

"How very brave the panellists were - so worthwhile to share these experiences"



Basildon and Thurrock University Hospitals
NHS Foundation Trust



Mid and South Essex
University Hospitals Group

5 Years of Schwartz Rounds @ BTUH

What is the purpose of a Schwartz round?

A Schwartz round is for staff to be able to come together and discuss the emotional and social aspects of working in a healthcare environment. It makes staff feel less stressed and more supported at work, and increases their insight and appreciation for each others' roles.

When did the rounds start at Basildon?

The first Schwartz Round was held at BTUH in July 2014, and since then there have been 40 rounds and one pop-up round. They are confidential and usually last 1 hour.

How many attendees per year?

There are around 389 attendees per year. Since the first round in 2014, the number of attendees increased by 52% the following year.

What do staff think of the Schwartz rounds?

78% of the 2338 attendees in the past 5 years said that they had a positive experience at the rounds and an average of 78% of attendees would recommend to their colleagues.

The physiological impact Schwartz Rounds have on NHS staff

As a whole over 92% of the 1,790 attendees that filled out the survey, said that Schwartz rounds has helped them.

"Although you sit with your own thoughts, during the discussion, you realise you are not alone. Your happiness, fears, joy are all shared"

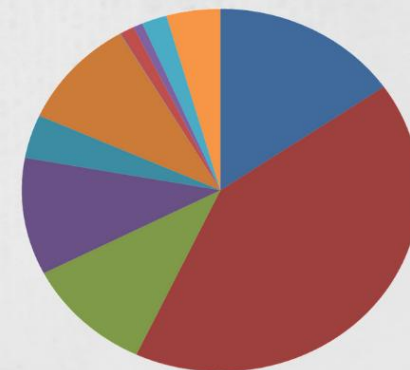


"Very interesting to hear other point of views and know you're not the only one who feels they tried their hardest and it wasn't enough"



Some examples of Schwartz Rounds include:

Back to black, When you hit rock bottom, Moving the goal post, Just when we thought we had done a good job, Oh no! she's having a baby, If only we had more time, New job: new life, Sometimes it is about you, Shared care, A patients trust, Call of duty, Don't stop believing, Bending the rules, Full to bursting - A risky business, Who's mother is it anyway?, Handling a breach, When it you or yours, Catch me If I fall, Under the spotlight



- Doctors/GP/Junior Doctors
- Admin/Clerical/Ward Clerk
- Dietician
- Domestic/Porter/security
- Social Worker
- Chaplain
- Nurses/midwives/HCA/Ward Sister
- Speech Therapist/Phyiso/Psychologist/OT
- Board member/Fundraiser/Manager
- Radiographer
- Pharmacist
- other

Who attends the rounds?

privacy relationships knowing the patient
honesty listening **compassion** trust dignity valuing
remembering kindness caring doing the little things
telling the truth patient choice patient centred care
taking time openness

respect

