

Working for Health 2030 2025 – 2026 Seminar Series

Our Duty of Care: Protecting Mental Health and Preventing Burnout in Health and Care Workers

Thursday 17th July 11:00 – 13:00 (GMT+1)



Health and care workers play a crucial role in safeguarding our global population. However, they can be exposed to chronic workplace stress and high demands, often with insufficient organisational, workplace, and mental health support in place to protect their wellbeing.

The prevalence of mental health issues and burnout among the workforce has serious consequences for health systems, reducing the quality of care, leading to higher turnover and rates of migration, and lowering productivity.

Employers and health systems must prioritise the occupational health and safety of those who deliver care. Alongside a duty of care to protect their workforce, improving staff experience offers opportunities for health systems to yield significant benefits through increased retention and productivity.

This seminar will explore the following questions:

- What is it to burn out?
- What are the most prevalent causes of burnout among health and care workers?
- What does the evidence show are effective ways to improve health and care workers experience and protect them against high stress and burnout?
- How can data and digital technology be used to better understand and combat workforce burnout?
- What low-cost innovations and strategies can be used to improve staff experience and retention?

Meet Our Chair

Dr Shriti Pattani

Dr Shriti Pattani is the National Clinical Expert in Occupational Health and Wellbeing for NHS England and the Clinical Director, Consultant in Occupational Medicine and head of service of an Occupational Health and Wellbeing service for a large Acute Trust in London. She has both national and international expertise in the Health of Healthcare workers with experience working with WHO as their independent expert in occupational health and wellbeing.



Register here to attend

For more information go to
<https://global.hee.nhs.uk/w4h2030>
or email england.tcc@nhs.net