

8th ANNUAL ITALIAN STRESS AWARENESS DAY
INTERNATIONAL CONGRESS IAPEM-ASMOE MILAN
8th NOVEMBER 2024

In professional healthcare settings that involve managing people, such as Aesthetic Medicine and Dentistry, work-related stress among healthcare workers often leads to physical and psychological stress. Unfortunately, these effects are often overlooked. The high-stress environment typical of medical practices can have a significant impact on both healthcare teams and their patient-clients.

Consistent with the theme of ISMA's International Stress Awareness Week, Dr Pier Michele Mandrillo, ISMA^{UK} Ambassador and ISMA ITALIA, is organising the eighth edition of the Italian Stress Awareness Day. This year, too, the event is included in the broad scientific and clinical programme of the IAPEM-ASMOE International Congress on 8th-9th November in Milan. The scientific session aims to educate and raise awareness about the harmful effects of stress in the workplace. The event is aimed at members of healthcare teams, including physicians, physician assistants, aestheticians and wellness coaches. The thematic sessions will explore strategies to create and maintain a positive environment for patient-clients undergoing aesthetic treatments such as fillers, botulinum injections, biostimulation and thread lifts, promoting a climate of well-being for both patients and staff. Here is the programme for the day.

Extraclinical Management in Aesthetic Medicine and Dentistry: Transforming Stress into Patient-Client Wellbeing

President: Dr Pier Michele Mandrillo (ISMA^{UK} Ambassador, ISMA Italy)

Chairman: Dr Cinzia Forestiero, Dr Maria Grazia Cannarozzo

2.30 pm Dr A. Scognamiglio

From Stress to Success: Enhancing Relationships and Performance in Aesthetic Medicine and Dentistry

3.00 pm Dr de Lucia Fabio

The ABCs of Health Communication: A Strategic Approach to Enhancing Team and Patient-Client Wellbeing

3.30 pm Dr Clavenna Marco

Ergonomic Management in Aesthetic Medical Practice: Reducing Work Stress and Enhancing Patient-Client Wellbeing

4.00 pm Dr Metalla Marco

The Relanda Method: Chronocosmetics, Strategies, and Professional Protocols for Anti-Stress Patient-Client Management