THE FUTURE OF WELLBEING: ASSESSING THE PERCEPTION OF WELLBEING AND NEED FOR WELLBEING SUPPORT IN THE NEW COHORT OF F1S

Intro
The WHO defines ‘wellbeing’ as ‘A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’ As more junior doctors leave the NHS, self-care and wellbeing are increasingly coming to the fore. In the GMC’s F2 destination report 55.9% of respondents disagreed with the statement: “I have a good work-life balance” in regards to their experience of foundation training. Work life balance, a key component of wellbeing, is clearly something that young doctors think medicine as a career can be detrimental to. Amongst increasing pressures and demands on the NHS amidst the spring COVID-19 pandemic the ACE FY1 team recognised the need for honest discussion on these topics. The team recognised that increased pressures and service demand would result in a proliferation of pre-existing stress and burnout amongst junior doctors. In response to this, we aimed to increase awareness and confidence in various themes, one of which was self-care and wellbeing, through a series of induction webinars.

Aims
- To deliver a webinar that would result in increased confidence and awareness in ability to engage in self-care and wellbeing activities.
- To introduce the concepts of stress and burnout in the context of COVID 19 to incoming foundation year 1 doctors and strategies to recognise and manage these.
- Aimed to showcase best practice and stimulate honest dialogue with regards self-care and wellbeing during COVID 19.
- To signpost to resources beyond this webinar.

Methods
Online live webinar delivered on three occasions. The series was advertised through various platforms such as the Medical schools council, UK medical schools, medical students and social media. Pre and post-webinar surveys were sent out to attendees for self-assessment in confidence in self-care and wellbeing amongst other parameters. The data was analysed using Braun’s thematic analysis and categorised into relevant themes. For the purpose of this analysis, the common question of ‘what worked well’ in the feedback forms was used as the basis of the analysis. Responses related to self-care, spirituality and well-being were highlighted as relevant feedback. For the purpose of this analysis, the common question of ‘what worked well’ in the feedback forms was used as the basis of the analysis. Responses related to self-care, spirituality and well-being were highlighted as relevant for analysis with each author reviewing one data set for brevity.

Results
- 1,313 registrants
- 810 attendees - UK, Ireland and international audiences
- 542 responses to email surveys
- Self reported increases in confidence in engaging in wellbeing and self care activities after attending webinar (See graph 1)
- As shown in Graph 1 there was a reported average increase in confidence in self care, spirituality and wellbeing after attending the webinar by 38% and 61% respectively. Due unavailability of data for the pre webinar data an average has not been calculated for the May data set.

Graph 1

Impact on future work
We feel that given the webinars success and the appetite for increased focus on this topic, there should be specific education on self-care and wellbeing as part of the foundation programme curriculum set out by HEE building on pre existing teaching on these topics by medical schools. The authors believe this can be achieved by introducing practical and theoretical sessions including Balint groups, mindfulness and dedicated spirituality spaces.