

Press Release

Frontline Medic Says Vaccine is Crucial



Thursday 21st October 2021

A frontline Consultant in Intensive Care Medicine & Anaesthesia who is one of the speakers at an Online Global Stress & Wellbeing Summit next month says that vaccination remains crucial in the fight against rising levels of Covid infection this winter.

Susan Jain is based at the Homerton University Hospital NHS Foundation Trust in the London Borough of Hackney and has been on the frontline of dealing with the Covid-19 pandemic since it broke out in early 2020. She is one of the speakers on a panel entitled *Frontliners Speak Out* at the Online Global Stress & Wellbeing Summit being hosted by the International Stress Management Association (ISMA^{UK}) from 3rd-4th November.

Impact of trauma on frontliners' mental health

Susan says there is still not enough vaccine uptake and ICU units are already over-capacity with 50% occupancy by unvaccinated Covid patients. Her message to the public is to get vaccinated because Covid is still a threat, and for those previously vaccinated to get booster jabs - this will help with waning immunity. For those who still don't believe in it, she says, "The vaccine really does work and Covid is much less potent if you get it despite being vaccinated". The public can also help by continuing to wear masks in confined spaces and maintaining social distancing.

Susan continues, "Many of my colleagues have been traumatised through pressure brought on by Covid, and this has made me more aware of the impact such psychological trauma can have on mental health". As a member of the *Frontliners* panel at the ISMA^{UK} Summit, she and her co-panellists will seek to establish whether there are different mental health and wellbeing challenges or needs for those involved with frontline services. They will ask whether there is sufficient focus on the mental health and wellbeing of those on the frontline.

Mental health is major focus at ISMA^{UK} Summit

Mental health is a major issue, with soaring numbers seeking treatment. "The nation's mental health is in urgent need of support", says [Paul Farmer](#) of [The Independent Premium](#). He writes, "The government does not seem to see the 1.6 million people on mental health waiting lists as a priority". As the centrepiece of International Stress Awareness Week 1st-5th November, the focus at ISMA^{UK}'s Stress and Wellbeing Summit will be very much on mental health, stress and wellbeing. It will feature sessions such as *The Changing Face of Mental Health* and *Enhancing Mental Wellbeing*, inspirational keynotes, authoritative choose-an-expert sessions, and live panel discussions on topics related to stress, mental and physical health, workplace wellbeing and developing resilience during changing times.

[#stresssummit2021](#)

Over 25 world-class speakers include Professor Sir Cary Cooper CBE, a renowned expert on workplace wellbeing; Francoise Woolley, Head of Mental Health & Wellbeing at ACAS; Professor Diana Kloss MBE, Hon President & Chair of the Council for Work and Health; and Professor Simon Wessely, a psychiatrist and epidemiologist who led the recent independent review into the Mental Health Act.

Reducing the stigma attached to mental health and stress

Carole Spiers, Chair of ISMA^{UK}, said, “We are delighted to have such a prestigious line-up of speakers at our Summit, covering subjects from the health benefits of time spent outdoors, to discovering how technology can support our mental health. The Summit theme is *Putting health, happiness and wellbeing into the heart of business* and our expert speakers will each play a part in showing how this can be achieved. We want the Summit to reach as many people as possible, in the UK and internationally, to raise awareness and understanding of the need to reduce the continuing stigma attached to mental health and stress issues and help those who need it to get the treatment they deserve”.

Notes for Editors

- ISMA^{UK}'s Online Global Stress & Wellbeing is being held from 3rd-4th November, with the theme *Putting Health, Happiness and Wellbeing into the Heart of Business*. It is the centrepiece of **#InternationalStressAwarenessWeek, #StressAwarenessWeek**, from 1st-5th November. International Stress Awareness Week was created in 2018 to celebrate the 20th anniversary of **#NationalStressAwarenessDay**. It is being widely promoted on social media using the hashtag **#StressSummit2021**.
- The speakers on the *Frontliners Speak Out* panel, moderated by Keith Fraser, Chair, Youth Justice Board for England and Wales, are Susan Jain, Intensive Care & Anaesthetic Consultant, Homerton University Hospital Foundation Trust; Corporal Andy Reid MBE, Army Veteran; Edmund Jacobs, Head of Health, Safety & Security, at London Ambulance Service NHS Trust; and Shabnam Chaudhri, formerly Detective Superintendent and Head of Safeguarding East Area, Metropolitan Police. This interactive panel invites questions from the public, and is being held on Wednesday 3rd November at 11.30 am.

- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week visit <https://isma.org.uk/isma-international-stress-awareness-week> and for details of the Online Global Stress and Wellbeing Summit and how to buy tickets, visit <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>. Ticket-holders can view all sessions until Friday 13th November.
- For a list of speakers, go to <https://isma.org.uk/event-speakers-2021> and for details of the week's programme, go to <https://isma.org.uk/full-summit-event-programme/2021>.
- For interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA^{UK} on 07768 878910 or email her at chair@isma.org.uk.
- ISMA^{UK} is the leading professional body for workplace and personal stress management, wellbeing and performance. As a registered charity and membership-based organisation for over 30 years, ISMA^{UK} exists to promote sound knowledge and best practice in stress management, both nationally and internationally, providing advice to a wide range of individuals, businesses and voluntary organisations, while supporting the Health & Safety Executive in delivering their requirements for Stress Risk Assessment.