



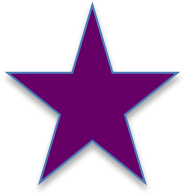
University Hospital Southampton  
NHS Foundation Trust



# Keep Calm

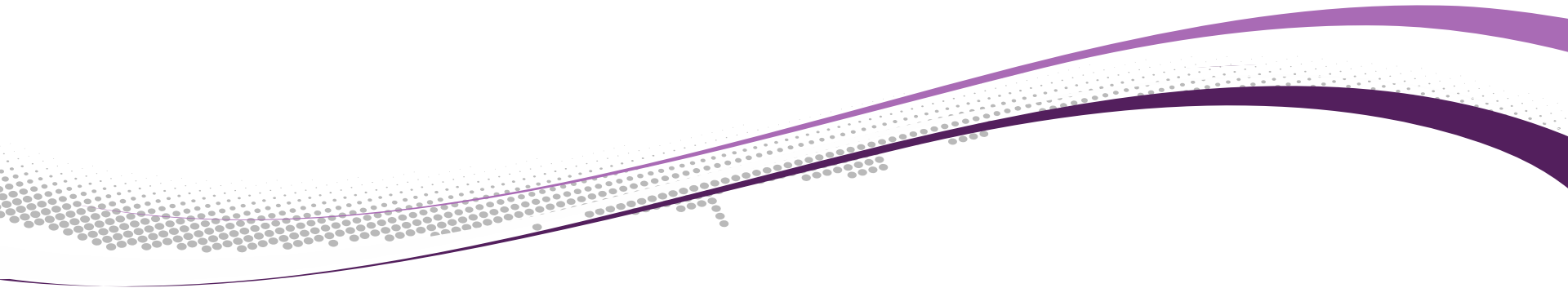
**Liz Donovan, Sarah Louise Smyth, Jo Mountfield**  
**University Hospital Southampton NHS Foundation Trust**  
**Haven Conference January 2015**

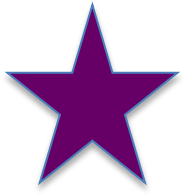
Training and development



# Why did we do it?

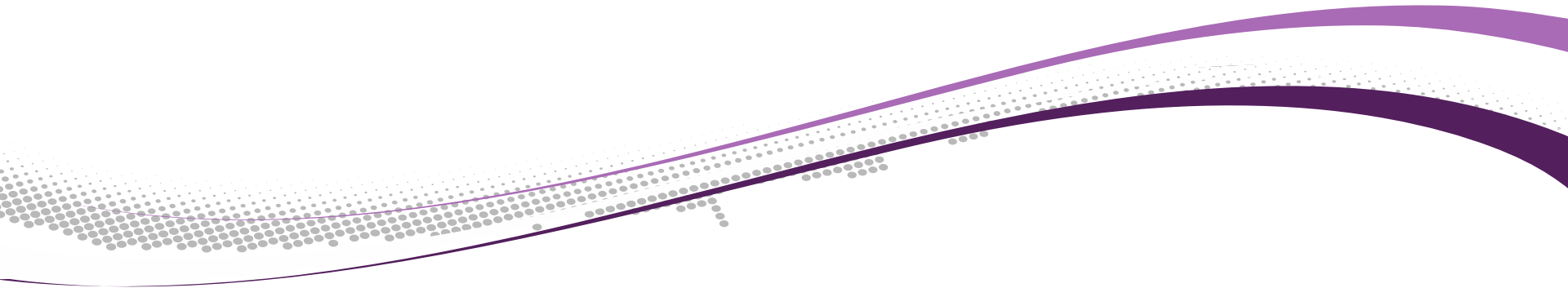
- Mentorship groups
- Safemed
- Resilience programmes could be of benefit
- UHS can be a stressful place to work
- Working with doctors in difficulty
- Work pattern challenges

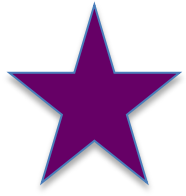




# Keep Calm

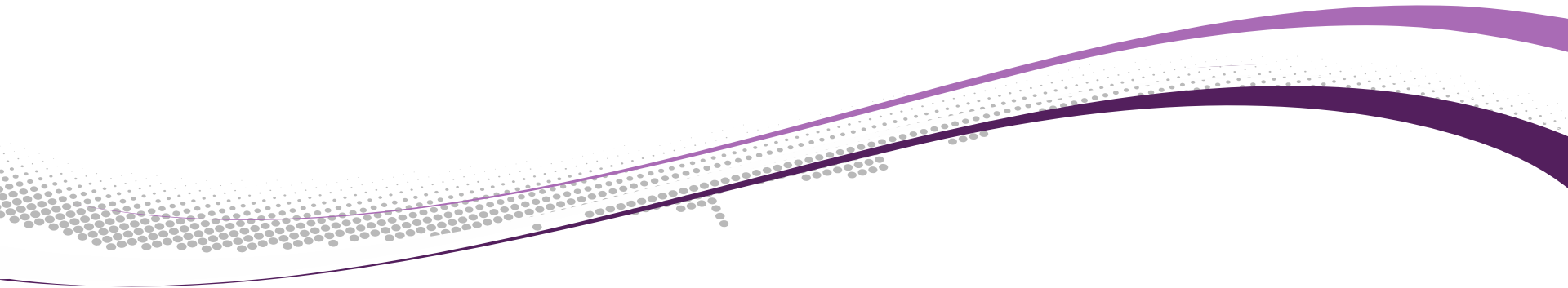
- to acknowledge the stresses of clinical work
- to recognise the impact clinician stress has on patients and colleagues
- to look at quick and simple ways to manage our own stress
- to set ourselves goals to take care of ourselves

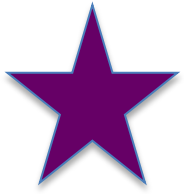




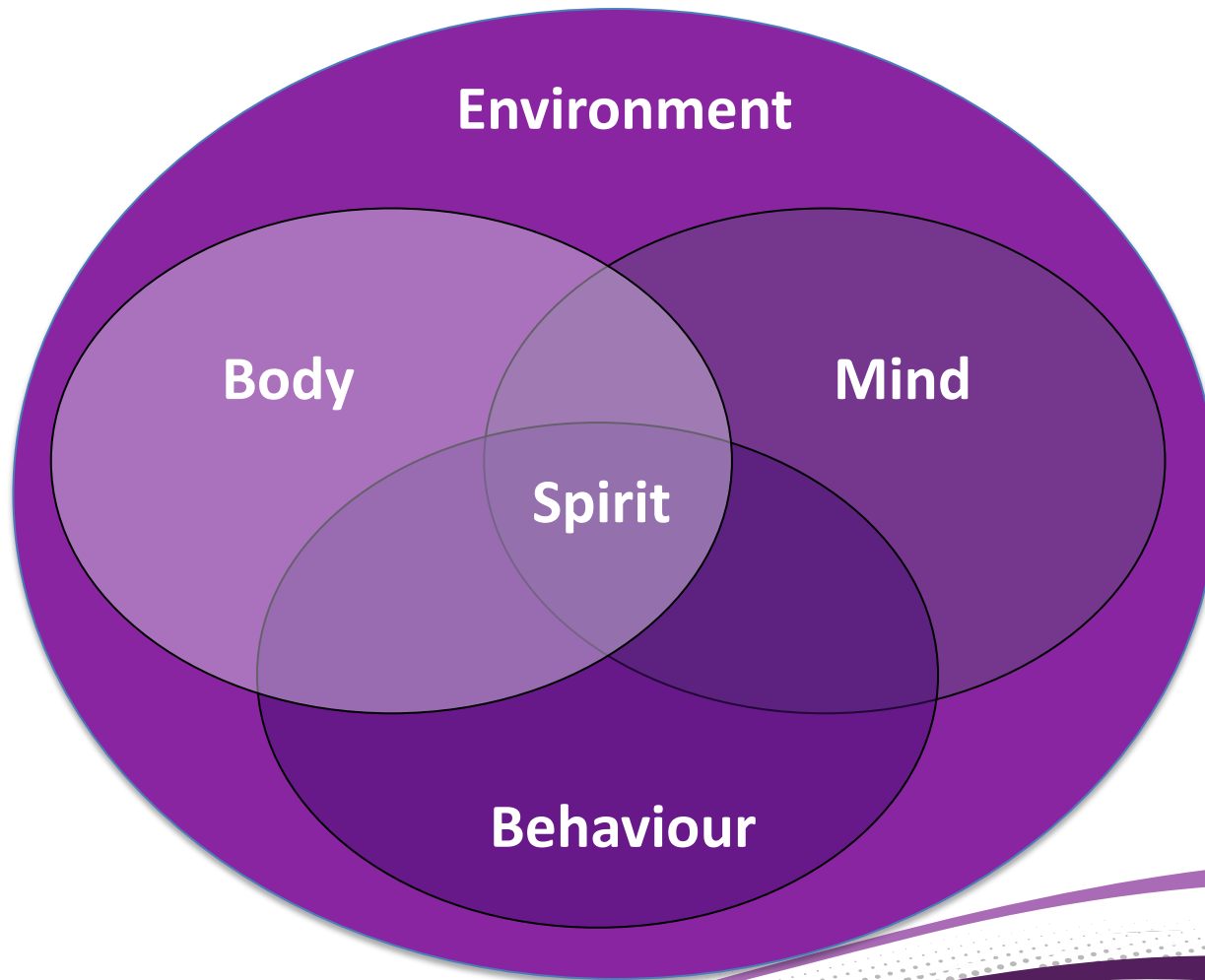
# What happens in Keep Calm?

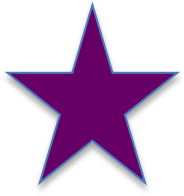
- Awareness – all about stress
- Moan zone
- 5 part check up and new skills
- Action plan – set goals and change practice





# Five systems: model for self care





**Body**

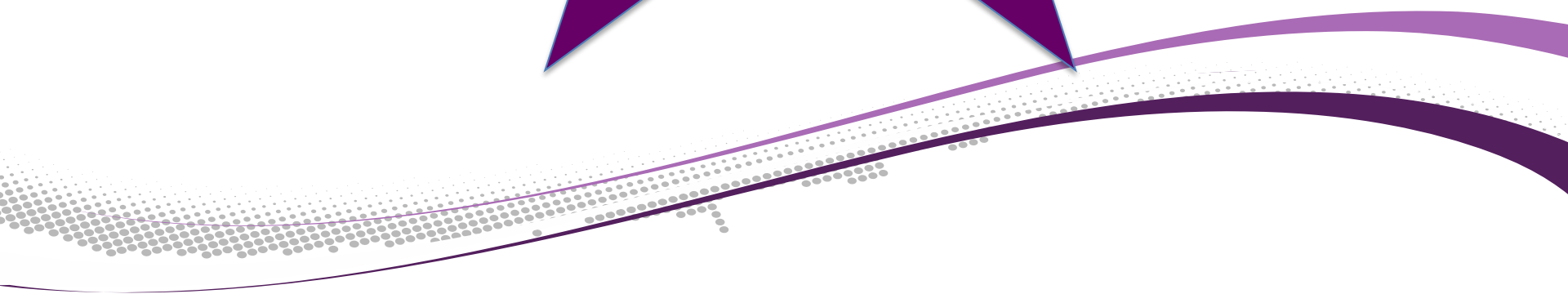
**Spirit**

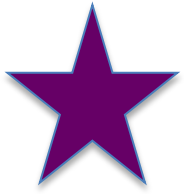
**Mind**

**Keep  
Calm**

**Environment**

**Behaviour**

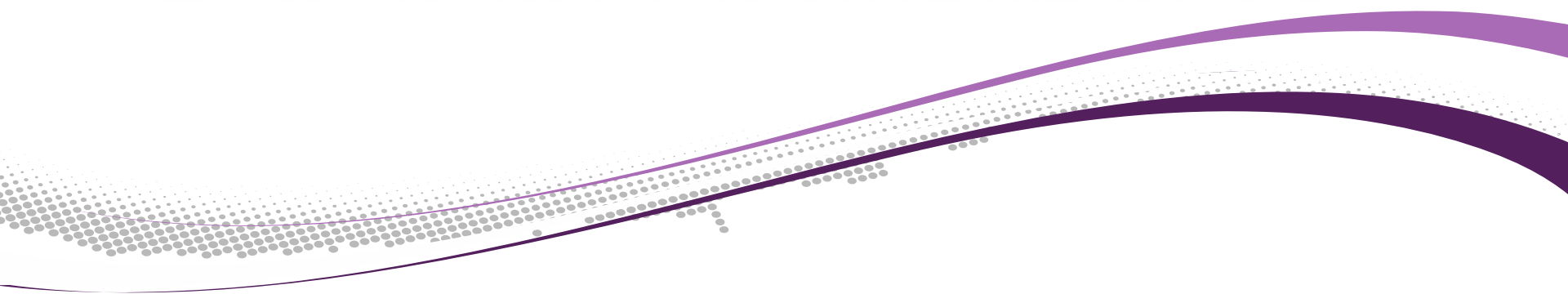


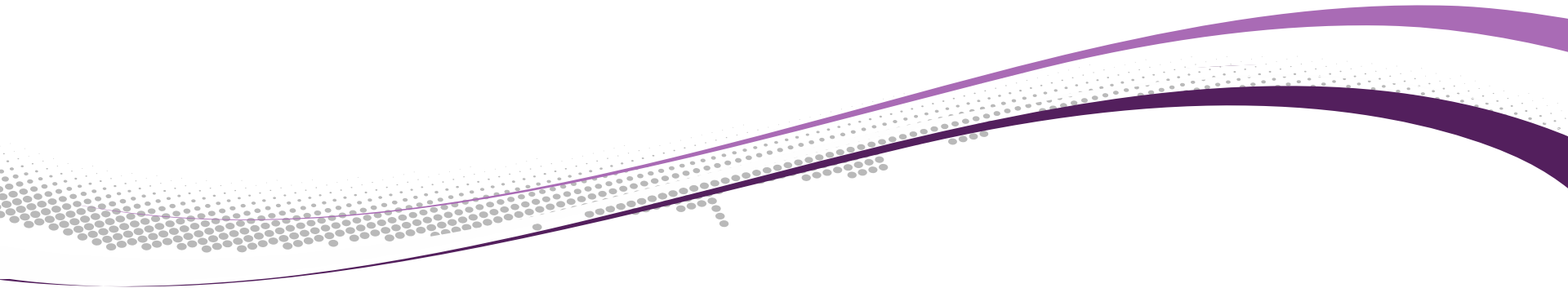
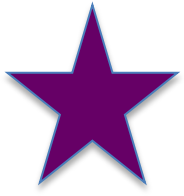


# Mindful or Mind Full

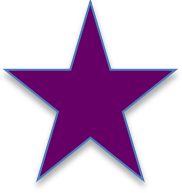


Mind Full, or Mindful?



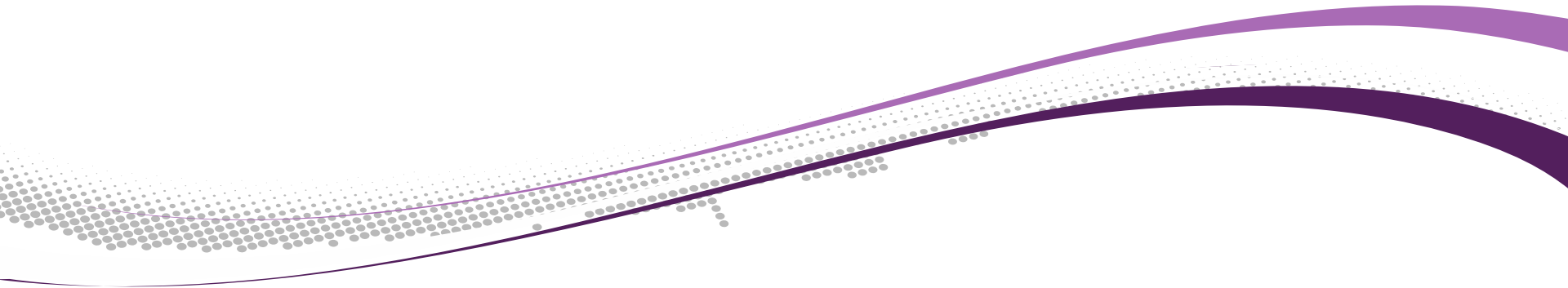


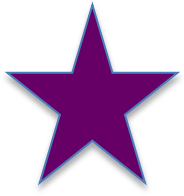




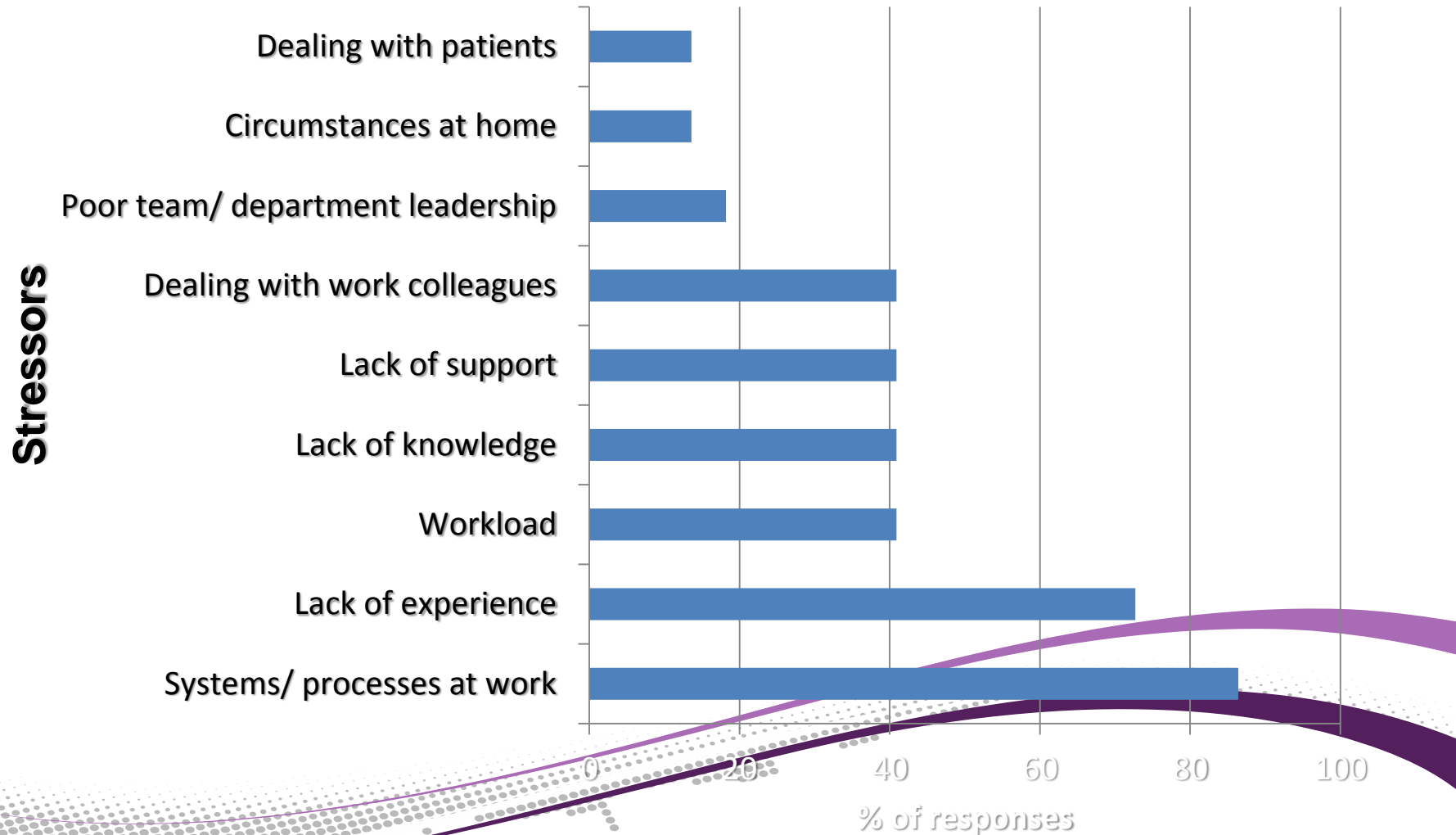
# Evaluation

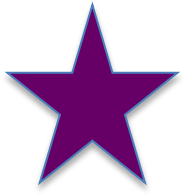
- Winchester University
- 56 participants attended workshops
- 22 FY1s completed an online survey
- 26 submitted written reflections
- 15 participated in two focus groups





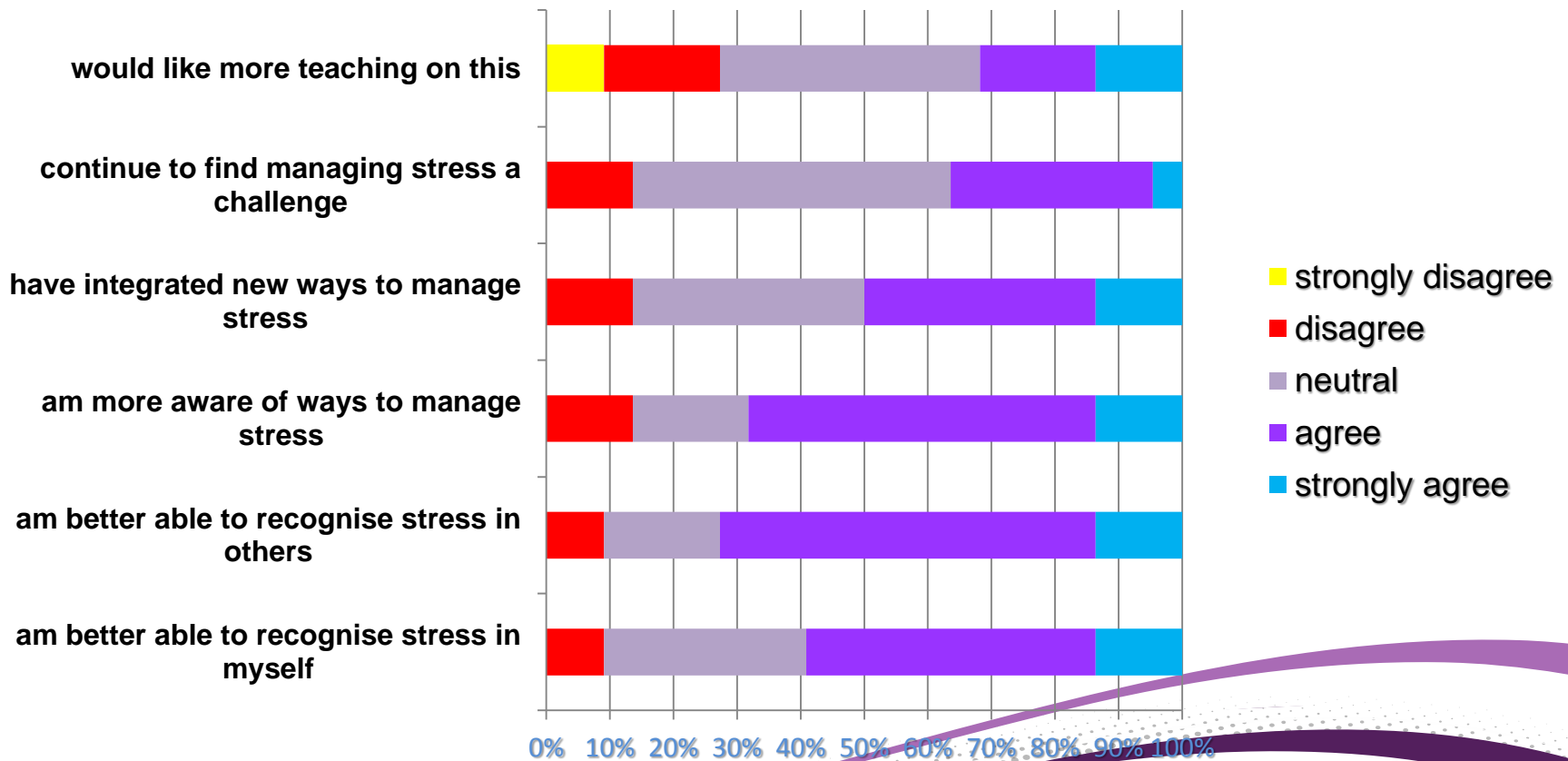
# Main stressors for respondents

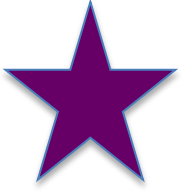




# Ratings of statements

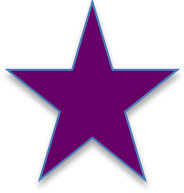
As a result of the workshop I ...



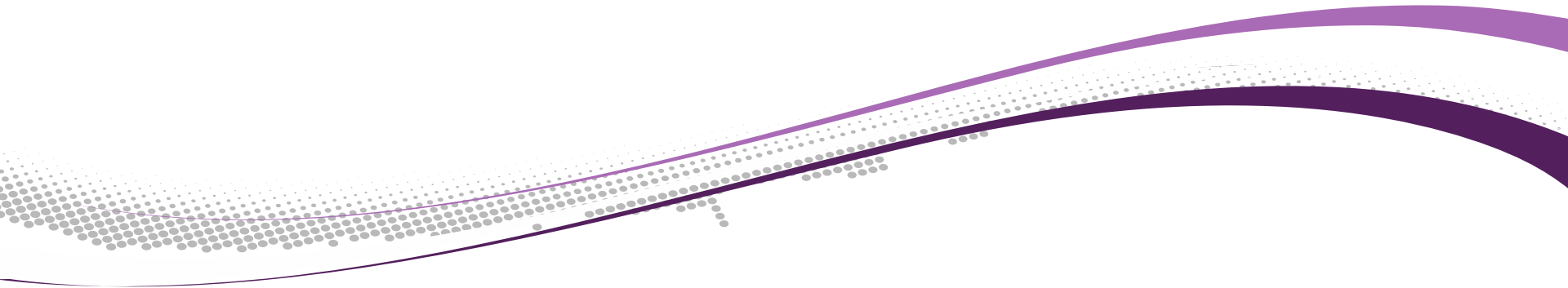


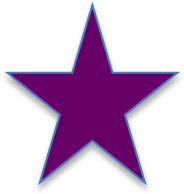
# Outcomes

- 73% of respondents had not previously received stress management training.
- 80% of respondents thought that the workshop was relevant; 70% believed it was 'useful' or 'somewhat useful.'
- The majority of respondents reported that they agreed positively that the programme of education had improved awareness, recognition and management of stress



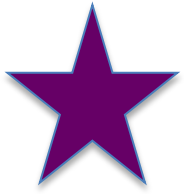
# Reflections





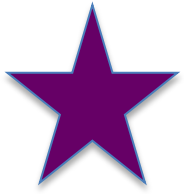
# Recommendations

- Workshops should run as close to the start of the FY1 as possible
- Working with facilitators who are not in an educational/clinical supervisory relationship with trainees is more likely to allow the FY1s to speak openly
- Hearing senior colleagues' experiences was reassuring and sharing their own was useful but this should be in a constructive way
- Reinforcement of their awareness of well-being in the workplace and adopting positive, practical strategies to observe it should be emphasised



# Next steps

- Roll out to all Foundation doctors
- Train the trainers in August 2014 and another in February 2015
- Faculty
- Handbook
- O&G/Paediatric trainees at ST1
- Overhaul of content



# Acknowledgements

- Margaret O'Rourke Cork University
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- FY2 handbook
- George Lewith, Southampton University,
- Suzie Tanser, Ben Chadwick, Wagih Moussa, Angela Skidmore UHS