



Schwartz Awards 2021



My World During Coronavirus at Calderdale and Huddersfield NHS Foundation Trust (CHFT)

Colleagues at Calderdale and Huddersfield NHS Foundation Trust are at the centre of everything that we do. Their health and wellbeing is paramount to us and that of our patients. Our mission is to wrap One Culture of Care around each and every one of our 'family' and Schwartz Rounds are a fundamental resource to offer a safe and confidential setting for them to share their innermost emotions and feelings.

Schwartz Rounds have been running at CHFT for just over 2 years. Face to face sessions were well attended and then the pandemic hit. Our colleagues needed the support from Schwartz Rounds more than ever so we considered the introduction of virtual Schwartz Rounds. Nervous, concerned, anxious and apprehensive were some of the feelings expressed and that was just from the Facilitators. Technology in a vulnerable setting where we couldn't reach out and support colleagues as we could face-to-face was given great deliberation.

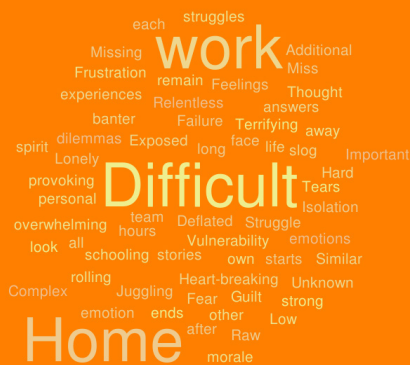
The Schwartz Team pressed ahead with virtual Schwartz Rounds using Microsoft Teams with limited numbers at first so

we could dip our toes into the water and see what response we received. The first topic was 'My World during Coronavirus and the response was amazing; we had 2 panelists, 19 attendees and it was a great success. An added benefit was that it was inclusive, giving colleagues an opportunity to attend, wherever they are based.

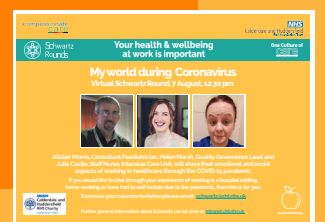
This inspired the team to continue with the same theme over 7 virtual Schwartz Rounds, including a team specific round for colleagues working in ICU. We wanted to give all our colleagues the opportunity to share their feelings and experiences of working in healthcare in such unprecedented times.

The Rounds resonated with all attendees and stirred a whole host of emotions and feelings many of which are shown below.

Here's some of their feelings, emotions and struggles:



Here's some of their Positive emotions:



Colleagues were so appreciative of the dedicated time to consider and explore their feelings and of others in all areas of CHFT. The Rounds gave them an understanding of what dilemmas others were facing, morale support, a realisation that 'they were not alone' and that almost everyone wherever they were working were experiencing the feelings of guilt. The chat box function also allowed for those voices to be heard who didn't want to speak about their feelings. Many a tear was shed and it was extremely difficult to not be able to hug so virtual hugs were sent in lieu.



Sometimes panellists were extremely nervous but enjoyed their experience albeit emotional and hard. Upon reflection they said it gave them the opportunity to share more of their story than they felt they would. Sharing their feelings and emotions felt therapeutic and made them stronger for it.

100% of attendees reported they would attend again, and a good majority have done so.

Whether working on the front line, from home or deployed into an alternative setting, what was clear throughout the sessions was that colleagues at CHFT pulled together and worked as a team, not only to deliver compassionate care to our patients but also One Culture of Care by looking after each other. We may not have got everything right on our 'Corona-coaster' but the resilience, determination and passion for their jobs is why we're proud to say 'we work at CHFT'.

Virtual Schwartz Rounds have been a fantastic way to reach out and meet the senses we so desire; the hearing of new and familiar voices and the sight of colleagues who we know and new faces who we now have a connection with. We wait in anticipation though for the opportunity to be able to experience the remaining senses of touch, smell and taste all of which we will embrace at our next face-to-face Schwartz Rounds. For now though, we'll continue our virtual journey.