

Fostering resilience with GPs: *a workshop approach*

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Overview

In recent years, change within the NHS and to the way care is delivered has seen the intensity of the workload for GPs increase and broaden beyond the face-to-face clinical encounter. The effects of these 'shifting sands' can be significant for the individual, in terms of wellbeing, working relationships and the clinical care given. Fostering resilience within the workforce is a growing area of interest and educational development work for medical educators.

The aim of the workshop was to support local GPs in their working lives by fostering awareness to stress and resilience.

Summary of the two day workshop

It comprised a mix of topic-based presentations and creative activities. The presentations concerned:

- GP Wellbeing
- Stress Management and Life Skills for GPs
- Mindfulness for GPs

and the creative activities were pastel drawing or puppetry.



Evaluation and feedback

N.25 participants attended the workshop. Each day was evaluated using a feedback sheet (scaled responses [1-5] to questions and free text), and a further follow up email evaluation was conducted 2 months later.



'On the day' feedback.

Each of session was rated highly, with all scoring 4 and above. Comments included:

On mindfulness:

- "A great introduction to mindfulness and future resources used. I will definitely use!"
- "I have a much better understanding of mindfulness - already thinking of ways to use it for myself and my patients."

On art:

- "Relaxing, time out, slowing down and absorbing."
- "After 18 years of not doing any art and missing it, this has kick started my motivation to draw. I thoroughly enjoyed it."

On puppetry:

- "I am not generally a creative person and was really surprised how I was able to access and immerse myself in a creative activity and lose myself in it. A new way of finding a peaceful place for myself to 'stop the world' for a short while."
- "Enjoyed immensely and was emphatic, it embraced many elements of people-centered communication."

Online follow up feedback was gathered and 13 [52%] of the original participants responded:

- 12 had used the knowledge gained about mindfulness subsequently;
- 3 reported having developed their learning, including taking up painting and downloading/using a mindfulness app; and
- 8 had made changes at home and 8 at work, including to retire for one.



We would like to thank the presenters and artists, as well as all the GPs who participated.