

Emergency medicine well-being week: Final thoughts

Thank-you to everyone who took an interest in the EM Well-being week. I have been delighted to see the social media posts about what has happened in Emergency departments around the country – yoga, spa passes, food (and more food) and coffee and, above all, mutual support and recognition that looking after each-other is vital. Well done people.

The thoughts that I've shared in these posts are entirely my own and do not represent official EMTA policy. The links shared are a sample of those I have found particularly helpful but there is a much greater wealth of opinion and expertise to be explored. I firmly believe in the importance of protecting and advancing the well-being of those of us working in EM, as an end in itself and as a vital component of ensuing high quality, sustainable care for our patients both now and in the future.

The dates for EM Well-being week (7-13th August, 2017) were chosen to set a high benchmark after change-over. Clearly, that does not mark the end of the matter. Please do what you can to maintain your own well-being and look after each-other as we approach winter (and onwards). Any future events or initiatives that you would like to share, please let us know: @EMTAcommittee (on Twitter), facebook.com/uk.emta, emta@rcem.ac.uk.

Finally, we look forward to meeting as many of you as can make it at our annual conference, 30 Nov-1st Dec 2017. <http://www.emtraineesassociation.co.uk/emta-conference-2017.html>

Paul Stewart

Emergency Medicine Trainees' Association