



# PoWerS Study: Psychological impacts of COVID-19 on healthcare trainees and perceptions towards a digital wellbeing support package

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## BACKGROUND

In this study we explore the impact of COVID-19 on the psychological wellbeing of healthcare trainees, and the perceived value of a digital support package to mitigate the psychological impacts of the pandemic.

## DESIGN AND METHODS

**Design:** Mixed-methods study including exposure to an e-learning package;  
ii) participant survey;  
iii) semi-structured interviews.

**Setting:** Medical schools within higher education institutions in the UK.

**Participants:** 42 healthcare trainees (9M, 33F) studying medicine, nursing, and other healthcare courses during the COVID-19 pandemic.

**Procedure:** Interviews were digitally recorded and transcribed, data analysis was guided by the principles of thematic framework analysis.

## RESULTS

This is research in progress. Data are currently being analysed. Early analysis indicates that interviews generated 3 over-arching themes, and 11 sub-themes.

Participants raised significant impacts of COVID-19 on wellbeing, placement experiences, transition to remote learning, and personal circumstances (peers, family, relationships, health). Trainees communicated positive views towards the package as a mechanism for support.



## CONCLUSION

This study provides insight into the impacts of COVID-19 on healthcare trainees, and the perceived value of an established e-learning package tool to augment psychological support provisions for healthcare students, during and after the COVID-19 pandemic.

## STUDY TEAM



The research team: Blake, Mahmood, Gay, Dushi