number of other personal factors, including not being in a relationship, living alone, and not having children. Hospital factors that affect burnout include fewer oncologists and higher number of patients seen each week. I think some of

Medscape Medical News > Conference News

Young European Oncologists Report High Levels of Burnout

Roxanne Nelson
September 26, 2014

Oncology in Practice: Burnout 'Across the Pond'

— MADRID -- Burnout knows no borders, according to a report from European oncologists.

EJC News Focus – December 2014



Why are young oncologists burning out?



ESMO RESILIENCE TASK FORCE

launched in 2020

Activities and Responsibilities

- . Evaluate burnout, resilience and wellbeing
- . Understand oncology professionals support needs
- . Develop measures and interventions to reduce burnout, improve wellbeing and support oncology professionals
- . Identify how individual and organisational solutions can be combined successfully to reduce burnout and improve wellbeing

Chair

- Susana Banerjee, United Kingdom

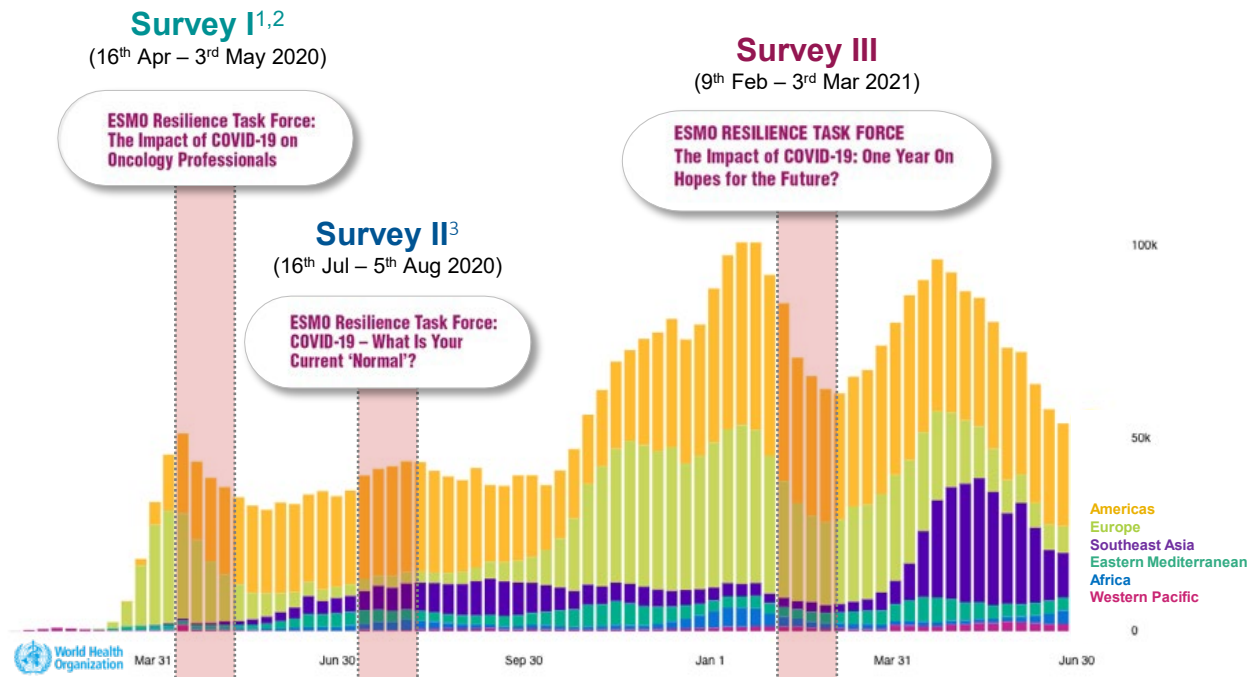
Task Force Members

ESMO Staff: Francesca Longo

- Elena Elez, Spain
- John Haanen, The Netherlands
- Claire Hardy United Kingdom
- Konstantinos Kamposioras, United Kingdom
- Jonathan Lim, United Kingdom
- Krithika Murali, Australia
- Miriam O'Connor, Ireland
- Christoph Oing, Germany
- Kevin Punie, Belgium

ESMO RESILIENCE TASK FORCE

launched in 2020...COVID19 pandemic



ORIGINAL RESEARCH

The impact of COVID-19 on oncology professionals: results of the ESMO Resilience Task Force survey collaboration

S. Banerjee^{1,2*}, K. H. J. Lim^{3,4}, K. Murali⁵, K. Kamposioras³, K. Punie⁶, C. Oing⁷, M. O'Connor⁸, E. Thorne⁹, B. Devnani¹⁰, M. Lambertini^{11,12}, C. B. Westphalen¹³, P. Garrido¹⁴, T. Amaral^{15,16}, G. Morgan¹⁷, J. B. A. G. Haanen¹⁸ & C. Hardy⁹



ORIGINAL RESEARCH

The concerns of oncology professionals during the COVID-19 pandemic: results from the ESMO Resilience Task Force survey II

K. H. J. Lim^{1,2,3}, K. Murali⁴, K. Kamposioras¹, K. Punie⁵, C. Oing⁶, M. O'Connor⁷, E. Thorne⁸, T. Amaral^{9,10}, P. Garrido¹¹, M. Lambertini^{12,13}, B. Devnani¹⁴, C. B. Westphalen¹⁵, G. Morgan¹⁶, J. B. A. G. Haanen¹⁷, C. Hardy⁸ & S. Banerjee^{18,19*}



ORIGINAL RESEARCH

The impact of COVID-19 on oncology professionals—one year on: lessons learned from the ESMO Resilience Task Force survey series

K. H. J. Lim^{1,2,3†}, K. Murali^{4†}, E. Thorne⁵, K. Punie⁶, K. Kamposioras¹, C. Oing⁷, M. O'Connor⁸, E. Élez⁹, T. Amaral¹⁰, P. Garrido¹¹, M. Lambertini^{12,13}, B. Devnani¹⁴, C. B. Westphalen¹⁵, G. Morgan¹⁶, J. B. A. G. Haanen¹⁷, C. Hardy⁵ & S. Banerjee^{18,19*}

ESMO RESILIENCE TASK FORCE:

Securing the future of the global oncology workforce

ORIGINAL RESEARCH

ESMO Resilience Task Force recommendations to manage psychosocial risks, optimise well-being, and reduce burnout in oncology

K. H. J. Lim^{1,2†}, K. Kamposioras^{2†}, E. Élez³, J. B. A. G. Haanen⁴, C. Hardy⁵, K. Murali⁶, M. O'Connor⁷, C. Oing^{8,9}, K. Punie¹⁰, E. de Azambuja¹¹, J. Y. Blay^{12,13} & S. Banerjee^{14,15*}, on behalf of the ESMO Resilience Task Force

Lim et al 2024



Workload vs working hours & adequate rest



Safe & pleasant working environment



Adequate job resources



Communication & feedback



Career development & job security



Personalised supervision/mentorship



Resilience training & personal development



Wellbeing support services

ESMO WORKSHOP

LEADING FOR BETTER MENTAL HEALTH, WELLBEING
AND RESILIENCE OF THE ONCOLOGY WORKFORCE.

BARCELONA SPAIN
31 JANUARY - 1 FEBRUARY 2025



Co-chairs: Susana Banerjee and Claire Hardy

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Learning Objectives (1)

- Understand the **mental health and wellbeing challenges** faced by oncology professionals across Europe and the world, including burnout and resilience factors.
- Identify and analyse the **contributing factors** and risks leading to mental ill-health and burnout among healthcare workers.
- Explore various **initiatives and interventions** implemented across Europe to promote mental health, wellbeing, and resilience in healthcare workers and physicians.
- Recognize the significance of **different intervention levels** to facilitate positive change and transformation in mental health support.

ESMO WORKSHOP

LEADING FOR BETTER MENTAL HEALTH, WELLBEING
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Learning Objectives (2)

- Familiarise oneself with the international standard ISO 45003, focusing on '*Psychological health and safety at work*'.
- Describe **essential resilience skills** for enhancing personal wellbeing and coping with challenges in the healthcare field.
- Examine the ESMO Resilience Task Force (RTF) position paper and discuss **strategies for implementation** at a personal, institutional and national level.
- **Develop an action plan** to address mental health, wellbeing, and resilience within one's own institution's/country's oncology workforce.
- Establish **connections with other oncology leaders** across Europe to **create a supportive peer network** for promoting **transformation** and wellbeing internationally within the oncology profession.