

# IMPROVING OBSTETRIC JUNIOR DOCTOR WELLBEING THROUGH THE PROVISION OF EMOTIONAL SUPPORT: RESULTS OF A DEBRIEFING INITIATIVE

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## BACKGROUND

The impact of adverse clinical incidents on junior medical staff (JMOs) in obstetrics is well documented, with the 'second victim' phenomenon a significant concern. In 2018 JMOs in our tertiary level women's hospital identified a deficit in the availability of debriefing following clinical incidents, with 93% of our JMO population agreeing that improving access to debriefing would improve overall wellbeing. In 2018 we incorporated a daily debrief into the morning handover via an explicit 'emotional support' statement included in the staff introductions. The support statement includes an opportunity for JMOs to request either an immediate 'hot' debrief or a delayed 'cold' debrief. Additionally, we have compiled a list of multidisciplinary 'Supportive Seniors' who are available for junior staff to arrange further debriefing if required. We used data from the AMAWA Hospital Health Check (HHC) survey to assess the impact of this intervention.



Feedback from JMO wellbeing survey at KEMH

## METHODS

Scores in the HHC wellbeing category 'Access to any debrief' were compared between 2018, before the emotional support initiative, and 2019 following its introduction. Overall scores for hospital morale and culture were also compared.



## RESULTS

In 2019 83% of respondents to the HHC agreed that they had access to a 'hot' or 'cold' debrief, compared with 61% in 2018. In 2018 the hospital scored an F for morale and culture, with the same category scoring a C in 2019.

WELLBEING	2018	2019
	F	D
Access to debrief after stressful clinical incident 'hot' or 'cold'	61%	83%

Results for KEMH in AMA WA Hospital Health check<sup>1, 2</sup>

MORALE AND CULTURE	2018	2019
	F	C
Morale	38%	57%
Engagement with hospital leadership	41%	53%
DiTs feel supported by hospital	47%	72%
Recommend your hospital to others	65%	75%
Culture	38%	61%

Results for KEMH in AMA WA Hospital Health check<sup>1, 2</sup>

## CONCLUSIONS

Provision of a daily debrief through an emotional support statement given at handover followed by an immediate debriefing opportunity has resulted in an improvement in JMO wellbeing scores in our unit. Additionally, having multidisciplinary 'Supportive Seniors' available on a roster and contactable via email has also given juniors further opportunities to arrange 'hot' and 'cold' debriefing sessions. These simple interventions have the potential to improve wellbeing for all staff on the maternity care team.

1. AMA (WA) Doctors In Training Committee Hospital Health Check 2018  
2. AMA (WA) Doctors In Training Committee Hospital Health Check 2019