

Program Mai-Anlass, May 29, 2024

Resilient Minds, Resilient Teams: How can healthcare employees stay mentally healthy in difficult times?

15.00

Welcome Prof. Dr. Birgit Vosseler

Head of the Department of Health, OST– Ostschweizer Fachhochschule, St.Gallen

15.10 – 15.35

The hidden burden: Mental health and emotions of healthcare professionals put to the test

– Prof. Dr. Manuel Stadtmann –

Head of the Competence Centre for Mental Health, OST– Ostschweizer Fachhochschule, St.Gallen

15.35 – 15.45 Room change

15.45 – 16.45 Presentations Track I & II

Track I: From practice for practice

The use of virtual reality for stress reduction and mental relaxation (mental health)

– Prof. Dr. Lisa Girmindl,
Anna-Katharina Kilp –

Promoting resilience in healthcare assistant and MPA trainees: How do I cope with the challenges of everyday hospital life?

– Michela Key, MSc
Franziska Tschirky, MSc –

Track II: Current scientific developments

Situations with an increased risk of violence in nursing homes – A qualitative study (GRIP)

– Prof. Dr. Heidi Zeller,
Laura Adlbrecht MScN,
Nicole Helfenberger, MScN –

Strengthening nursing team-resilience to cope with continuous change in practice: A qualitative study

– Astrid Hirt, RN, MScN
Regina Sauter, RN, MScN
Daniela Händler-Schuster, RN, PhD –



Mindful resilience training in the workplace

– Regula Eugster –

Mental health in the workplace: Development
of an e-learning tool for employees of the
University Psychiatric Services Bern

– Prof. Dr. Dirk Richter

Lea Paoletta, B.Sc.

Christine Admus, Phd, Msc –

16.45 – 17.00 Room change

17.00 – 17.50 Workshops I & II

**Workshop I – Dealing with stress stimuli
and the impact on emotions**

- Sonja Urech Ntinis – ProActive Care –
- Anja Katharina Englhardt, Dipl.-Psych. –

**Workshop II – Promoting mental health in
the team – Information, tips, & tools**

- Samuel De Monaco – Gesundheitsförderung
Schweiz –

17.50 – 18.00 Room change

18.00 – 18.15 Summary & Closing

– Prof. Dr. Heidrun Gattinger –

Head of IPW Institute of Applied Nursing Science, OST– Ostschweizer Fachhochschule, St.Gallen

18.20 – 18.30

PechaKucha presentations (flash talks)

From 18.30 Networking opportunities and Apéro