



## SASA Council Meeting Report 6<sup>th</sup> April 2024

### The past year in a nutshell

The year 2023 has been a challenging one for the wellness team. Most attempts to get a working team together were met with various challenges. Various remedial steps were taken and we believe we're off to a good start. "Communication" was the theme identified by the group, aimed at addressing and equipping anaesthesiologists, as perioperative team leaders with the all-important skill of effective and efficient communication.

This theme will be carried over to AAAC2024 in the form of a 2 hour workshop which was trialled virtually by the SASA Gauteng branch team with positive and constructive feedback from the attendees. It will run concurrently with other wellness activities for the year.

### Looking ahead

To date the Wellness group's focus has been on an individual level with themes on physician resilience, coping mechanisms and how to react in certain stressful situations.

In 2024 the wellness team aims to transition to what has been labelled "Wellbeing 2.0" phase. The focus of this transition is to shift away from the individuals towards systems, processes, teams and leaders to address the root cause of occupational distress. At the core of this transition is a shift away from awareness only approach to action. The other important aspects of this transition are a proactive and collaborative approach to matters of common interest with the other SASA business units, SIGs and academic departments.

### Projects

- SASA wellness program (ready June 2024)
- Quarterly resource sessions (Webinar or Townhall) through the year with various themes. The aim is to run these in collaboration with other common interest groups within SASA.

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