

Development of pastoral support pathway for students during placement at a cardiothoracic specialist institute

Mrs Nicola Speed*, Dr Kaninika Basu*, Dr Zilley Khan, Dr Nicola Jones
Royal Papworth Hospital NHS Foundation Trust

Background

Global evidence suggests significant burn-out among postgraduate trainees. This is evidenced through changes such as increased stress and reduced sleep measured through physiological parameters.

Our experience demonstrates the need for development of a wellbeing pathway to support students during placement at a cardiothoracic specialist institute. We describe this through case studies that led to development of the wellbeing pathway.

Methods

Two students witnessed traumatic events during placement in the clinical setting necessitating need for immediate professional physical & psychological support

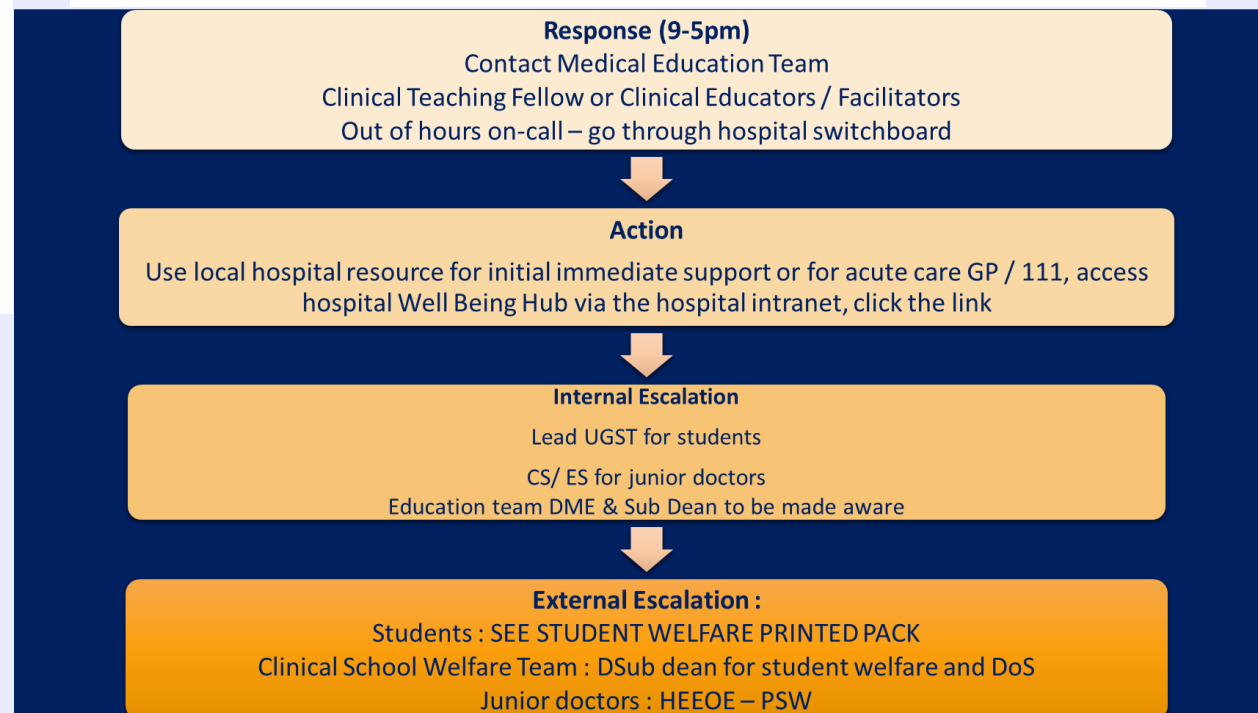
References

1. Zhou AY, Panagioti M, Esmail A, Agius R, Tongeren MV, Bower P. Factors Associated With Burnout and Stress in Trainee Physicians: A Systematic Review and Meta-analysis. JAMA Netw Open. 2020 Aug 3;3(8):e2013761. doi: 10.1001/jamanetworkopen.2020.13761. PMID: 32809031; PMCID: PMC7435345; DOI: 10.1001/jamanetworkopen.2020.13761

Results

Due to students' experience requiring an immediate support. Students were initially managed by the mental health first aiders on site followed by support from the clinical school team.

Local Medical Education team Pastoral Support Flow chart



Learning points and take-home messages

We have developed a wellbeing pathway in collaboration with the clinical school, occupational health, and trust wellbeing team, to provide support and guidance to the undergraduate medical students during their placement in the cardiothoracic specialist institute.

To improve on learning experience and thereby performance of undergraduate and postgraduate medical trainees, it is important to have a dedicated pathway towards wellbeing so this can be accessed early on to prevent future mental health issues.

*joint first authors