

Coventry and Warwickshire VTS, CRN West Midlands and Warwick Medical School  
**‘Primary Care Research and Audit in Coventry and Warwickshire’**  
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<b>PRESENTER’S DETAILS</b>	
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<b>Place of work/study</b> UHCW	
<b>PRESENTATION DETAILS</b> (total max 250 words - not including title)	
<b>Co-Authors</b> Dr Manuel Villarreal Dr Majid Khan Dr Amy Clarke	<b>Title of Study</b> Enhancing resilience and wellbeing in GP trainees through developing mindful practice
<b>What’s the problem you are tackling? (Background)</b>  Wellbeing and resilience play a key role in a physician’s professional quality. Doctors are at higher risk of burnout due to the excessive work and difficult encounters with patients. Mindfulness techniques could positively affect different areas of doctors’ wellbeing, including resilience. Our aim was to explore the feasibility of introducing a programme to promote mindful practice as part of GP training and measure the impact this has on resilience and wellbeing of GP trainees.	

**How did/will you do it? (Method)**

This was a mixed method prospective study. The first phase consisted of 3 focus groups, exploring trainees' perspectives and experiences of wellbeing, burnout and mindfulness training. The results of this shaped second phase, Mindfulness Course, which was based on Mindfulness-Based Stress Reduction (Kabat-Zinn et al.,1985). Data was collected via validated instruments, assessing stress, burnout, resilience, mindfulness and wellbeing.

**What did you find? (Results)**

Workload, compassion fatigue and managing training commitments alongside personal lives were key contributors to stress and burnout, as was self-pressure to succeed. Family, friends and supervisor support were important for coping. Fears that seeking help might be perceived negatively and poor emotional self-awareness, may act as barriers to engaging in a mindfulness intervention. Skills to better clinical practice, manage stress, achieve a better work life balance and improve mental state were motivations to attend. Results from Mindfulness course showed participants had significantly improved scores in wellbeing, resilience and burnout and significant reduction in burnout and stress.

**Why does this matter? (Conclusion)**

Mindful practice curriculum (Epstein et al.,2007) has never been evaluated in the UK before. The results of this study indicate that Mindfulness course was feasible and resulted in improved resilience, mindfulness, wellbeing and reduced stress and burnout. This effectiveness of this intervention should be tested in a large randomised controlled trial, with a plan to roll it out to other specialities.