



ICPH

INTERNATIONAL CONFERENCE ON PHYSICIAN HEALTH™ 2024

HALIFAX, NOVA SCOTIA, CANADA  OCT 17-19



The event

In October, the Canadian Medical Association (CMA) hosted the 2024 International Conference on Physician Health™ (ICPH), held at the Halifax Convention Centre and attended by nearly 600 attendees from around the world. Jointly organized with the British Medical Association (BMA) and the American Medical Association (AMA) and attracting attendees from 11 countries, this biennial conference provides a platform for physicians and other health community leaders to learn, connect and share strategies that support the important work of promoting physician well-being. The 2024 event was held in person over two and a half days. The conference theme “Improving well-being through the power of connections” invited experts and practitioners from around the world who are passionate about physician well-being to share their learnings, experiences and ideas.





Program overview

Fostering wellness through connection: highlights from ICPH 2024

Physicians and researchers from 11 countries came together for ICPH 2024, held in Halifax, Nova Scotia, from Oct. 17 to 19. The conference drew more than 500 abstract submissions and sold out within days.

"The interest in this event reflects a changing culture of medicine," says Dr. Joss Reimer, the president of the CMA. "There's a growing recognition that physician health is critical if we're going to help anyone else."

In Canada, the CMA tracks physician wellness through a national survey and is working toward a national framework for physical, psychological and cultural safety in health care. In partnership with MD Financial Inc. and Scotiabank, the CMA has also contributed \$80 million to initiatives such as Well Doc and the Health Care Unburdened Grant program for innovative solutions to the administrative burden contributing to physician burnout.

ICPH – a biennial event jointly hosted by the CMA, the BMA and the AMA – is a unique opportunity for physicians and academics to share experiences and solutions from around the world.

Canadian Olympian Dr. Hayley Wickenheiser opened the conference with personal reflections from two very competitive careers. As she told the audience, she had two dreams growing up in the small town of Shaunavon, Saskatchewan – to play hockey and to become a doctor. Although she's joined the medical profession at a time of unprecedented challenges, she said, "Our system is broken, but the people inside our system don't have to be."

Here are some other highlights from the conference.



AI and technology in health care: The impact on physician and patient health

With AI advancing at lightning speed, Drs. Margaret Lozovatsky and Tina Shah talked about its potential to reduce physicians' workload and burnout in health care. Both emphasized the importance of creating tools with clinician input, ensuring robust governance structures and prioritizing patient care.

"What excites me most about AI, and I think about the future, is it has the potential to truly decrease some of the cognitive burdens we experience on a daily basis."

– Dr. Margaret Lozovatsky



"I think this could really transform all of our visions of achieving true health equity ... finally rightsizing the workload to where we feel we can work at our optimum, and actually shift the needle on patient safety."

– Dr. Tina Shah



Connecting allyship to action: Enhancing equity, diversity and inclusion in health care

Four panellists discussed the common barriers they've faced advancing equity, diversity and inclusion in medical culture, and how those efforts can benefit all of us.



"As a leader, look around the tables you're at and ask, 'Whose voice is missing?' If every person around the table looks and speaks like you, then you have a problem in your organization."

– Dr. Paula Cashin



"One of the most effective ways to silence an advocate or an ally is to isolate them ... if you don't have a community of people around you to support you ... it can be overwhelming."

– Dr. Simon Fleming



"We can leverage the voice of the collective community to move forward."

– Dr. Fatima Cody Stanford



"There is a wide spectrum of disabilities, but there are a lot of common themes in people's experiences ... There are cultural barriers in terms of lack of safety and feeling safe coming forward, disclosing your health condition or disability."

– Dr. Michael Quon



A psychologically safe health care system — how do we get there?

Dr. Ananta Dave spoke with Dr. Jillian Horton about the importance of creating networks of openness, connection and belonging to empower health care providers at work.

“The type of leadership we have, the culture and the tone that we set is incredibly important ... what is permitted [at the top level trickles] downwards and becomes part of business as usual at every level of the organization.”

— Dr. Ananta Dave



“The learning environment, the teaching environment and the work environment are an ecosystem, so when we talk about creating psychological safety, we need to talk about creating it for everyone.”

— Dr. Jillian Horton



ICPH brought together physicians, medical learners, researchers and other health care leaders for two and a half days to delve into the theme of improving well-being through the power of connections.

ICPH exceeded several targets/goals, including the following:

- ✓ number of attendees
- ✓ abstract submissions
- ✓ time to reach the maximum number of attendees (registration sold out within 36 hours)

Key statistics



569
attendees
(not including staff)



4 plenary
and keynote
presentations



46 posters



83
breakout presentations
(9 workshops, 3 panels, 71 oral presentations)



541 abstract submissions



Overall learning objectives

Around **nine in 10** respondents indicated that the conference was effective in achieving its overall learning objectives.



Quality of plenary sessions

At least nine in 10 respondents rated the plenary sessions as good or excellent, with almost **eight in 10** rating the "Hockey and Healthcare" session as excellent (78%).



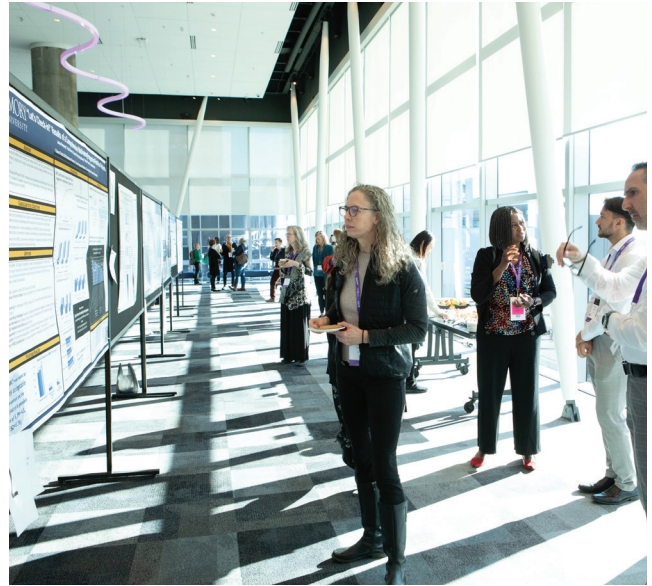
Programs and features

Almost **eight in 10** were very satisfied (79%) with the networking reception. Very few were dissatisfied with any program; 6% of attendees expressed dissatisfaction with the facilitated poster session where they shared that they would have liked more time to see them.



Facilities, speakers, organization and recommendation

Almost everyone agreed with the positive statements about the facilities, speakers and conference, and would recommend this type of conference to a colleague.



Testimonials

"Fantastically well-hosted conference – Halifax, the conference centre and organizers were all terrific."

"Overall, a wonderful, well-organized and highly valuable conference."

"This conference had an intimacy I've never experienced before. It felt warm and welcoming, giving people permission to be vulnerable."

"The networking reception was absolutely wonderful. The delightful setup fostered conversation in a way I've never encountered at a large conference before."

"I last attended about 10 years ago, and the quality of the sessions has vastly improved. Keep up the good work."

"Excellent plenaries with engaging speakers."

"Overall, it was an amazing conference – well run with a perfect balance of talks, interactions and engaging activities like yoga and mural painting. The food was excellent, and the organizers were approachable, professional and engaging. The quality of the speakers truly impressed me. I left feeling hopeful and inspired, and I look forward to more engagement in the future."



Acknowledgements

Pulling off a conference of this magnitude requires months of planning and organization. We are grateful to the program planning committee, the abstract review committee and the volunteers for their efforts in both the planning and delivery of this conference.

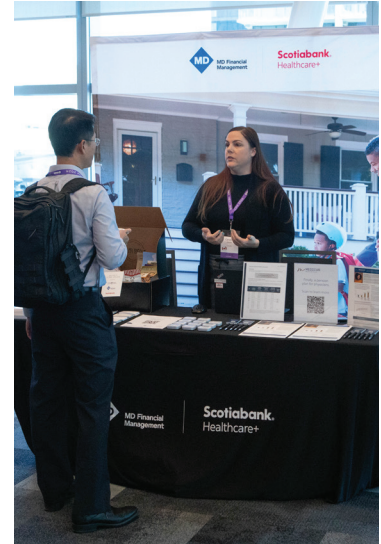
Sponsors

ICPH 2024 was also made possible with the support of our sponsors:

Premier sponsor



The Canadian Medical Association, MD Financial Management Inc. and Scotiabank together proudly support the International Conference on Physician Health™, one of several initiatives that comprise our \$115 million commitment to supporting the medical profession and advancing health in Canada.



Gold sponsor



The Physicians Foundation seeks to advance the work of practicing physicians and help them facilitate the delivery of high-quality health care to patients. As the U.S. health care system continues to evolve, The Physicians Foundation is steadfast in strengthening the physician-patient relationship, supporting medical practices' sustainability and helping physicians navigate the changing health care system. The Physicians Foundation pursues its mission through research, education and innovative grant making that improves physician wellbeing, strengthens physician leadership, addresses drivers of health and lifts physician perspectives.

Exhibitors

- Affinity
- American Medical Association
- Canadian Medical Association
- Canadian Medical Protective Association
- The Coalition for Physician Well-Being
- Joy Point Solutions

- Homewood Health
- The Practice
- Stanford University School of Medicine
- WellMD & WellPhD
- Speech MD
- Meaning in Medicine
- Well-Being Index

Mark your calendars!

Plan to join us at the next International Conference on Physician Health in 2026!

ICPH 2026

International Conference
on Physician Health™

**ICPH 2026 will be held in
London, UK, from Sept. 28**

For any questions, please contact us at
icph2026@bma.org.uk



Register *your* interest

