


# Supporting Junior Doctor Wellbeing

**Dr Jaimee Wylam**

**Foundation School, Health Education England**

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Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)

# Introduction



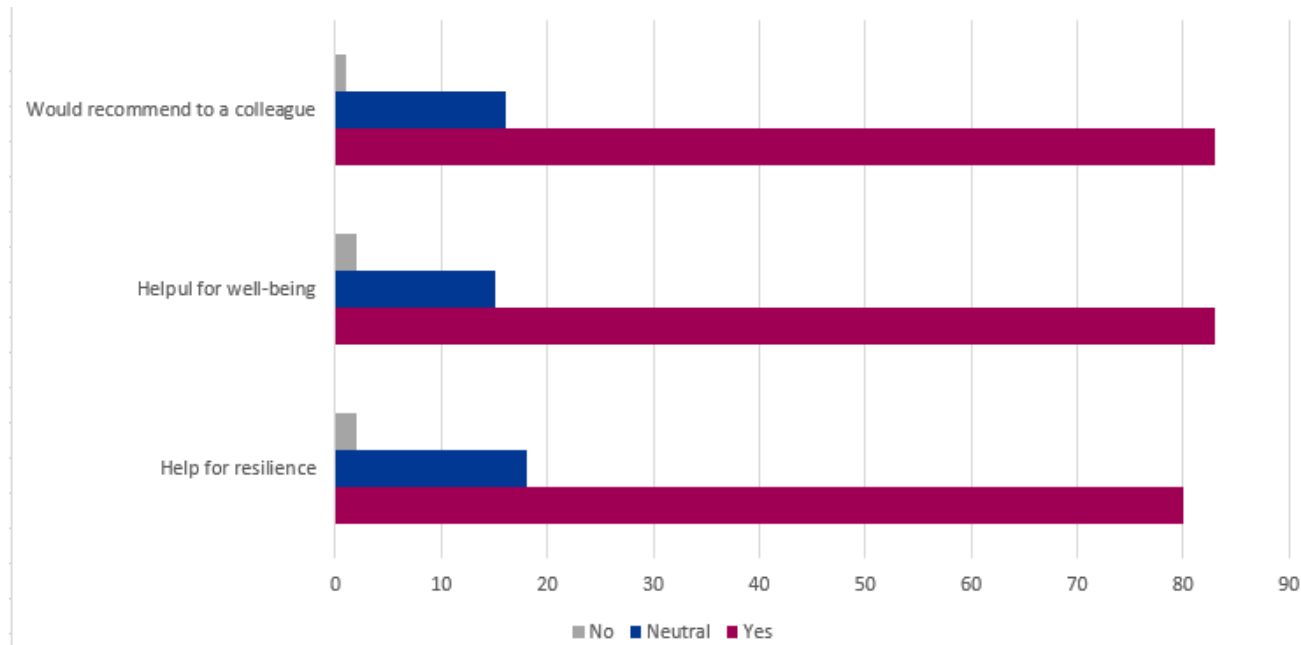
# Wellbeing education

- 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



# Comments

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

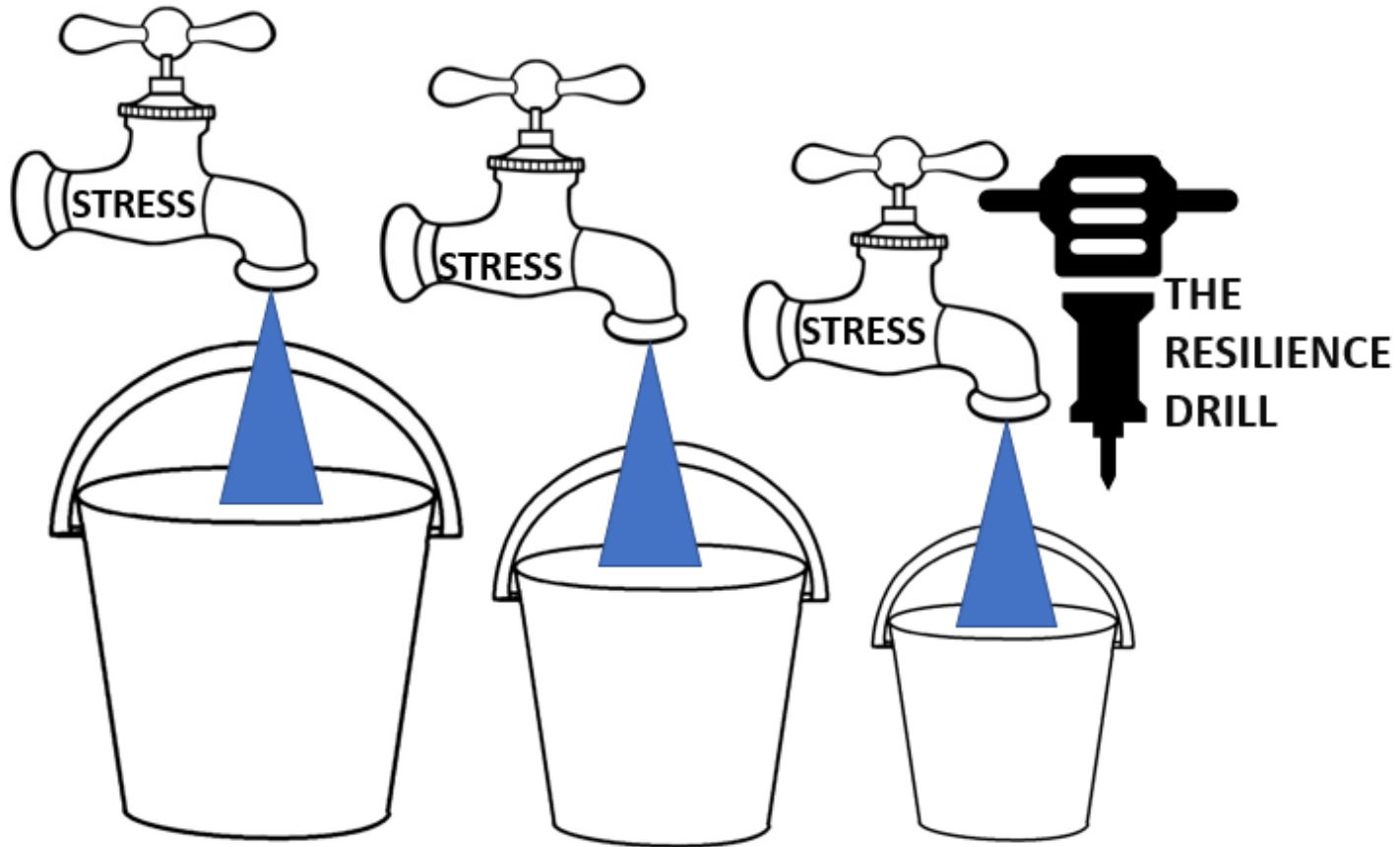
Really useful session in recognising your own thoughts and emotions and dealing with those. Very interesting and engaging

# Example exercises

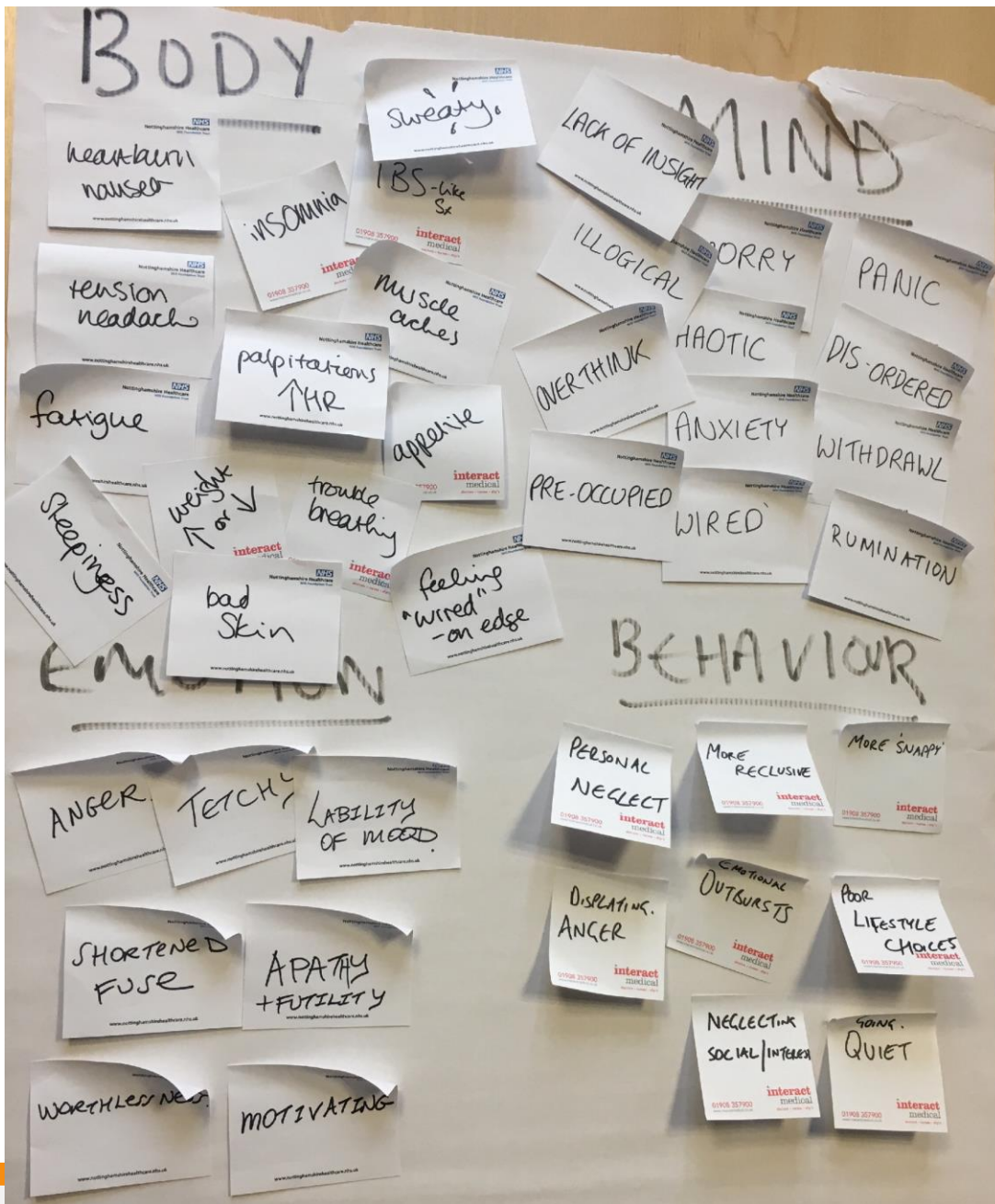
## Positivity

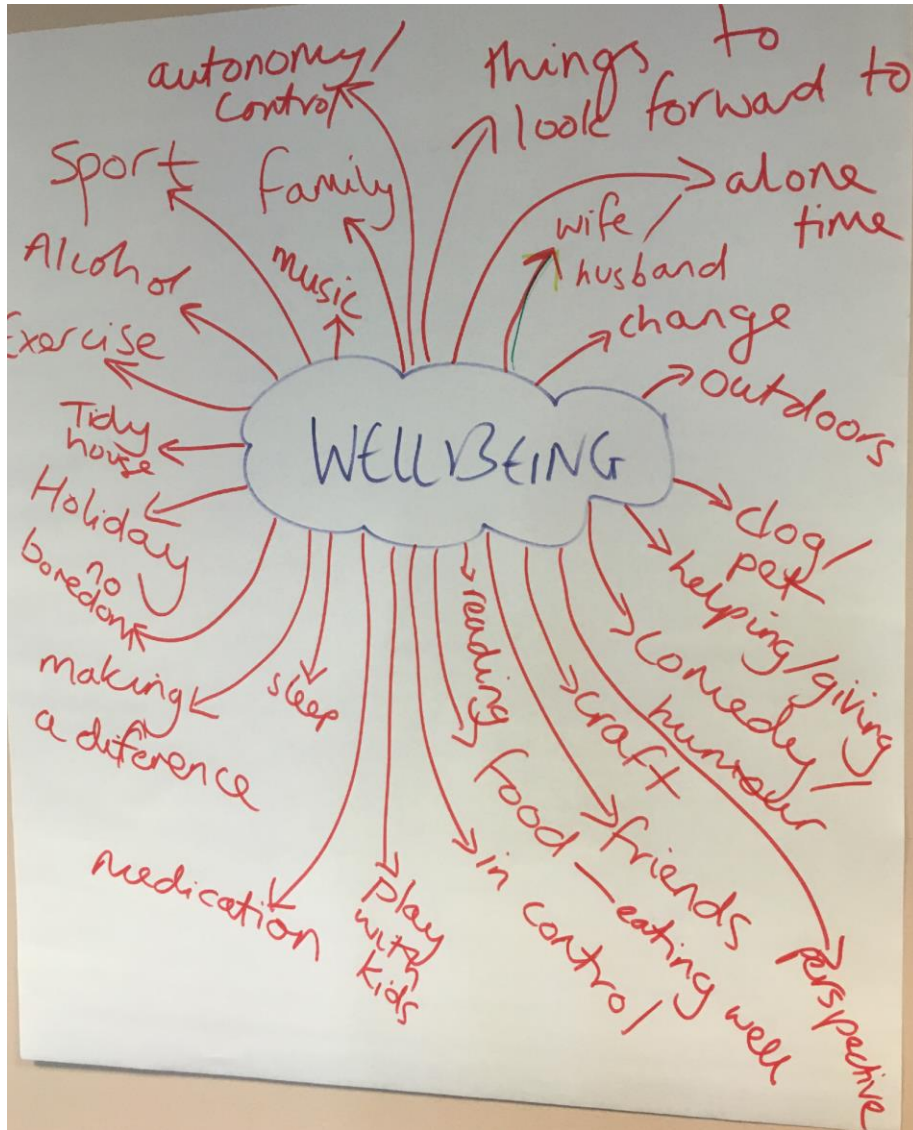
**What do I enjoy  
in my life right  
now?**

**What am I doing  
to ensure I keep  
enjoying this?**









- WELLBEING
- Exercise
  - Sleep
  - outdoors
  - cooking
  - things to look forward too
  - perspective
  - writing it down/journal
  - treat yourself
  - meditation
  - friends
  - family
  - music
  - Lists
  - Solo time
  - limit social media
  - remembering things which went well
  - talking
  - drink less
  - call mum

## 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

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## 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

Developing people

for health and

healthcare

# THANK YOU!

**Dr Jaimee Wylam**

**[Jaimee.wylam@nhs.net](mailto:Jaimee.wylam@nhs.net)**

**Twitter @29Jaimee**