Medicine is a high stakes, high pressure, profession with little time for self-renewal, which may impact on doctors’ psychological health and health related quality of life (HRQOL). This has significant implications from both individual wellbeing and quality of care perspectives.

Literature has shown that early to mid-career (1-20 years post-graduation) is the time of greatest stress and burnout for medical professionals. This presentation will review the results of a cross sectional study of HKU MBBS graduates from 1995-2014 which examined the wellbeing of graduates in terms of career achievement, fitness to practice and mental and physical wellbeing.

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Weng is an Assistant Professor with joint appointments with BIMHSE and the Department of Family Medicine and Primary Care at HKU. She is primarily involved in undergraduate Family Medicine teaching, curriculum development and quality assurance of the undergraduate medical curriculum. Her main research focus has been in mental health and medical education. She is currently the Chief of Undergraduate Education for the Department of Family Medicine and Primary Care, and the Chair of the MBBS Quality Assurance Committee.