

CARING FOR THE CAREGIVERS: BUILDING A RESILIENT WORKFORCE AND ORGANIZATION

**Wednesday, March 13, 2024
Augusta Civic Center
Augusta, Maine**

There are a range of societal, cultural, structural, and organizational factors that contribute to burnout and moral injury among health workers, including excessive workloads, administrative burdens, limited say in scheduling, and lack of organizational support. To build and strengthen our care teams, with a foundation of wellness and resilience, we need to rethink how we approach the work we are doing every day and the culture we promote.

This conference will focus specifically on care model innovation and work re-design, and how we invest in our healthcare teams for the future. Speakers, panelists, and breakouts will focus on the following areas:

1. Best practices for leadership development and mentorship.
2. Approaches to flexible work arrangements.
3. Leveraging technology to decrease work burden.
4. Tools for individual intervention, support, and self-efficacy.
5. Re-thinking the care team model to enhance wellbeing and resiliency at work.

This conference is intended for physicians, advanced practice providers, and nurse and care team leaders. Participants, by the end of the conference, will be able to identify best practices and new approaches that can be implemented in their individual organization, practice, or care team to improve wellness and resilience, and strengthen the connection with each other.



Maine Medical
Association

**Caring for the Caregivers:
Building A Resilient Workforce and Organization**

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CONFERENCE SESSION PROPOSAL

The conference planning committee invites you to submit your proposal for a conference session. We are especially interested in presentations that highlight a best practice, pilot project, strategy or research that addresses or promotes conference goals, as well as sessions that will actively engage the audience.

Proposals are due by Friday, December 1, 2023.

Please submit your proposal online at <https://www.surveymonkey.com/r/DN328WG>.

Information for your session proposal:

1. Your name:
2. Your organization:
3. Email address:
4. Phone number:
5. Mailing address:
6. Session title:
7. Type of session: ___ 1 presenter ___ 2 or more presenters ___ panel
8. Length of session:
9. The conference will focus specifically on care model innovation and work re-design, and how we invest in our healthcare teams for the future.

Which of these areas does your session topic address? Check all that apply.

- ☐ Best practices for leadership development and mentorship
- ☐ Approaches to flexible work arrangements
- ☐ Leveraging technology to decrease work burden
- ☐ Tools for individual intervention, support, and self-efficacy
- ☐ Re-thinking the care team model to enhance wellbeing and resiliency at work.

10. Please list 2-4 session objectives.
11. Description of the session (maximum 250 words):
12. Name(s) of presenter(s) or panelist(s):
 - For a panel session, indicate the name of the session facilitator.
13. Please upload your CV or a short biography. For a session with multiple presenters/panelists please upload a document with a short biography of each participant.
14. A/V equipment needs for your session:

Thank you for submitting your session proposal.

For more information, please contact:

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