Supporting Junior Doctor Wellbeing

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Introduction
Wellbeing education

• Local Foundation Survey results
• Contract negotiations / attention on morale
• National focus (GMC review of doctor suicide)
• GMC Supporting medical students and doctors wellbeing
• HEE mental wellbeing commission report
Yorkshire and Humber

• Educational workshops
  – Foundation Doctors
  – Near peer led (trainee grade doctors)
  – Developed in collaboration with University of West of England

• Wellbeing Resources
Feedback from Foundation Doctors
I can’t think of anything. This in theory shouldn’t have worked well for me but I very much enjoyed the session, Far superior to other teaching of this nature.

Very interactive, got everybody talking and contributing.

Useful skills and suggestions.

Really useful session in recognising your own thoughts and emotions and dealing with those. Very interesting and engaging.
Example exercises

Positivity

| What do I enjoy in my life right now? | What am I doing to ensure I keep enjoying this? |
Wellbeing

- Exercise
- Sleep
- Outdoors
- Cooking
- Perspective
- Writing it down/journal
- Meditation
- Friends
- Family
- Drink less
- Lists
- Call man
- Solo time
- Things to look forward too
- Limit social media
- Remembering things which went well

Things to look forward to:
- Autonomy
- Control
- Family
- Alone time
- Wife
- Husband
- Change
- Outdoors
- Help/giving
- Laughter
- Looking for a difference
- Food/eating well
- Playing with kids
- Medication
- Eating well
- Perspective
- Limit social media
- Alone time
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Pilot has led to...

- Included into mandatory training
- Ongoing positive feedback
  - “very cathartic”
  - “extremely useful for self awareness”
  - “one of the best training days I’ve had”
Well-Being Resources
A guide to resources for supporting doctors
British Doctors and Dentists Group
http://www.bddg.org/
A free support service for doctors and dentists with addiction, and their families.

Cocaine Anonymous
http://www.cauk.org.uk/index.asp
Free support service

International Doctors in Alcoholics Anonymous
https://www.idaa.org/
A free support service for doctors with alcohol addiction, and their families

Medical Council on Alcohol
http://www.m-c-a.org.uk/Home/home
An independent charity of health professionals from all medical specialties dedicated to improving the understanding and management of alcohol-related health harm.

Sick Doctors Trust
THANK YOU!

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