

Enhancing Practice 2022 Conference

*20:20 Vision – Transforming Our Future
Through Person-Centred Practices*

WEDNESDAY 6 – FRIDAY 8 APRIL 2022
SAGE HOTEL WOLLONGONG, NSW AUSTRALIA

#enhancingpractice2022



working together
to develop practice



Enhancing wellbeing of undergraduate and transition to practice healthcare professionals across disciplines

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@samjak66

Background

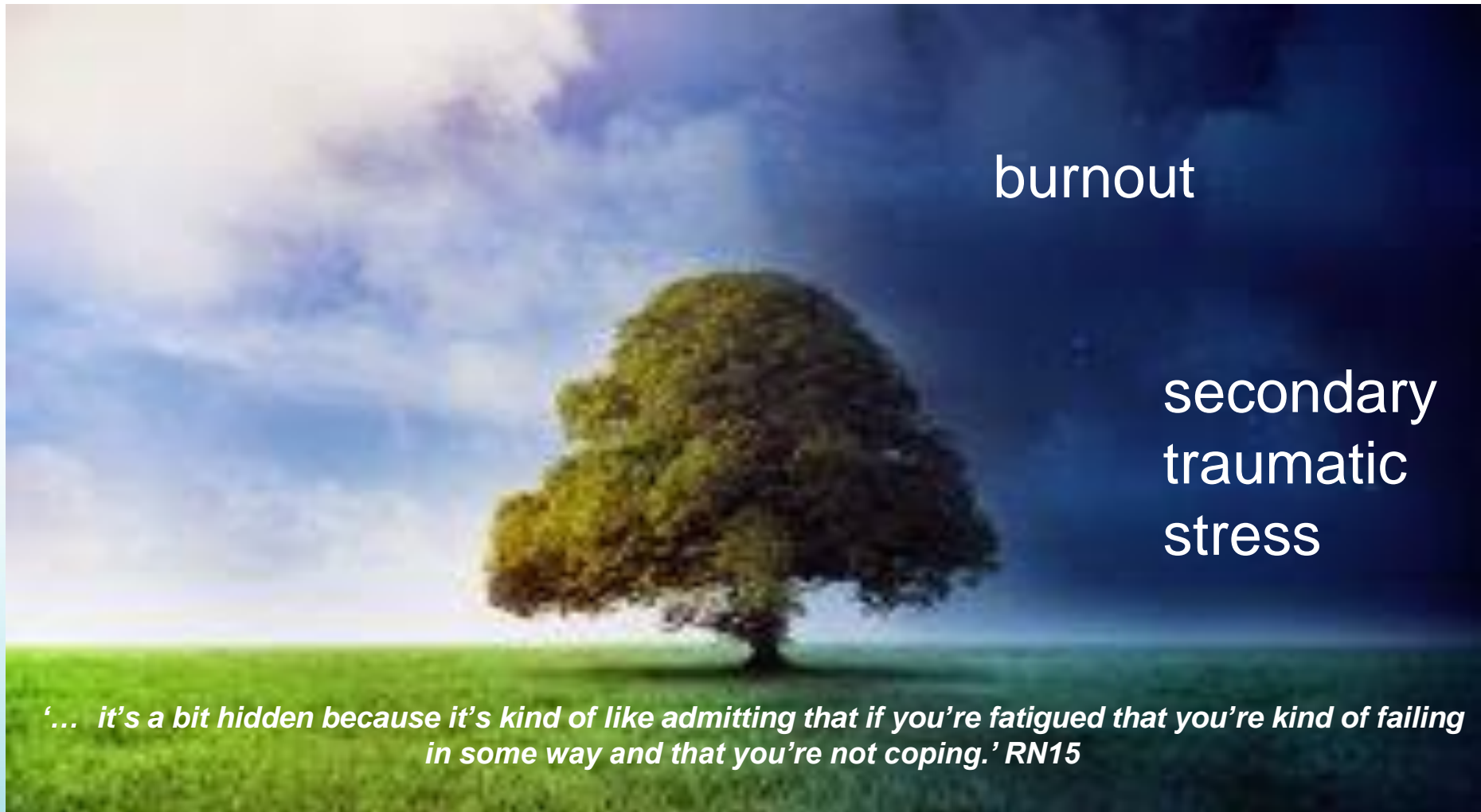


Students

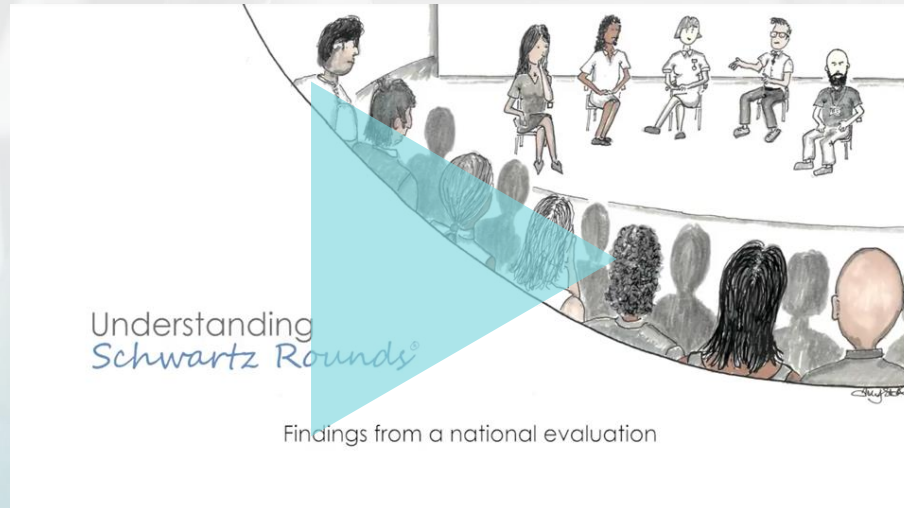


Compassion Satisfaction

Compassion Fatigue



Schwartz Rounds



<https://youtu.be/JyjMxRQw4TI>

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Evidence based intervention

Schwartz Rounds™



88% of staff reported feeling a greater sense of teamwork



86% of staff reported feeling more compassionate toward patients and families



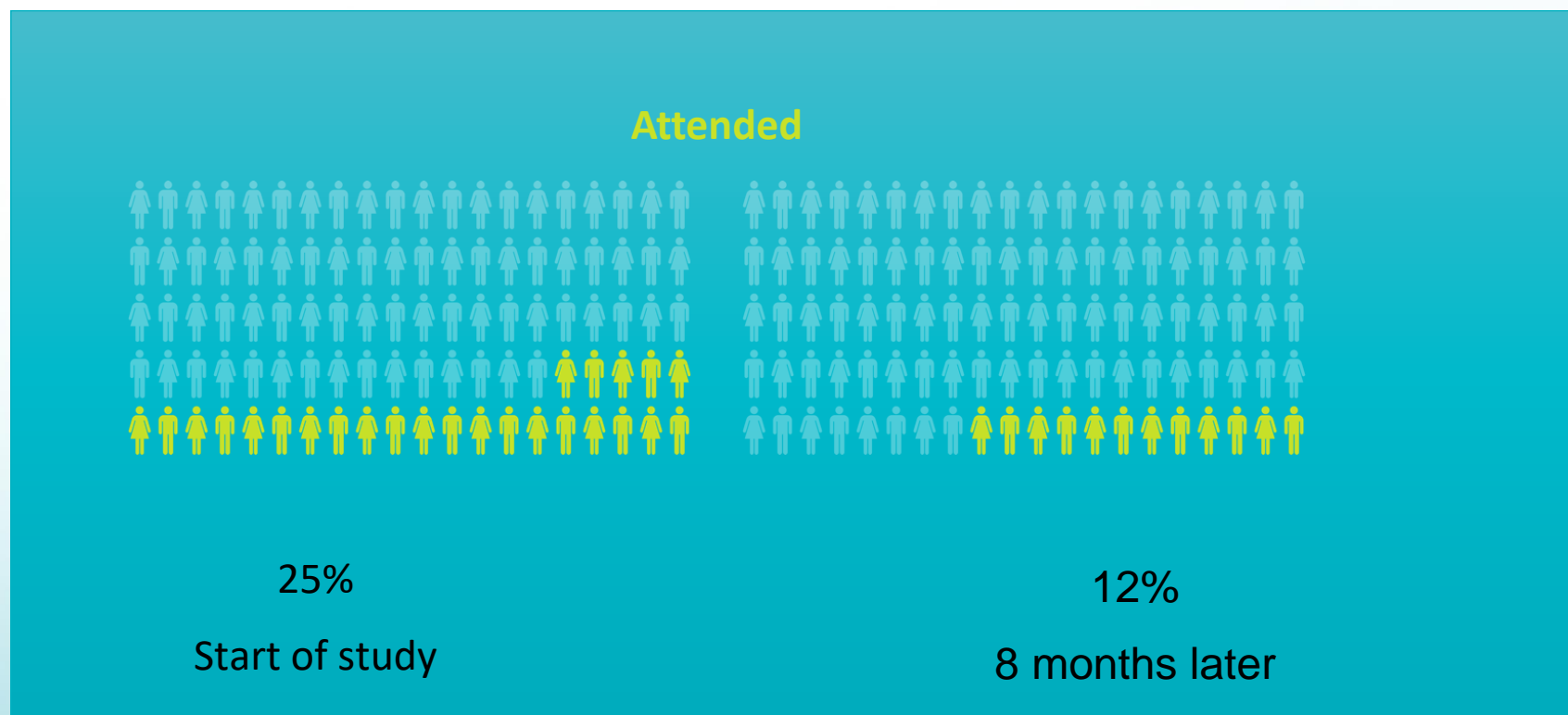
76% of staff reported feeling less alone in their feelings



54% of staff reported the Rounds led to new patient-centred policies or practices

Evaluation of Schwartz Rounds in UK

PSYCHOLOGICAL
WELLBEING
AND
ROUNDS
ATTENDANCE





Schwartz Rounds around the world



Schwartz Rounds in Australia

6 x NSW Health sites (CEC)

Alfred Health, Victoria

Cabrini Health, Victoria

Monash Health, Clayton, Victoria

Chris O'Brien Lifehouse, Camperdown, NSW

University of Technology Sydney, NSW

Griffith University & Hospital, QLD

Original objective

- To implement Schwartz Rounds™ in a university and a clinical context
- To conduct pilot study of the implementation with a view to exploring acceptance and effectiveness of Schwartz Rounds™

Actual

- To implement Schwartz Rounds™ in a university and for students
- To implement Schwartz Rounds™ in a university for academics

Preliminary findings - students

- *I will be more confident in myself even when I make a mistake because I am not alone.*
- *I need to consider the views of the patient to understand how they are feeling in order to deal with the situations better.*
- *A realization that many people have the same issues.*

Preliminary findings - students

- *Being more reflective in my practice and not necessarily seeing challenging situations as a failure.*
- *Seeing how other health professionals have experienced similar feelings, situations made me more aware of how talking to others from different healthcare professionals can be important.*
- *It will help me be more kinder to myself when faced with challenging patients or situations.*

Preliminary findings - academics

- *I found it useful to hear that others were experiencing the same difficulties as me*
- *Would have liked more time – we need to have this time*
- *Great to hear the honesty and have this forum for staff to discuss how they feel*

Schwartz Rounds in Higher Education

- Commenced in UK University College London Medical School – 2015
- Commenced at UTS – 2019
- 18 universities in UK – 2021
- 2 universities in Australia - 2022

Schwartz Rounds for students

[Video](#)



Schwartz Rounds in Higher Education

Normalising feelings:

Good to reflect on own emotions and relate to others – helps you feel like you're not alone and that it is normal to have emotions."

Connectedness:

Makes you realise you're not on your own in how you're feeling."

Confidence/courage:

I feel more courage...it's actually kind of inspiring...I'm about to go on placement tomorrow, to intensive care, so there's a lot of things that I'm keeping in my mind from the Schwartz Rounds."

the importance of working as a team.

Schwartz Rounds in Higher Education

A previous student recalls that the Rounds were:

...incredibly formative...I was shaped professionally by the openness of senior colleagues when reflecting on the emotional and psychological impact of their work. I felt encouraged by their openness and vulnerability...I found courage to be more accepting of my own humanity and difficult feelings I encountered in my practice...I am now a Schwartz facilitator and remain passionate about the power of storytelling. I think we all need more compassionate, safe spaces where we can draw on the collective strength of our workforce through sharing, listening and responding to staff stories.”

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Where to from here

DOI: 10.1111/jocn.15354

EDITORIAL

Journal of
Clinical Nursing WILEY

Check for
updates

“I can’t stop thinking about it”: Schwartz Rounds® an intervention to support students and higher education staff with emotional, social and ethical experiences at work

1 | INTRODUCTION

It was my first clinical nursing placement and I was giving a patient a bed bath. My preceptor said, ‘Sit him up when you’ve finished and make sure he has his call bell close by’ and then she left. I carefully finished his wash and put his gown back on while chatting with him. I found it a bit difficult: he was an older man and

assured me that it wasn’t my fault. The relief at speaking with someone who understood how I felt was so healing. I have learned that (while clinical practice can be difficult and I felt out of my depth) sharing my experience was an important part of me making sense of a difficult situation and reflecting on it. I will always remember my patient.

[First year student nurse, Australia]

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