

Conference Learning Objectives

- Integrate evidence-informed strategies in clinical practice, physician wellbeing, and systems of care to improve patient outcomes, professional sustainability, and quality of care in rural settings.
- Apply effective communication, collaboration, and mutual support strategies to strengthen interdisciplinary teamwork and promote wellness for clinicians and patients.

Individual Learning Objectives

Session Title	Learning Objective 1	Learning Objective 2
Conversations That Matter – Cultivating Ease, Joy and Support In Our Work	Explore and reflect upon common ways of being in medicine that add weight to the experience of medical practice.	Discover tools and practices for enhancing ease, joy and support at work, and come away from the session with a personalized plan for implementation of these strategies.
Mood from the Inside Out: The Microbiome and Mental Wellness	Describe the current evidence regarding the relationship between the gut microbiome, and mental wellness, including potential impacts on mood,	Identify practical, evidence-informed lifestyle and nutrition strategies that may support microbiome health and can be incorporated into

	cognition, and stress response.	patient care and personal wellbeing practices.
Functional Nutrition in Practice	Review the principles of functional nutrition and their relevance to prevention, chronic disease management, and overall wellbeing in clinical practice.	Apply practical, evidence-informed nutrition and lifestyle strategies that can support patient health outcomes as well as physician wellness and resilience.
Specialist Service in qathet	Identify current strengths, gaps, and challenges related to local and visiting specialist services in qathet, including barriers to timely and equitable access to care.	Explore collaborative strategies and opportunities to improve coordination, communication, and sustainability of specialist services within the community.
Caring through Grief	Recognize the impact of cumulative grief, stress, and emotional load on healthcare providers' wellbeing, presence, and capacity to provide care.	Apply practical, evidence-informed self-regulation and restorative strategies that can support resilience, recovery, and sustainable clinical practice.