

AfPP Scotland Study Day - Well-Being in Perioperative Practice

Date: Saturday 14 October 2023

Venue: Gannochy Lecture Theatre, Dundee Medical School, Ninewells Hospital, NHS Tayside, Dundee, DD2 1UA

CPD hours: 5.5 hours

Sponsored by: Head Medical

Self-care and the care of the perioperative team take centre stage in this Study Day, 'arming' the individual and the theatre team with the weapons to combat fatigue, burnout and stress. Practical strategies are provided to cultivate resilience and maintain focus on delivering patient care throughout the perioperative journey.

In today's challenging workplace environment, wellbeing issues are on the rise, with increased workloads, staffing and skill shortages, and the strain of the cost-of-living crisis all adding to our daily stresses. This study day has never been more important as we address these issues head on.

Topics will include:

- Recognising the Signs & Symptoms of Stress
- Spiritual Care
- Take Home Wellbeing Skills and Exercises
- Values Based Reflective Practice Model
- A Military Perspective - An Insight into a Different Approach
- Self Confidence

08:30 – 09:00 Registration and Coffee

09:00 – 09:15 AfPP Welcome Presentation

Leah Polus, AfPP Scotland Regional Lead & John Dade, AfPP Trustee for Scotland and AfPP Past - President

09:15 – 10:10 *Am I Cracking up? Recognising of the Signs & Symptoms of Stress*

The opening session of the day will look at the signs and symptoms of various common psychological wellbeing issues that affect us in the workplace (stress, fatigue, burnout, depressions, anxiety, hypervigilance). The session will define as well as enable the delegate to recognise these in themselves, and also in their teams – hopefully fostering a 'buddy check' approach.

Learning Outcomes

- Provide a definition of the signs and symptoms.
- Discuss the importance of early recognition and prompt intervention.
- Identify signs and symptoms.

Speaker: Dr Jan Smith, Lecturer in Psychology, Glasgow Caledonian University (GCU)

10:10 – 10:30 Refreshments, Exhibition and Networking

10:30 – 11:10 Spiritual Care – Not what You Think

This session will include a look at, “what is spiritual care?” and why do we need it. Delegates will look at ways that spiritual care can help you as part of a wider selection of measures to ensure that positive wellbeing is nurtured and maintained, not only with ones self, but within the wider team.

Learning Outcomes

- Describe what is meant by Spiritual Care.
- Discuss why Spiritual Care is important.
- Demonstrate how Spiritual Care can be used as part of a wider group of measures to aid wellbeing.

Speaker: Ian Campbell, Head of Spiritual Care, NHS Fife

11:15 – 11:50 8 Skills for our Wellbeing

Wendy will introduce you to simple ideas and skills based on evidence from neuroscience and psychology to help you focus on taking good care of your own wellbeing. Delegates will practice a few short exercises and reflective activities and talk about practical things one can do, on a daily basis, at work and at home to help you handle stress; re-charge; be kinder to yourself; cope with the challenges of your daily lives; and find more joy and contentment.

Learning Outcomes

- Describe what is meant by Well-Being.
- Discuss why the maintenance of Well-Being is so important to yourself and those around you.
- Consider how Well-Being can be nurtured and promoted within the workplace.

Speaker: Wendy Simpson, Health Psychologist, NHS Fife

11:55 – 12:45 Staff Well-Being – A Panel Discussion

John Dade will host this session and ask the panel a series of questions around topics including supporting Well Being for Students, Equality and Diversity and its impact on Well-Being, as well as sharing any personal experiences. The floor will be opened up to delegates for comments and questions during the session.

Learning Outcomes

- Outline the issues discussed within the session.
- Delegates will reflect on their own personal experiences.
- Discuss the various aspects of Well Being.

Speakers: John Dade, AfPP trustee for Scotland, Past President; Kelly Porteous UWS, ODP Programme in Scotland; Leanne Glennie UWS, ODP Programme in Scotland; Christine Maitland-Francis, Perioperative Clinical Educator, NHS Lothian, AfPP Governance Committee; Nick Baker, Perioperative Clinical Educator, Scotland AfPP Regional Member

12:45 – 13:45 Lunch, Exhibition, Well-Being Breakout Sessions, and Networking

13:45 – 14:15 Marching off on the Right Foot – Veterans Well-Being

This session will offer a compare and contrast opportunity to delegates and provide insight and understanding to the way that Well-Being is approached within the military Veterans community. The session will include a look at the issues that the service encounters, and their approaches to providing Well-Being and support.

Learning Outcomes

- Provide an insight into a Veterans approach to Well-Being.
- Discuss the various differences in culture, backgrounds and methods to support Well-Being between the NHS workforce and the Military Veterans Community.

Speaker: David Cruikshanks, Veterans Peer Support worker, Veterans First Point

14:15 – 15:00 Values Based Reflective Practice

This session will explore the Values Based Reflective Practice Model (VBRP®) and how it is being used across the NHS and beyond to support staff. Delegates will consider the benefits to the team and to the individual of having a safe space to look at what's going on for them and think in different ways about their working life. This session will be facilitated by members of the VBRP® team, so you will have the opportunity to discuss and ask questions.

Learning Outcomes

- Introduce the Values Based Reflective Practice model
- Highlight the need to reconnect with our colleagues, our core values and our motivation within the workplace
- Gain practical tools to support staff to become more aware of the unique assets they bring to the workplace.

Speaker: Susan Rayner, VBRP® Lead Facilitator, NHS Grampian

15:00 – 15:15 Refreshments, Exhibition and Networking

15:15 – 16:00 Self Confidence – Time to Grow

This session will include an introduction to the realm of Self Confidence and your place within it. Cynthia will identify models of Self Confidence and illustrate how Self-Confidence can be nurtured and used to aid Well-Being. Cynthia may spring some surprise 'Self Confidence' exercises upon the delegates before rounding off of the session!

Learning Outcomes

- Reflect on your own personal experiences.
- Identify models of self-confidence.

Speaker: Cynthia Gentle, Psychotherapist

16:15 – 16.30 **Closing remarks, Questions and Evaluations**

John Dade and Leah Polus

16.30

Close