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Dr. Omaira del Carmen González Briceño

Pediatric Emergency Medicine, Spain

GESTERME: A Conceptual Framework of Emotional Self-Management for Professional Sustainability in Pediatric Emergency Medicine

Pediatric emergency physicians work in highly demanding clinical environments characterized by diagnostic uncertainty, critical decision-making, emotionally intense interactions with children and families, and continuous exposure to stressful situations. Although burnout, occupational stress and resilience have been extensively studied, less attention has been given to the emotional processes that enable physicians to sustain professional engagement over time. The research question guiding this proposal is: What enables pediatric emergency physicians to remain professionally engaged, emotionally healthy and committed throughout their careers despite sustained emotional demands? The aim of this work is to propose GESTERME as a conceptual framework linking emotional self-management, professional well-being and professional sustainability in pediatric emergency medicine. This conceptual research proposal is based on clinical observation, literature-informed reflection and theoretical integration of emotional regulation, health psychology, medical education and professional well-being. The proposed framework conceptualizes five interrelated domains of emotional self-management: emotional awareness, cognitive appraisal, self-regulation strategies, relational support and meaning-oriented professional identity. The framework provides a structured lens for understanding how physicians recognize, interpret and regulate emotional demands while sustaining professional engagement. GESTERME complements existing concepts such as burnout and resilience by focusing on active emotional management processes that may support sustainable medical practice. This framework may guide future qualitative and mixed-methods research, inform educational interventions and contribute to professional well-being strategies in pediatric emergency settings.

Keywords: Pediatric Emergency Medicine; Emotional Self-Management; Professional Well-Being; Professional Sustainability; Burnout Prevention; Health Psychology

Biography

Dr. Omaira del Carmen González Briceño is a pediatrician currently practicing in Spain, with clinical experience in Pediatric Emergency Medicine. She holds a Diploma in Clinical Research and Epidemiology and has a particular interest in health psychology, emotional self-management, medical education and professional well-being. Her work is inspired by clinical observation and a growing interest in understanding how healthcare professionals maintain engagement, emotional balance and commitment throughout their careers. She is the creator of the GESTERME conceptual framework, a proposal that explores emotional self-management as a potential contributor to professional sustainability in healthcare.