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



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## **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

### 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**

### Response (9-5pm)

Contact Medical Education Team
Clinical Teaching Fellow or Clinical Educators / Facilitators
Out of hours on-call – go through hospital switchboard



#### Action

Use local hospital resource for initial immediate support or for acute care GP / 111, access hospital Well Being Hub via the hospital intranet, click the link



#### Internal Escalation

Lead UGST for students

CS/ ES for junior doctors

Education team DME & Sub Dean to be made aware



#### **External Escalation:**

Students: SEE STUDENT WELFARE PRINTED PACK

Clinical School Welfare Team: DSub dean for student welfare and DoS

Junior doctors : HEEOE – PSW

# 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.

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