



WORKING HOURS, SHIFTS AND FATIGUE CONFERENCE
FRIDAY 19 MARCH 2021
ONLINE

TIME	TOPIC/ PRESENTATION TITLE	SPEAKER
9:00am	Official Welcome	
9:10am	Managing sleep, fatigue and shiftwork for nurses and midwives 60 mins	Dr Jess Paterson Senior Lecturer – Psychology, Clinical Psychology Registrar School of Health, Medical and Applied Sciences Appleton Institute, CQUniversity
10:10am	Shiftwork, sleep and health 45 mins	Professor Shanthakumar Wilson Rajaratnam Deputy Head of the School of Psychological Sciences, Deputy Director of the Turner Institute for Brain and Mental Health, Director of Engagement and Translation for the Turner Institute, Monash University
10:55am	Morning Tea (15 minutes)	
11:10am	Fatigue management in the healthcare industry: a new direction 45 mins	Libby Brook Organisational Psychologist and Inspector in the Specialist Services, WorkSafe Victoria Chris Azzam Program Manager, WorkSafe Victoria
11:55am	Food choices and meal-timing for shift workers 35 mins	Gloria Leung PHD, accredited practicing dietitian, Monash University
12:30pm	Conference Concludes	