



# Neuroanaesthesiology

Learning track 06

**Sunday, 5 June 2022**

**W**

Workshop

## **MEDW1-2 Meditation in modern anaesthesia practice: not only a tool for the well-being of patients but also for practitioners**

Yellow 1

\*\*Access to these workshops is limited to pre-registered delegates

### **Learning objectives:**

During this workshop, participants will learn how meditation can help the patient and the anaesthesiologist.

The facilitator will first provide a theoretical and historical background, followed by a practice session intended to provide participants with tools to use meditation as a mean to improve their quality of life and the one of their patients.

*Target audience: Anaesthesiologists, residents and nurses.*

**10:30 – 12:00**

**16:30 – 18:00**

Chair: Vincent Bonhomme (Liege, Belgium)

30 min

### **Historical and theoretical background**

Speaker: Balachundar Subramaniam (Boston, United States)

60 min

### **Practice session**

Facilitator: Balachundar Subramaniam (Boston, United States)