



Population Health and Well-being Series

Burnout in Healthcare Workers:
A Lifestyle Medicine Perspective



Live Webinar

January 21, 2025

4:00-5:00 PM (Qatar Time)



Speaker

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Dr Sunil Kumar is a Board Certified Lifestyle Medicine Physician, a Master Health Coach and a Specialist Anesthesiologist at University Hospitals of Morecambe Bay NHS Trust UK, with 30 years of medical experience. He holds an MBBS from India, membership from the Royal College of Anaesthetists (UK), and fellowships from the British Society of Lifestyle Medicine (BSLM), College of Anaesthetists Ireland, and Royal Society of Arts UK. Dr. Kumar is a Diplomate of the International Board of Lifestyle Medicine (IBLM), where he also serves on the Exam Faculty.

As an international speaker and author, Dr. Kumar has contributed to books, including an Oxford University Press publication.

He is the UK Representative at the European Lifestyle Medicine Organisation (ELMO) and a former Lead Tutor at BSLM. Dr. Kumar is also part of the international faculty for the Masters in Lifestyle Medicine program at the University of Thessaly in Greece. His expertise spans lifestyle medicine, physician self-care, anaesthesiology, and prehabilitation, integrating comprehensive medical knowledge with holistic approaches to improve patient outcomes and promote preventative care. He is also a faculty facilitator of health and wellbeing workshops for NHS England North West.