



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



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.

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 purposed 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 wel-being were highlighted as relevant to feedback For the purposed 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 wel-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)

Discussion

The results show that the webinar attendees valued the inclusion of the self-care, well-being and spirituality sections. The attendees seem to value the advice on; maintaining good mental health in difficult scenarios; having confidence in their abilities- especially for some of the female attendees. Feedback also showed an appreciation of the presenters sharing personal experiences and personal reflections in the context of leadership, a skill that the webinar had helped to develop. Finally the results also showed the importance of faith and spirituality in maintaining wellbeing and helping to cope with stressful situations.

The authors realise that the response rate limited their analysis of the data. Due to brevity, each data set did not have multiple reviews, which may have contributed to bias. The 'google form' also allowed for a variety of responses which did not specifically apply to the themes of self care wellbeing and spirituality that the authors were investigating in the analysis.

The ACE FY1 webinar series was a crucial intervention for incoming interim foundation year one doctors, entering clinical practice at an extremely difficult time. These incoming doctors not only had to learn how to do the job of a junior doctor but also deal with the stress and wellbeing implications of working during a national pandemic. Our webinar was extremely well received and led to increased confidence in wellbeing and self care activities and a reduction in fear/anxiety with regards to starting new positions in NHS.

Impact on future work

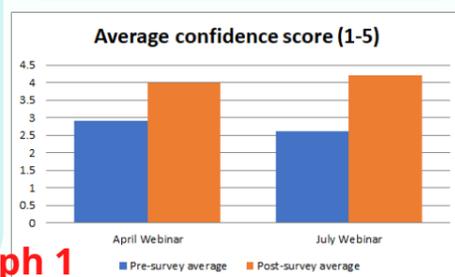
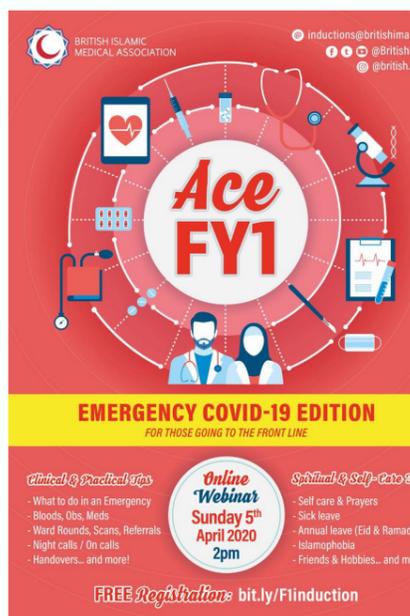
We feel that given the webinars success and the appetite for increased focus on this topic, there should be specific education on self-care and wellbeing as part of the foundation programme curriculum set out by HEE building on pre existing teaching on these topics by medical schools. The authors believe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



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



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,

Broad themes	Subthemes	Specific examples
Performance	Safety	Managing stress in emergency and acute scenarios and using techniques to cope in high pressure situations.
	Work life balance	Helpful tips from webinar on maintaining work life balance, taking breaks to increase efficiency.
	Leadership	Challenging difficult behaviour, leading without formal authority.
Self-care / Wellbeing	Mental health	Tips on taking care of mental health.
	Confidence	Sharing mistakes. Female representation. Honest personal advice. Appreciated guidance on created positive mind-set.
	Spirituality	Spiritual advice, its importance and practical advice. Hijabi representation. More specific examples and reminder of being a Muslim health care professional.
	Self-care	Tips on nutrition like keeping a flapjack, how to take care of yourself first, balancing family. Why wellbeing is important. Appreciated words of encouragement.
Presentation Style	Personal Stories/Speaker style	Humour. Two way interactions. Real life anecdotes and personal stories <u>give</u> by speakers.