

## HEE Mid-Career Primary Care Fellowship: Wellbeing

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The Fellowship was a fantastic opportunity to learn, connect and reflect with colleagues across the deaneries. I was fortunate enough to find a Fellow GP colleague who shared my enthusiasm and passion for Wellbeing which led to our joint group project.

Our aim was to develop a Wellbeing Podcast which would benefit local GP trainees with evidence based practical tips. Furthermore, we really wanted to raise the awareness of the Professional Support & Wellbeing Service (PSWS) and its excellent resources. Our mentors from the PSWS, were incredibly supportive and really helped us focus on our core Wellbeing Topics.

<https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing/>

Initially, we wanted to find out what resources were available for GP trainees, but more importantly which topics would be relevant. We achieved this by:

1. Researching resources available on the PSWS & Thames Valley Primary GP School Websites
2. Attended training sessions run by the PSWS for trainees
3. Wellbeing Presentation to GPVTS trainees on half release day with focused break out groups
4. Questionnaires to Thames Valley GP trainees (54 responses)
5. Recording a pilot Wellbeing episode to small cohort 12 trainees

In summary, we found trainees wanted:

- Bite-sized discussions which weren't too long
- Easy to listen topics
- Evidence based
- Offering positive and practical solutions
- More importantly, how to incorporate tips into GP working lives
- No specific section of Wellbeing on Thames Valley Primary GP school Website

After all the feedback and discussions with our Mentor, we focused 3 core topics: **Mindfulness**, **Nature based interventions** and **Positive Psychology**. Through peer reviewed journals, (and

numerous recordings!) we were able to record 10-12 minute episodes devoted to these specific topics. We are currently waiting to get these recordings uploaded to the Primary Care school Website which has been provisionally agreed.

The Fellowship was an incredible, rewarding journey full of challenges and obstacles along the way! I was lucky enough to share this experience with another colleague with similar reflections.

Generally, the issues faced were:

- I. The flow of the project relied on finding the right contacts
- II. waiting for responses (email/phone calls)
- III. co-ordinating with my other fellow with research, recordings, catch ups etc. around our different working patterns/commitments
- IV. IT aspects and recording the episodes were a big challenge
- V. Repeat/edit recordings
- VI. Imposter Syndrome as we were not experts in Wellbeing
- VII. (I think most fellows had similar issues with some of the above and it's all part of the Fellowship!)

### **Final Thoughts**

I am extremely grateful for the opportunity to have done this Fellowship and would like to thank HEE and fellows for their support. Through researching these Wellbeing topics, it has dramatically changed my working day. Just remember to:

1. Be Grateful
2. Be Kind to yourself
3. Take a Deep breathe
4. Go for a walk
5. Connect with a colleague
6. Stress doesn't take a day off, so you might as invest in the above!

I strongly encourage those who are thinking about Fellowship to apply; it is a great opportunity to learn in a supportive environment and you may not get another opportunity! Go for it!