

PAEDIATRIC GRAND ROUNDS

Alberta Children's Hospital

October 11, 2023
8:30 - 9:30 AM

*****Registration Required for Zoom*****

*****Kinsmen Learning Centre Auditorium (4th Floor - ACH) for In-Person*****

Zen and the Art of Co-Creating A More Mindful Pediatric Hospital

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Director, BC Children's Hospital Centre for Mindfulness

Objectives:

1. Describe the potential benefits of a more mindful hospital culture.
2. Share strategies for a mindful approach to medicine.
3. Increase awareness of mindfulness resources for youth, parents and caregivers, health professionals, and trainees.

Expected value: Increase awareness and stimulate discussion around bringing mindfulness to the Department to benefit patients, parents and caregivers, pediatricians, and trainees.