

Sharing the experience of the Alumni Board of Directors in contributing to the career development activities

**Domingo SÁNCHEZ, Member of the Alumni Board of Directors,
University of Murcia.**

1. Introduction

A brief personal introduction:

- Current role in UMU Alumni: Treasurer
- Background: Medical Doctor, researcher, university activist
- Link to employability and professional development



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ORIGINAL RESEARCH

Identifying and preventing burnout in young oncologists, an overwhelming challenge in the COVID-19 era: a study of the Spanish Society of Medical Oncology (SEOM)

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From Opportunity to Setback: How the Reform of the Framework Statute for Healthcare Professions Threatens the Future of Spanish Junior Doctors

Juan Pablo Carrasco¹, Domingo Antonio Sánchez², Álvaro Cerame³

The working conditions of junior doctors in Spain have long been a subject of concern, with excessive workloads, insufficient rest periods, and some of the lowest salaries in Western Europe(1). The recently proposed Framework Statute for Healthcare Personnel by the Ministry of Health, although it aims to be an opportunity for change and improvement for doctors in Spain, the published draft has caused significant distress and concern among the medical community(2). The current draft aims to update the previous version published in 2003(3), which regulates the majority of labor rights for healthcare personnel in Spain. Among other aspects, the Framework Statute establishes provisions on working hours, rest periods, remuneration, and the classification of healthcare professionals.

This reform comes at a critical time. Spain is already experiencing a medical workforce crisis, with increasing reports of physician burnout and an alarming trend of junior doctors seeking better conditions abroad, in the private sector and in other fields different from the clinical one(4). The lack of a long-term strategy to retain talent and improve working conditions risks further

policies promote physician autonomy as a key factor in professional satisfaction and retention(5).

2. Excessive Working Hours: Despite being an EU member state, Spain has repeatedly failed to enforce the European Working Time Directive (EWT), which limits doctors' weekly working hours to 48. Many junior doctors routinely exceed this threshold, with shifts that surpass 24 consecutive hours. Studies have consistently linked excessive work hours with increased medical errors and higher burnout rates (1). The proposed draft fails to reduce the maximum working times, inadequately addressing the demands of junior doctors for a safer work-life balance.

3. Insufficient Rest Periods: There are no guarantees of adequate rest following 24-hour shifts, a situation that directly contradicts evidence-based recommendations for physician well-being. The proposed draft doesn't propose any kind of supervision mechanism of a repetitive problem that has been described widely in the literature(1). Lack of recovery time not only endangers doctors' health but

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<https://doi.org/10.1007/s12094-022-02989-3>

RESEARCH ARTICLE



Current professional standing of young medical oncologists in Spain: a nationwide survey by the Spanish Society of Medical Oncology + MIR section

Domingo Antonio Sanchez Martinez¹ · Aliica Quilez-Cutillas² · Pablo Jimenez-Labaig³ · Andrea Sesma⁴ · Noelia Tarazona^{5,6} · Vilma Pacheco-Barcia⁷ · Berta Obispo⁸ · David Paez⁹ · Teresa Quintanar¹⁰ · Manuel Sanchez-Canovas¹¹ · Ana Fernandez Montes¹² · Enriqueta Felip¹³ · Alvaro Rodriguez-Lescure¹⁰ · Elena Elez¹³

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<https://doi.org/10.1186/s12960-023-00857-x>

Human Resources for Health

RESEARCH

Open Access



Resident physician duty hours, resting times and European Working Time Directive compliance in Spain: a cross-sectional study

D. A. Sanchez Martinez^{1,2*} · J. P. Carrasco Picazo³ · P. D. Estrella Porter⁴ · R. Ruiz-Montero^{5,6} · A. H. Aginagalde Llorente⁷ · E. García-Camacho⁸ · J. Navarro⁹ and A. Cerame del Campo¹⁰

From Controlled Learning to Unpredictable Reality



How Alumni networks help bridge this gap

2. What is UMU Alumni?

Mission and objectives:

- Connecting graduates with the university
- Promoting networking, mentoring, and employability

Structure:

- Board of Directors, areas of work

Key activities:

- Mentoring programs
- Networking events
- Continuous training and lifelong learning





EXPOSICIÓN

Alumni inspiradores de la Universidad de Murcia



Alumni

Clubes Alumni, servicios, ventajas, actividades, novedades...



- + 1000 visits to our website
- + 5000 Alumni
- + 40.000€ Budget



← **Alumni UMU**
4.502 posts

Presentación del libro
**Alumni inspiradores de la
Universidad de Murcia**

Martes **25 de noviembre**, a las **18:30**
de la **Facultad de Derecho**,
Murcia

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DE MURCIA** Alumni
Asociación de antiguos
alumnos y amigos

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 Educación  Murcia, España  linktr.ee/alumniumu

 Fecha de nacimiento: 1 de enero  Se unió el marzo de 2011

983 Siguiendo **1.423** Seguidores

 Comité Empresa SMS, Consejo de la Juventud de la Región de Murcia y 22 más de las
cuentas que sigues siguen a este usuario

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 **Alumni UMU** @a4umu · 17 nov.
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11:00    

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 Asociación de Antiguos Alumnos y Amigos Universidad...

 Le siguen **ceum_es**, **bomobu_** y 12 personas
más

Siguiendo ▾ **Mensaje** **Contactar** 

 Club  Jornadas  Miembros  Actualiza info

2. What is what UMU Alumni offers?

-  Library
-  Languages
-  Sports
-  University Card
-  IT Rooms
-  Career Services
-  Email & Wi-Fi
-  Bike Campus



2. What is UMU Alumni?



2. What Alumni has done?



79468

3. Contribution to Professional Development

How Alumni complements university services (COIE, UMUemprende, IRO):

- Mentoring: real experience from graduates
- International networking: a bridge with companies and university
- Soft skills: leadership, communication, resilience

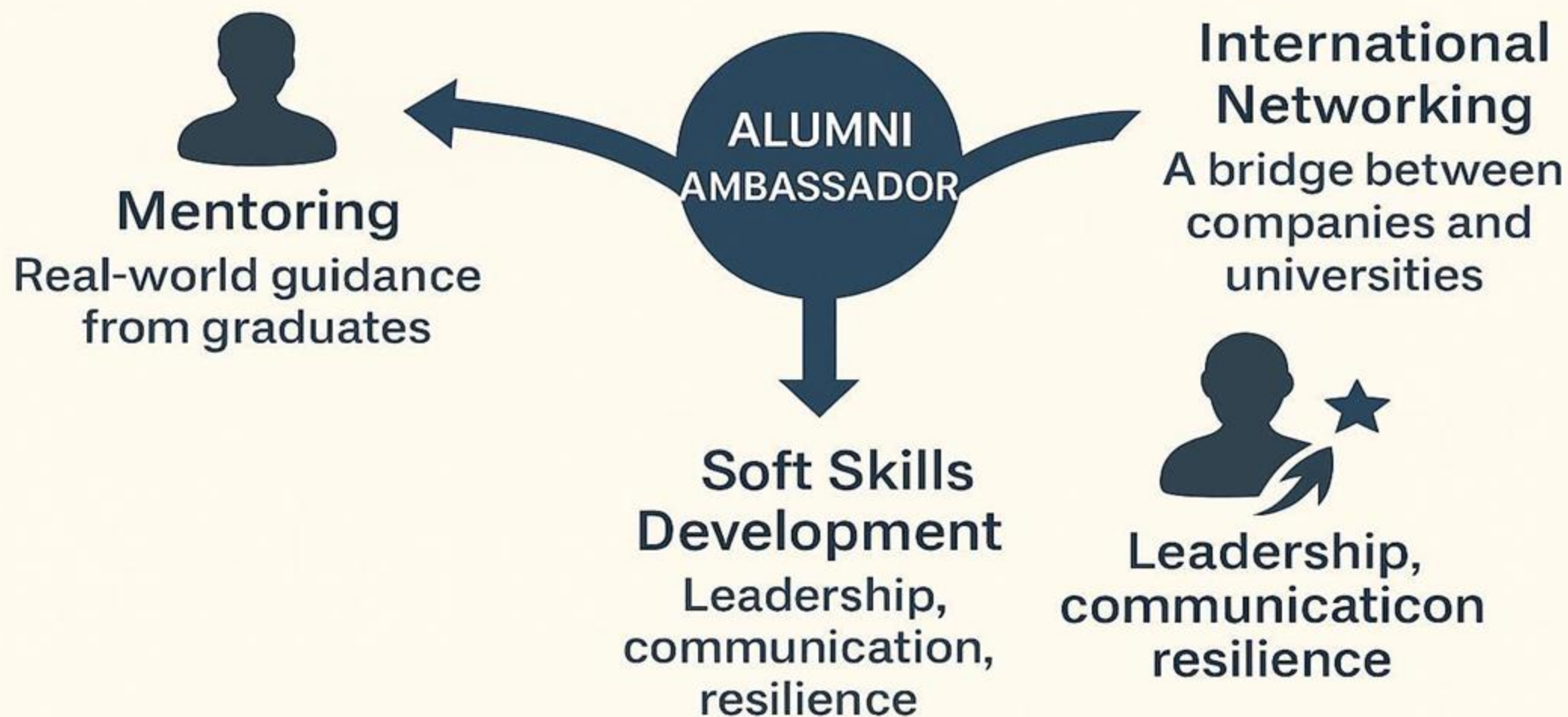


Examples:

- Success stories in employability
- Collaboration with faculties and companies



Alumni Ambassador: Complementing University Services



Alumni Embajador



UNIVERSIDAD
DE MURCIA



3. Contribution to Professional Development



TALLER DE HABILIDADES DIGITALES

Jueves 8, 15, 22 y 29 de mayo,
de 18:00 a 20:00

Aula de ordenadores **MARGA ZIELINSKI** (Facultad de Letras, Campus de la Merced)

Inscripción gratuita en el correo alumni@um.es
¡Plazas limitadas! (21 plazas)

Imparte: Bienvenido López Álvarez
Destinatarios: Asociados de Alumni

Alumni
Asociación de antiguos
alumnos y amigos



Ser **ALUMNI**
también es ser
#VOLUNTARIADOUMU

Voluntariado en
SALUD MENTAL
Fundación
SOYCOMOTU

UNIVERSIDAD DE MURCIA

adyv

union



Club de lectura Alumni

28 ABRIL - 19:00

📍 Sala de Juntas de la Facultad de Derecho, Campus de la Merced.

Comenta: Antonio Candeloro,
profesor de Filología Hispánica

Insolación
Emilia Pardo Bazán

4. Added Value for Iraq

Why build an Alumni network in Kurdistan?

- Strengthening ties with graduates abroad
- Creating employment and entrepreneurship opportunities

Practical proposals

- Steps to launch an Alumni Platform
- Synergies with projects such as RISE



5. Questions and Discussion

- What do you think about Alumni?
- Do you have something similar?
- What about connecting Alumni from different countries?



THANK YOU FOR YOUR ATTENTION.

"Alone we can do so little; together we can do so much."
— Helen Keller



Alumni