

# Delivering a Junior Doctor Pastoral Support Service in a District General Hospital

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Connect is a service to enhance the working lives of junior doctors

## Background

- 2018 NTS found nearly 1 in 4 trainees reported burn-out<sup>1</sup>
- 2019 GMC report found a third of doctors have been unwell due to stress<sup>2</sup>
- Evidence suggests COVID has exacerbated the problem<sup>3,4,5</sup>



# 1 in 3

Doctors in secondary care have been unwell due to stress

[Caring For Doctors, Caring For Patients, GMC]<sup>2</sup>

## Project Structure:

- Sits within medical education but separate from training/appraisals
- Close links with HR and trustwide wellbeing services

- Hub-and-spoke model:
- Consultant Lead
- Supported by FPT Fellow
- Junior doctor departmental champions



## Objectives:

### 1. Enhancing Supportive Culture

- Education on wellbeing/services at induction, departmental teaching
- Ward-based engagement (with tea trolley)
- Departmental champions
- Promotion of exception reporting
- Promotion of trust-wide initiatives including GREATix and FTSU
- Social activities
  - Exercise groups (physical + virtual)
  - Bake-off competition
- Synergy with existing services (Doctor's Mess, Junior Doctor Forum, BMA)

Planned Evaluation (April 2022 onwards):

GMC survey, Individual Feedback, Cohort Experience Survey, IMG specific feedback

### 2. Supporting Individuals

- Links with LFG, educational supervisors, rota-coordinators
- One-to-one support on request
  - Self-request or through supervisor etc.
  - Adapted from REACT framework
  - Robust onward signposting if needed
- Targeted support after SI, complaint etc

### 3. International Graduates

- Enhanced Induction Process
- IMG Network (professional + social)
- Peer-to-peer mentoring scheme

## References

- National Training Survey 2018. General Medical Council [Online publication: [https://www.gmc-uk.org/-/media/documents/dc11391-nts-2018-initial-findings-report\\_pdf-75268532.pdf](https://www.gmc-uk.org/-/media/documents/dc11391-nts-2018-initial-findings-report_pdf-75268532.pdf)]
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Questions? We'd love to hear from you!

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