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Clinical leadership: Incubating leaders of tomorrow

Sufyan Akram

Al Imam Mohammad Ibn Saud Islamic University, Saudi Arabia

The knowledge and skills required of today's healthcare professionals far exceed expertise in traditional competency areas. The proper management of complex health conditions demands coordination of care by various health professionals. A multidisciplinary healthcare team supports the concept of leadership and teamwork as an essential component for success. There's increasing evidence showing that clinical leadership is associated with high-performing healthcare organisations. Historically, these concepts have received relatively little attention in undergraduate curricula. In this presentation, the need of developing leadership courses, and to bring healthcare team members at one platform at an early stage will be explored. In addition, ways through which leadership and management theories, concepts and approaches can be utilised to develop such programs will be addressed. There are some key areas to focus upon, such as: 1) Leadership theory and practice, 2) Emotional Intelligence, 3) Setting Personal goals, 4) Setting vision and strategic direction, 5) Adaptive leadership, and 6) Understanding individual and organisational responses to change.

sufyanw@gmail.com

Art therapy: An essential aspect of healthcare

Heidi Bardot

The George Washington University, USA

The need for a more effective approach toward healthcare is essential when patients are expecting more from their care. Through a more integrative approach we can better address both the patient's and the family's needs on numerous levels utilizing doctors, nurses, social workers, counselors and art therapists. As a treatment team we are encouraged to deal with the whole person: the physical—managing the illness and pain; the mental—bringing understanding to what is happening and the emotional—feeling the reality of the experience and struggling to define or describe it. Throughout history and in many different cultures, creative arts have been used in the healing process, both psychologically and physically. Research has shown the positive effects in healing, shortened hospital stays, improved symptoms, a reduction in anxiety and stress and an increase in wellness and meaning making. Additionally, neuropsychology informs us that trauma is stored visually in the brain; therefore, to access it visually through art therapy is ideal. This then allows the patient to observe the image more objectively and provides a non-threatening and more explorative approach to accessing those traumatic memories or images. The patient can then begin to attach words to the images, oftentimes citing, "I could draw it, but I don't know how to say it." Art therapy can be utilized in a variety of different settings with clients with numerous diagnoses to explore and heal deep issues of physical and psychological trauma. Techniques and case studies will be presented.

hbardot@gwu.edu