

# Moral Distress in Healthcare Professions: Theoretical and Methodological Perspectives

*Doctoral School in Clinical and Experimental Medicine  
and Medical Humanities*

**University of Insubria**

**2 December 2021**

Room 5 MGT

Via Monte Generoso n.71 - Varese



**Scientific coordinators:**

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Center for Clinical Ethics, Dept. of Biotechnologies and Life Sciences,  
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# Scientific Program

- 08.45 – 09.00**      **Registration of course participants**
- 09.00 – 09.15**      **Institutional welcome greetings and introduction**  
Prof. Luigi Valdatta (Dept. of Biotechnologies and Life Sciences Director)  
Prof. Marco Cosentino (PhD in MCSMH Coordinator)  
Prof. Mario Picozzi (Center for Clinical Ethics Director)
- 09.15 – 09.45**      **Real-life stories: moral distress in clinical practice**  
*Chair: Prof. Mario Picozzi (University of Insubria, Varese, IT)*
- Clinician perspective**  
Dr. Annalaura Facchini (Pneumology Unit, ASST Sette Laghi, Varese)
- Nurse perspective**  
Dr. Andrea Infanti (ASST Sette Laghi, Varese)
- 09.45 – 10.45**      **Theoretical perspectives: what is moral distress and how to prevent it?**  
*Chair: Dr. Alessandra A. Grossi (Center for Clinical Ethics, University of Insubria, Varese, IT)*
- **The roots of moral distress and the areas of its occurrence**  
Prof. David Lorenzo Izquierdo (Institut Borja de Bioètica, Universitat Ramon Llull, Barcelona, ES)
  - **Moral distress as moral injury and strategies for resilience**  
Prof. Renzo Pegoraro (Lanza Foundation, Padova, IT and Pontifical Academy for Life, Vatican City)
- 10.45 – 11.15**      **Coffee Break**
- 11.15 – 12.15**      **Methodological perspectives: how to “measure” moral distress?**  
*Chair: Dr. Silvia Ceruti (Center for Clinical Ethics, University of Insubria, Varese, IT)*
- **Assessing values triggering moral distress in clinical practice**  
Prof. Suzanne Metselaar (University Medical Center, Amsterdam, NL)
  - **Detecting and addressing moral distress in health professionals dealing with vulnerable individuals**  
Prof. Federico Pennestrì (Università Vita-Salute San Raffaele, Milano, IT)
- 12.15 – 13.00**      **Round table discussion and closing**  
*Chair: Prof. Mario Picozzi (University of Insubria, Varese, IT)*

**The course is free of charge and will be held in a hybrid format (onsite and online). The hybrid format enables limited in-person participation to respect COVID-19 regulations.**

**Onsite:** Participants should register at the following address by November 28<sup>th</sup>, 2021: [sceruti1@uninsubria.it](mailto:sceruti1@uninsubria.it). To access the course venue, participants will be required to exhibit a valid **Green Pass**.

**Online:** Join from a PC, Mac, iPad, iPhone or Android device. [Click here to join](#) If the link does not work, paste this into your browser: [https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F\\_%23%2F%2Fmeetup-join%2F19%3Ameeting\\_MDBhYjhmYmltMzc4ZC00OWFjLTlhNTktZjViZWQ4ZmExYmQl%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252229252ed8b-dffc-401c-86ca-6237da9991fa%2522%252c%2522Oid%2522%253a%25226c1bf32c-0813-486e-a974-9ae55e898c09%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=f7aae047-9588-402d-a189-90340e2d26b8&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true](https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F_%23%2F%2Fmeetup-join%2F19%3Ameeting_MDBhYjhmYmltMzc4ZC00OWFjLTlhNTktZjViZWQ4ZmExYmQl%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252229252ed8b-dffc-401c-86ca-6237da9991fa%2522%252c%2522Oid%2522%253a%25226c1bf32c-0813-486e-a974-9ae55e898c09%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=f7aae047-9588-402d-a189-90340e2d26b8&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true)