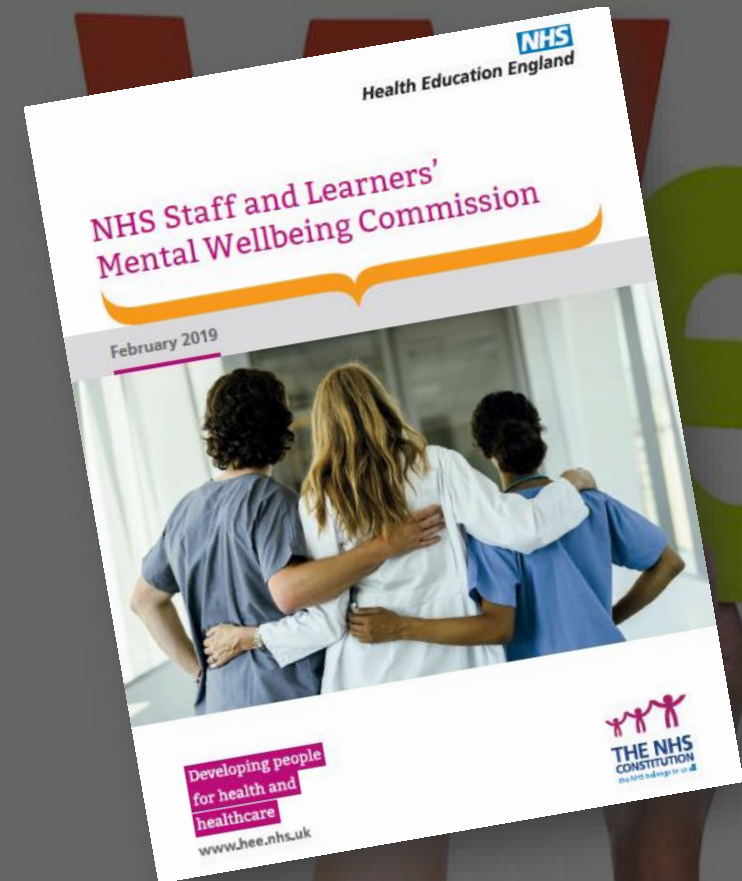


STRENGTHENING WELLBEING IN MEDICAL EDUCATION; WHAT WORKS? CONSEQUENCES, INTENTIONAL AND UNINTENTIONAL

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# BACKGROUND

# General Medical Council



# BEING A DOCTOR: STAYING A PERSON



# METHOD

## Cohort of Year 3 Medical Students

Workshop (2hr)

8-week clinical placement

Workshop (2hr)

Explore personal values, assumptions, emotional labour and emotions

Inter-workshop learning – In-action-reflection based on guided individual observation tasks.  
Complete and submit a **change story**

Integrate change stories, emotions, positivity, emotional intelligence

### Feedback – to evaluate and inform iterations

- Formal, written
- Anonymous
- Collected after the 2<sup>nd</sup> Workshop

# RESULTS

Programme delivered to all 3<sup>rd</sup> year students over 3 years

Iterative evolution responding to feedback

Analysed feedback data from last year ( $n \approx 301$ )

Losses to attendance (average 66%) / feedback attrition ( $n \approx 180$ )

Thematic framework analysis coded by 3 individuals independently and compared

Q1 - IN WHAT WAY (IF ANY) HAS THIS SESSION IMPACTED ON YOU IN TERMS OF HOW **YOU THINK OF YOURSELF** AS BECOMING AN **EFFECTIVE DOCTOR**?

Q2 - WHAT DID YOU **LIKE OR DISLIKE** ABOUT THE SESSIONS?

Q3 - WERE THERE THINGS YOU HAD NOT THOUGHT OF BEFORE THAT **YOU NOW FEEL ARE USEFUL** FOR YOU AS YOU CONTINUE YOUR TRAINING?

Q4 - WHAT WERE THE **TWO TOP THINGS** YOU HAVE GONE AWAY WITH THAT ARE MOST IMPORTANT FOR YOU FOR THE FUTURE?

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## Themes

1. Informing practise
2. Insight/awareness
3. Normalisation
4. Wellbeing, enjoyment
5. Impact on self and others
6. Connectivity, sharing feelings
7. Humanity
8. Safe space

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*I feel I can now survive becoming a doctor because before I thought I needed to suppress all emotions which I knew I couldn't do as I am too melodramatic and effected by my emotions*

*In a good way – I now feel that it is human and normal to have emotions and ready to cope with things as I continue my training. It is important to enjoy life as well as work.*

*It made me realise that being a good doctor is not about just dampening your emotions. I thought it was quite natural for me to be “feeling less” as I went on thought the years of medical school but this session has made me realise it shouldn't be natural to feel less emotion and I should start concentrating on my feelings*

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Q2 - WHAT DID YOU **LIKE OR DISLIKE** ABOUT THE SESSIONS?

Q3 - WERE THERE THINGS YOU HAD NOT THOUGHT OF BEFORE THAT **YOU NOW FEEL ARE USEFUL** FOR YOU AS YOU CONTINUE YOUR TRAINING?

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## Q2 - WHAT DID YOU **LIKE OR DISLIKE** ABOUT THE SESSIONS?

*I like that it was a safe space to talk through our feelings*

*I Liked that people shared their difficult experiences as they made me feel like I am not the only person facing difficulties*

*Too large groups, the session would be more effective in smaller groups*

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**Q3 - WERE THERE THINGS YOU HAD NOT THOUGHT OF BEFORE THAT YOU NOW FEEL ARE USEFUL FOR YOU AS YOU CONTINUE YOUR TRAINING?**

Themes	Sub-theme	Count	% (148 responses)
<b>Positivity</b>	Positivity	<b>75</b>	<b>51%</b>
	Acts of Kindness		
	3 positive things		
	Wellbeing & Appreciation		
	Joy		
<b>Communication</b>	Communication	<b>31</b>	<b>21%</b>
	Important to talk		
	Reflection		
	Avoid assumptions		
<b>Emotional Awareness</b>	EI Skills	<b>71</b>	<b>48%</b>
	Human / more than job		
	Recognise / consider Emotions		
	Compassion (for colleagues)		
	Common Emotions		
	Resilience		

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Theme	Sub-theme	Count	% (167 responses)
<b>Positivity</b>	3 positive things	<b>132</b>	<b>79%</b>
	Positivity		
	Promote self wellbeing		
	Kindness		
	Joy		
<b>Communication</b>	Listening / communication	<b>62</b>	<b>37%</b>
	Reflective practice		
	Talking to others		
<b>Emotional Awareness</b>	Common frustrations	<b>127</b>	<b>76%</b>
	EI Skills		
	Recognise emotion		
	Be human / individual / me		
	Compassion (for Colleagues)		
	Resilience		

## CONCLUSIONS

Possible to embed training on emotional awareness and self-efficacy

Interventions with high face validity

Challenges – groups / self

Outside of the context of competence, professionalism or resilience

