



East of England
**FOUNDATION
SCHOOLS**
EAST ANGLIA/ESSEX, BEDS AND HERTS
NHS
Health Education England



Royal Papworth Hospital
NHS Foundation Trust



Workplace & Me

Aims

1. Explore **your concerns** around working as a FY Doctor/dentist/pharmacist etc.
 - Appreciate our intrinsic **reaction to errors** within medical practice
2. Discuss the **management of risk** within medicine
3. Signpost you to **sources of support** available

Ground rules

1. Confidential space
2. No pressure to disclose personal experiences
3. Be respectful of others
4. Take from it what is useful
5. Cameras on in breakouts - encouraged but not mandatory!



"Aspiring to
educational
excellence!"

East of England
**FOUNDATION
SCHOOLS**

EAST ANGLIA/ESSEX, BEDS AND HERTS



Health Education England

Your new job

Breakout groups - 10 mins

1. Introduce yourself and where you will be working
2. What are you looking forward to in your new role?
3. What worries you about your new role?

Post your group's responses on the JamBoard so we can discuss them 😊

Emotional Resilience

~~Tougher~~

‘a set of conditions that allow individual **adaptation** to different forms of **adversity** at different points in the life course’



You've had a bad day

(long ward round, patients, staffing levels, someone stole your favourite pen AGAIN etc etc)

What conditions could you set up to nurture your 'emotional resilience' (i.e. what do you like to do to feel better)

Take a few minutes to think about these things and share them on the JamBoard so that we can learn from each other

Emotional Resilience - Adaptation

Reaching out

Build relationships
Formal/informal support

Emotional Awareness

Identify emotions
Reflect on them

Resilience

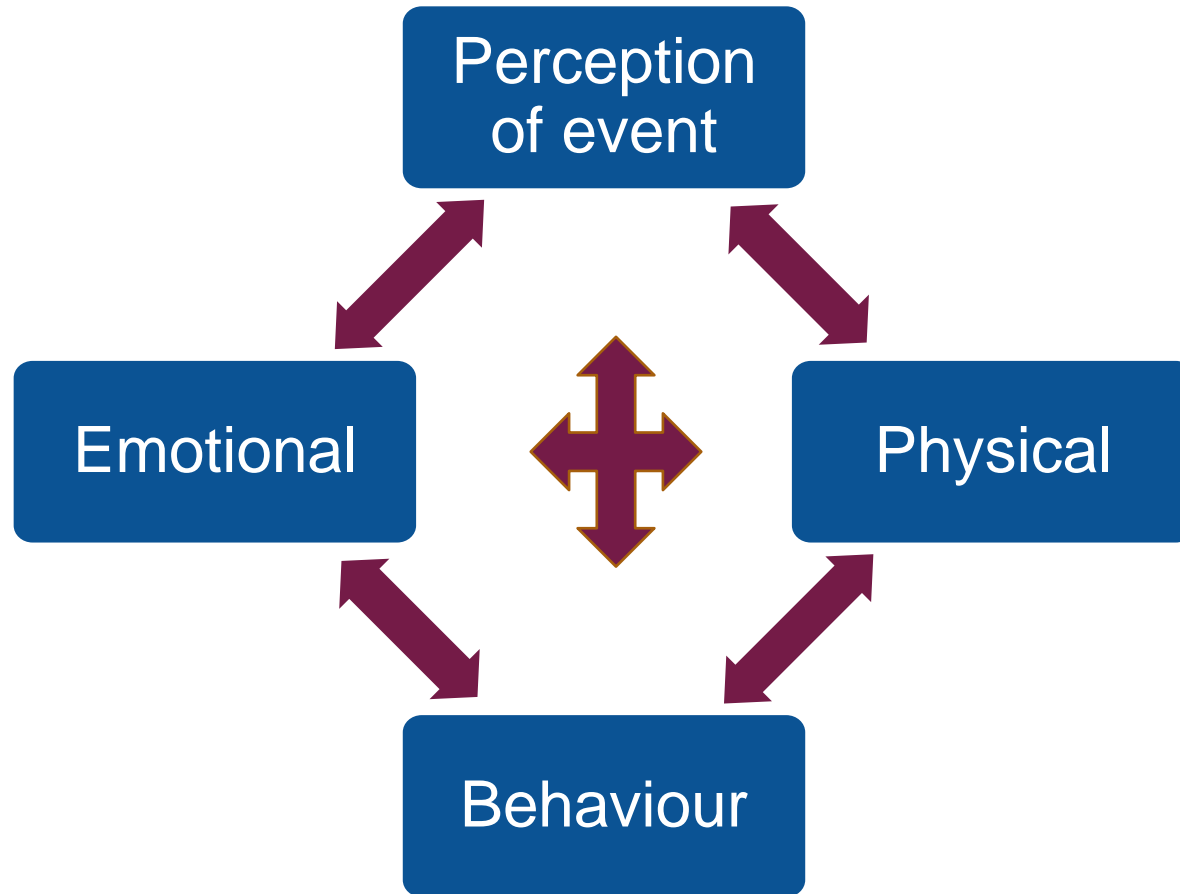
Personal vision

Know your goals
Face challenges

Optimism

Acknowledge the positives

What causes stress?



Mistakes

Breakout groups - 10 mins

Without disclosing confidential information -
How have you seen medical professionals react when they have made a mistake? Was it different to how you would react?

A reality...

We **all** make mistakes.

Doctors make mistakes...



How can you help each other?

Empathy vs sympathy



Sources of Support

EoE Foundation School - Clinical Supervisor/Educational Supervisor/Foundation TPD

HEE EoE Professional Support and Wellbeing Service: heeoee.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service

Your GP

NHS Practitioner Health: practitionerhealth.nhs.uk

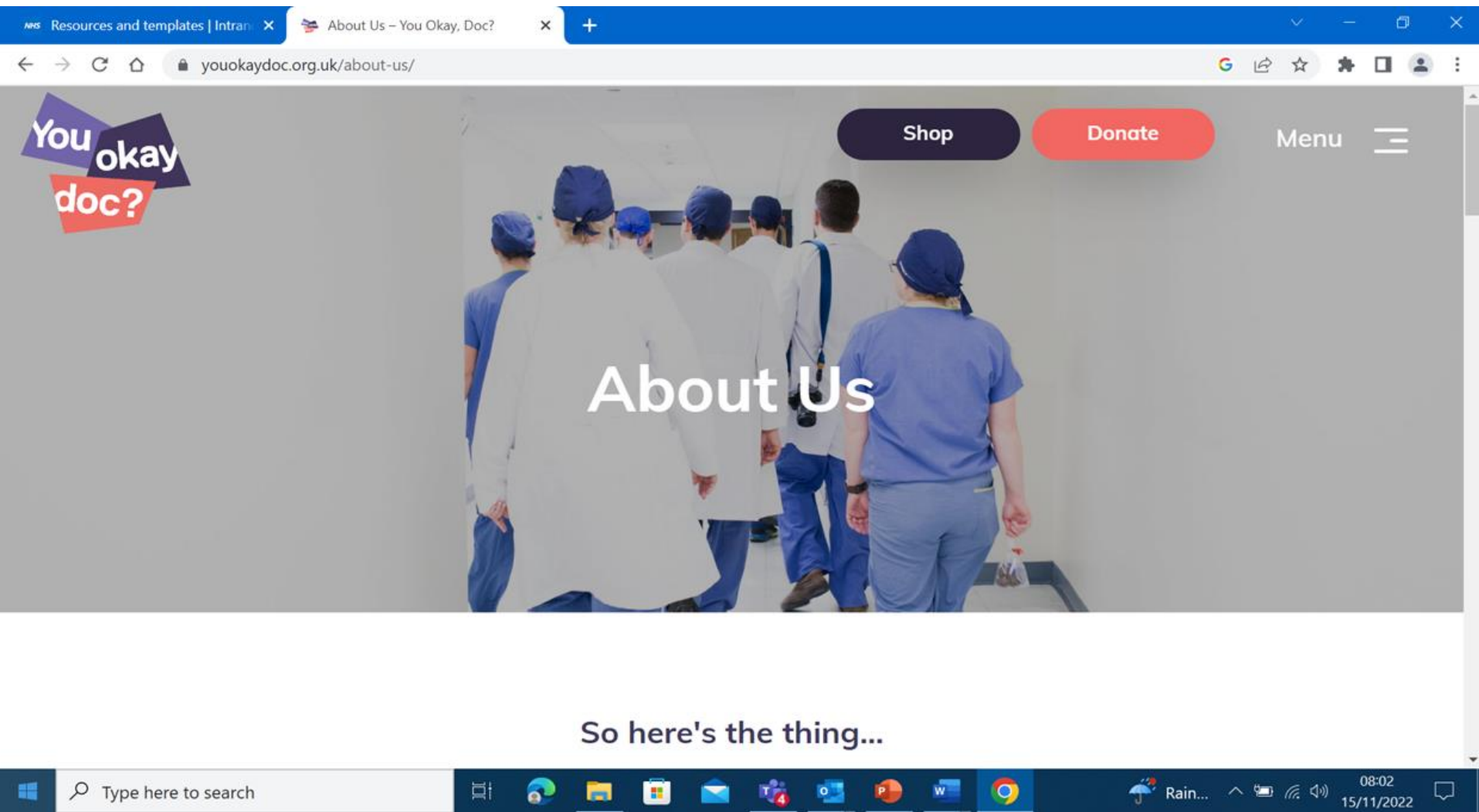
Doctor Support Network: dsn.org.uk

BMA Counselling: bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support

NHS Mental Health Site: nhs.uk/oneyou/every-mind-matters

NHS Psychological Wellbeing Service: cpft.nhs.uk/psychological-wellbeing-service/

If you are in a mental health crisis: First Response Service -111 option 2 (24/7)



[You okay doc? - another resource to be aware of](#)

Summary

You're all **individuals**.

We all make **mistakes**.

Medicine is about **managing risk**, not eliminating risk.

Support each other and signpost to help.

There's a surprising amount of **support out there**.

We look forward to working with you as our colleagues!

If you have any questions (about topics covered in this talk or anything at all about your upcoming jobs) you can post it anonymously on the JamBoard and I'll see if I can answer it!