COVID-19 Pandemic - Educational Exploration of Utilisation of Psychological Support and Wellbeing for Doctors – in - training

PARTICIPANT INFORMATION

Dear Colleague,
We are aiming to understand the challenges faced by Doctors-in-training during the COVId-19 pandemic, and use these to inform the continued development of local psychological support and wellbeing for staff. Our preliminary questionnaire suggests an under-utilisation of staff support initiatives, so this study will help to understand the potential barriers.

This educational research (simulation intervention and the focus groups) have ethical approval from St Georges Ethics Committee (No 18.0008). Please read through the following information carefully. The study involves two components, and in order to participate in this study, your attendance and participation at both elements as described below will be required.

1. **A 'pre' and 'post' simulated intervention of staff psychological support resources:**

   This involves attending a 2-hour simulation workshop in the GAPS simulation and clinical skills centre where you will participate in a round-robin of typical and representative psychological support and wellbeing interventions, such as:

   - NHS approved smart phone wellbeing apps
   - Face to face psychological support
   - Computerised self-guided mental health support
   - Appropriate reading materials.

   Following a rotation through these, there will be a 'debriefing' opportunity that will be facilitated to share feedback about the interventions.

   The 'post' simulation session will take place in early July AFTER focus groups (see component 2). This session will last 2 hours and will be designed to incorporate changes to the psychological support and wellbeing interventions previously tested, with the additional information from the focus groups. This session will also be facilitated.

2. **Semi Structured post simulation exploratory Focus Groups:**
   The second component of the study involves your willingness to consent for your attendance and participation at a 60-minute, semi-structured, facilitated, focus group which will be audio and video recorded. The focus groups will aim to understand the challenges faced by Drs in training during the COViD-19 pandemic and specifically their utilisation of different staff support and wellbeing modalities, with an attempt to

understand some of the challenges Drs in training have faced in using these. The results of this will then be captured by an educational researcher and there will then be an independent thematic analysis and coding of responses. The precise dates and times of the focus groups are available below.

Aims

The aim of the study is to explore the challenges doctors in training have faced during the COVID-19 outbreak and the extent to which they have tried to access support to manage their personal and professional well-being.

The questions we aim to investigate are:

1. How have the challenges related to the dual aspects of transition to practice (service delivery) and personal learning (professional development) been exacerbated by the COVID-19 outbreak?
2. How do doctors in training understand the notion of 'coping' and what barriers and affordances to they associate with the means to enact it?
3. What coping strategies and or resources have doctors in training drawn upon to manage their wellbeing under these conditions ?
4. What can we learn about further ways to support doctors in training more effectively now and in future?

This study is jointly conducted by the following;

Postgraduate Medical Education – Indranil Chakravorty (DME), Yee-Ean Ong, Ashwini Maudhoo

Staff Support. -Sahil Suleiman (Consultant Psychologist)

Georges Advanced Patient Simulator – Asanga Fernando (CD), Huon Snelgrove (Education)

Please contact pgme@stgeorges.nhs.uk for any queries.

Please refer to Consent Forms.