

Wellbeing, reflection and being prepared for the continuing surge Webinar

No of Questions Asked - 18

Question Asked	Answers Given on webinar
Can we address webinar/video conference fatigue? There is no barrier between work and home now	
<p>Hi mark I think you asked for three things on our mind. I'm trying to get through mask fitting process as it makes one feel unhelpful saying I can't treat patients or supervise students. Frustrating more than stressful and what I'm trying to do is find other hands on teaching like simulation I can do to support teaching - more of a statement than question.</p> <p>One of other speakers I think was asking what have I learnt from Covid. I need to use common sense - social distancing, understanding other people's difficulties. Trying to find ways to help friends and family through this but ensure the advice is simple</p>	
<p>Listening to mention of professionalism you and your colleagues may be interested in a report we have just had published by the GDC. it was a review in relation to dentistry and other healthcare professions - professionalism: a mixed methods research study 2020 - at www.gdc-uk.org. I hope it's helpful across all healthcare professions</p>	
Hi ClaireDo you experience Project Wingman as well?	
Thank you very much everyone. Super session.	
Personal stresses for myself as a senior ODP, is dealing with death on a daily basis, working in the unknown with the unknown and achieving effective rest at home	

<p>Also to let everyone know there is an online weekly small group chat for all GMC registered doctors, facilitated by medical educationalists, not just anaesthetists, called Doctors' Mess. Confidential, currently staffed by volunteers. Twitter @DrsMess</p>	
<p>We've been online since April.</p>	
<p>Is it time the RCoA led the way by including some form of wellbeing training within the curriculum. As Gunjeet has said there are lots of small projects going on at different departments but there should be an overriding drive by the College to promote wellbeing issues.....I know some of this is going on but maybe on a more formalised planned basis.</p>	
<p>It's only a tick point if you allow it to become one though Maybe it's more encouraging and promoting wellbeing through the culture of the college and curriculum is my point</p>	
<p>There was some great work on wellbeing during the pandemic in our trust, but now things have 'stalled' as everyone takes a breath and recovers from the events earlier in the year. How do we keep the wellbeing motivation going when this looks set to be with us for the long haul and everyone becomes physically and emotionally exhausted?</p>	
<p>Question to all- We collected some feedback from clinicians after some of our COVID wellbeing interventions and many people expressed the opinion that the wellbeing intervention they really need is proper resourcing and staffing. Has anyone else encountered this response in their wellbeing role and have they found any ways to tackle this (assuming you weren't able to source more resources and staffing!)</p>	
<p>should we schedule webinars on weekends?</p>	

Mark's presentation was fantastic. Could I have a copy of his slides?	
Stress Rota; sudden absences Got unwell What if COVID took me 3 Positives Love my work Do care about my physical wellbeing Look upto by colleagues/trainees to re-organise/deliver a sustainable rota at stressful moment	
Thank you for mentioning the PSU/Ws.	
Can we ask for the online support services to go beyond December please	
Core trainees have been very badly affected by the pandemic. Lost training, frontline service, lost CT3 years, disrupted ST recruitment, remote exam failure. As a RAA I recognise this group as very demoralised and stressed. They must be prioritised in a way that is actually tangible and felt by them. I don't believe this has happened yet.	