

SURGEON WELLNESS PRECONFERENCE **REPORT**

The Wellness Preconference took place on 20th March 2018 at the Witu conference room in Paradise Convention center, Mombasa. This preconference was designed with the aim of meeting the “soft skills” deficits in a surgeon’s wellbeing.

It started off with “the surgeon and money” series of lectures from 9am.

Dr. Andrew Wandera, a General surgeon from Eldoret, presented the challenges and feasibility of healthcare financing. He presented a step-by-step journey that he and his partners went through while opening the Fountain Medical Centers. He emphasized the emerging need for medical facilities run buy medical professionals. This model was demonstrated to be a one of a kind which has so far blossomed. He encouraged the audience to consider going into health care financing in a bid to expand health care facilitates in every region.

Afterwards, a very vibrant group from Stanbic group presented a “Wealth Master Class” from 930am-1230pm. In these classes, they presented the priorities in the financial journey including: “create and Build” Live and Enjoy” Save and Invest” “Share and Legacy” and “Plan and Protect”. They offered these goal based approaches towards achieving true and sustainable wealth. The facilitators delivered tips and guidance in the realms of reducing debt and creating value. They promised to look into future partnerships with SSK as a society, and with individual members to offer tailored financial plans that created value and wealth. The group was happy to provide a longer session if invited.

Following this, an officer from the Kenya Revenue Authority, Corazon Aquiono took the delegates through tax obligations for the surgeon. In this 1h30 min session, the concept of income tax(PAYE), tax brackets, VAT and exempt items were highlighted. Many of the surgeons

were pleasantly surprised to learn that expenses incurred in the practice of medicine (consumables, employees salaries, stationery etc) were exempt from VAT taxation. The differences in withholding taxes, consultations and employment were also explained, in regards to taxation purposes. This session was highly interactive.

After lunch, Njeri Kamanu of ALL IN consultants conducted the last session. Njeri is a life coach and motivational speaker. She took the group through work life balance and what it took to achieve it. The delegates were encouraged to look into what they deemed important in their life, explaining that work-life balance meant different things to different people. She explained that identifying one's personal goals, accepting what to say "yes" and "no" to resulted in one feeling a lot more in control of their time. This session was also very interactive with many astute observations offered by the participants regarding their own personal experiences.

The pre conference ended successfully at 445pm. A review of the feedback forms indicated that the delegates were pleased with the efforts to address the less talked about areas in surgery. Many expressed a wish to be joined by the senior colleagues whom they felt should take a more active role in mentoring and sharing life concerns.

The challenges of the meeting included: a low turnout of delegates and lack of funds for the event. At the start of the meeting, we had a total of 6 doctors. However by the end of the day, we had a total of 32 participants. We also experienced limitations in funding, particularly because we had to provide lunch for all participants, including the facilitators. The Society needs to place emphasis on the other required skills for surgeons including communication skills, mentorship and health and wellbeing. Our recommendation is that these could take place as preconference or half-day regional workshops.

Dr. Karen Mbaabu
Vice Secretary

