

“Avoiding Grey Wednesdays”

University Hospitals
Coventry and Warwickshire
NHS Trust

South Warwickshire
NHS Foundation Trust

George Eliot Hospital
NHS Trust

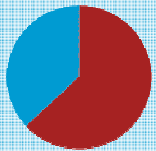
Tim Robbins, Petra Hanson, Shirish Dubey

Trainee designed	Trainee approved	Simple to implement	Sustainable
Low cost	High Impact	Achievable at scale	Clear proven benefits

A need for change

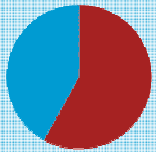
n = 55

FY1's experiences of rotation change in 2012 (without shadowing)



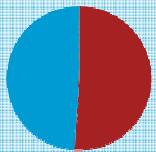
63%

Did *not* receive any handover of patients they would be caring for on starting second rotation



58%

Did *not* understand the roles and responsibilities of their second post on starting that post



51%

Did *not* feel prepared to start their second rotation

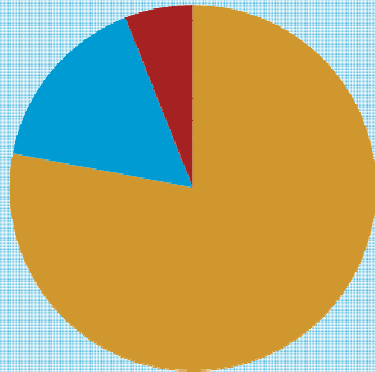


93%

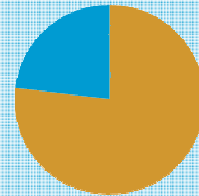
Would have liked the opportunity to spend time shadowing the post they will move to next

Clear evidence of benefit (1)

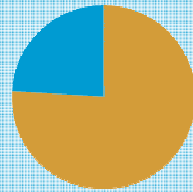
97% of F1s organised a shadowing day!



94% found shadowing day **very useful** or **useful**.



77% understood the roles and responsibilities of their second post
(83% increase from 2013) (P<0.05)



76% felt prepared to start their second rotation.
(55% increase from 2013) (P<0.05)

Improvements in the percentage of FY1's who:

- (1) Met their new team before starting
(42% increase from 2013)
- (2) Received a handover of patients
(25% increase from 2013)

Clear evidence of benefit (2)

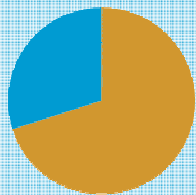
93%

Feel all F1's nationally should have the opportunity to complete a shadowing day



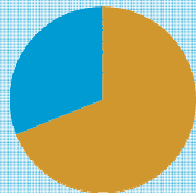
83%

Feel shadowing should be formally incorporated into FY1 rota's



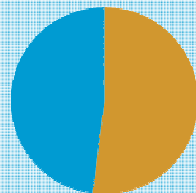
63%

Believe the shadowing day significantly improved patient safety



62%

Identified additional areas of medicine they wished to revise before starting their next rotation as a result of the shadowing day



52%

Identified new educational or learning opportunities as a result of the shadowing day

Clear evidence of benefit (3)

"Other F1s in other deaneries were jealous they had not had anything like this.
They've said it would be really helpful"

"This should be compulsory and part of the rota to ensure adequate handover
takes place"

"My London F1 [friends] were very
jealous of my shadowing day"

"Should be a
national thing"

"Great
Project"

"Serves as an ideal opportunity to
ask questions and meet the team"

"Was amazing for building confidence
and most importantly for patient safety"

"Really helped me feel more confident about starting my new job + to know the
little things that no one tells you about"

"Friends in other foundation schools felt unprepared and were jealous we were
able to shadow our next post which made us feel less apprehensive and nervous
about starting a new job"

National adoption by simple replication of pilot

Benefit, popularity and feasibility of project demonstrated by pilot



National adoption by repeating the process in all foundation school making shadowing a requirement of F1

- 1 Need to complete shadowing communicated to foundation schools
- 2 Foundation schools communicate to F1's and supervisors, including contact details of the trainees that will shadow each other
- 3 Trainees organise and complete a shadowing day themselves as per the pilot project (97% completion rate seen)
- 4 Trainees record completion of shadowing in e-portfolio, including reflection on benefits gained

Immediate benefits achieved in: patient safety, identification of learning opportunities, trainee confidence, and hospital flow. Long term benefits as trainees develop the skills to safely change rotation applicable to their whole career.

Trainee
designed

Trainee-led

Trainee
approval

Low cost

High Impact

Achievable at
scale

Simple to
implement

Clear proven
benefits

Sustainable



**This project would not have
been possible without:**

Health Education England

Warwick ICAT

Patrick Mitchell

Renee Knopp

Sonia Panchal

Maggie Allen

Meghana Pandit

Dan Higman

Ruth Cottrell

Sailesh Sankar

Karen Busby

Sankara Raman

**Questions?
Drtrobbins@gmail.com**

