A FOCUS ON THE SMALL JOYS AT WORK TO IMPROVE CHEERI: AN AMBITION TO ENABLE MORE PAEDIATRIC DEPARTMENT DURING COVID-19

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Aims Working as a junior doctor can be tough. The Covid-19 pandemic has brought with it a generation of doctors thrown right in at the deep end. This has unsurprisingly had a significant effect on our trainees. The GMC’s 2021 National Training Survey found that one third of trainees were affected by burnout - the highest rate since they first started tracking it in 2018. They called for a concerted effort to increase support for staff.

In our paediatric department we started with help from the CAMHS team, a monthly Trainee Support Meeting (TSM). The aim of this was to give trainees the opportunity to share thoughts and feelings confidentially, away from the wards. This was done in addition to the ongoing initiatives to boost morale amongst the department, including the ‘Star of the Week (SotW)’ emails, as well as a monthly ‘Good News Bulletin’.

Methods The idea of the TSM meetings came up in September 2021 and we approached the CAMHS liaison team for their help in facilitating these. During these initial TSM meetings trainees were able to open up about the challenges they faced, including the chronic demands of the rota and difficult frontline Covid-19 experiences.

The feedback from the TSMs received was generally positive, with the majority finding the sessions useful and wanting them to continue. Despite this, issues were raised. Some felt the intended outcomes were unclear, due to the confidential nature of the meetings; others felt the sessions simply emphasised the negative feelings amongst the group. Suggestions included setting aside time to practice mindfulness, or discuss positive events. It was agreed specific concerns should be addressed with trainee consent, passed on to their Educational Supervisor for targeted support.

Conclusion Moving forward we will continue to hold these monthly meetings, taking into account ongoing suggestions. In gaining regular feedback we hope we can adapt and cater to the needs of our trainees, creating valuable support.

Cheer: an ambition to enable more Paediatric research opportunities for trainees in the east of England

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Aims The Royal College of Paediatrics and Child Health (RCPCH) identified that often Paediatricians of all grades have limited time, often none, for research. This can have far-reaching consequences for the field, including a reduced understanding of research processes that patients may be involved with. The east of England (EoE) deanery is also aware of this issue. We aimed to establish a regional paediatric trainee-led research network (TRN) to enable trainees working at any of the geographically widespread sites in EoE (figure 1) to access research opportunities. This abstract summarises the work done by Paediatric trainees towards this goal.

Methods A poll in July 2021 was used to understand the need for a regional Paediatric trainee research network. We also had early input from the RCPCH TRN task and finish group through the EoE representative. Following this, a group of nine enthusiastic trainees joined efforts in July 2021...