

## **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  
Franziska Tschirky –

#### **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**