

## **W38**

### **‘GP take care’: a self-care workshop**

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**Background:** ‘GP Take Care ©’ (Hayes, 2015) could be an invitation or a warning. Since 2013 over 80 Irish GPs have chosen to see it as a timely reminder to genuinely take care of themselves. This programme has been developed by Dr. Claire Hayes, Consultant Clinical Psychologist, in partnership with the Irish College of General Practitioners (ICGP). The programme has been delivered as a core part of the ICGP’s Summer and Winter Schools. Participants have described it as a practical, enjoyable, non-threatening and effective way to proactively develop resources to cope with the challenges of being a GP in Ireland.

**Aim:** To provide GP delegates to the WONCA Conference:

- 1) Increase their knowledge of the impact of stress and their understanding of the importance of self-care;
- 2) Develop their abilities to employ cognitive behavioural principles, imagery and relaxation techniques to increase self-care practically;
- 3) Explore their experiences of self-care and possible blocks to prioritising this area daily.

**Method/Content:** This workshop will bring participants through a process in which they consider their key stressors, explore how they typically cope with these and increase their coping resources.

**Results:** Participants will complete a form at the start of the workshop to establish their level of stress, their top stressors and how they typically cope. They will complete a second form at the end to evaluate the workshop and to assist in developing a plan as to how they can prioritise taking care of themselves.