Twitter Thread by Elke Reunis

Elke Reunis
@EReunis

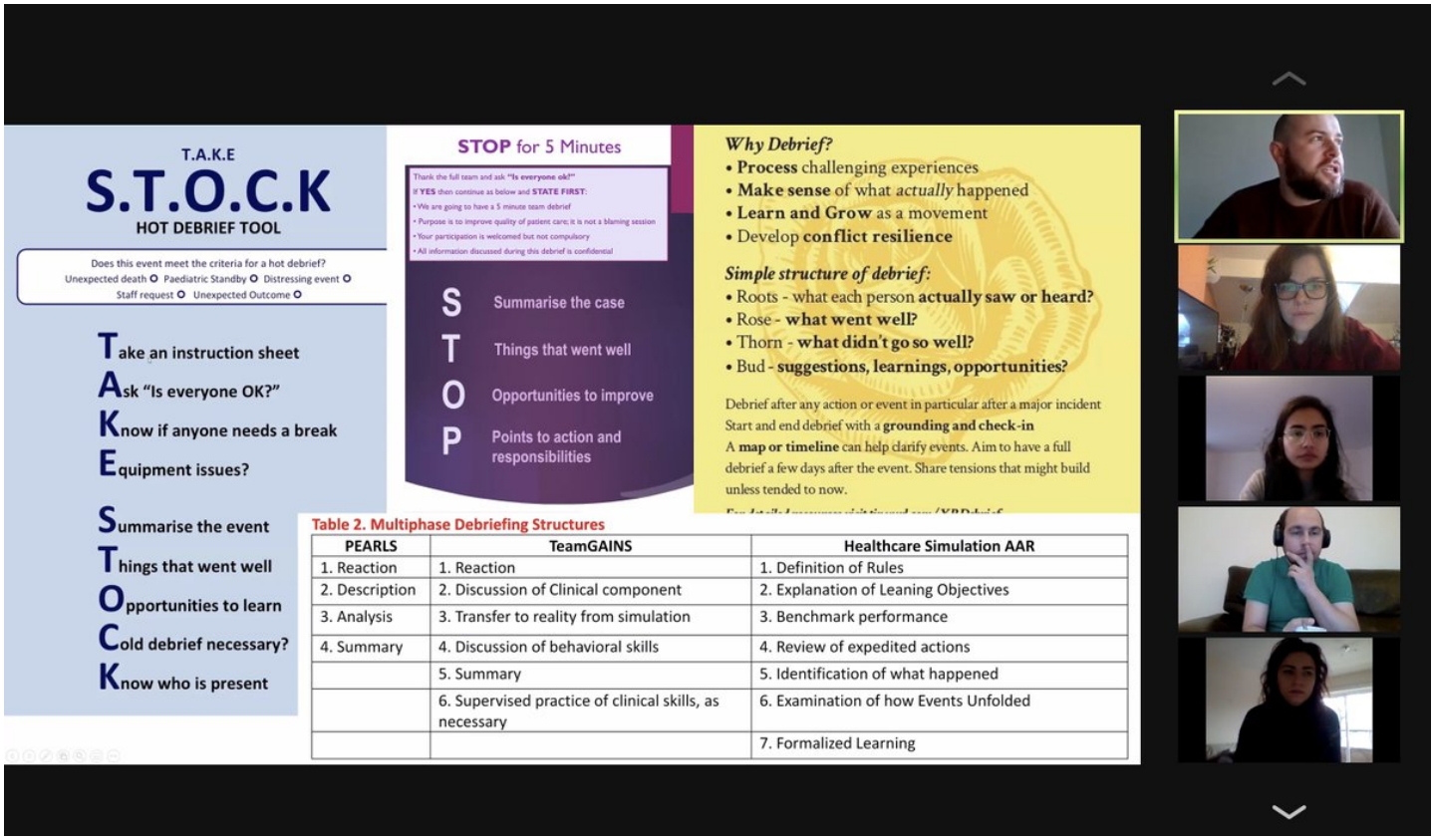
Incredible paediatric ST3 regional teaching day organised by @DrSeanMon

Feel so privileged to be a @WMPaeds Trainee and have monthly study leave to attend this amazingness ■

#PaedsRocks #ChoosePaediatrics

A summary of my highlights:

First up Sean did an interactive session on #debriefing sharing frameworks for structuring a debrief both from literature & his own top tips(using pics to illustrate rather than lots of text -love this @DrSeanMon #MedEd technique, def going to steal this for future teaching ■)



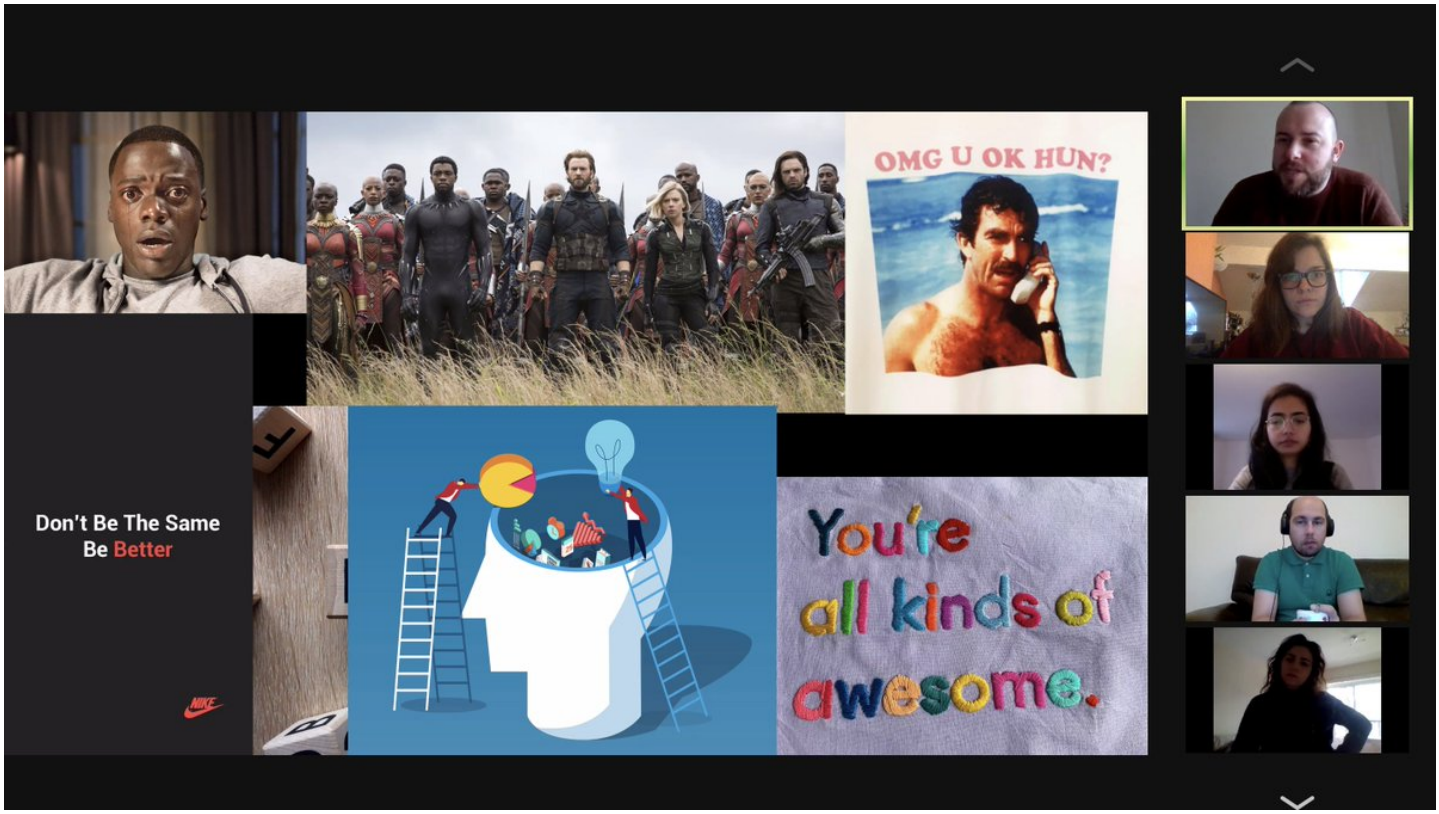
Sean's framework top tips:

1) Get Out --> get off the shop floor, go to private place and fill it with tea and biscuits

2) Get the whole team together

3) Ask "Are you ok?" then ask again #asktwice

4) Recap what has happened



Sean's tips continued...

5) What went well - although outcome may be sad, your team was likely all kinds of awesome, highlight this!

6) Could anything have gone better?

7) Is there any other learning here to be discussed?

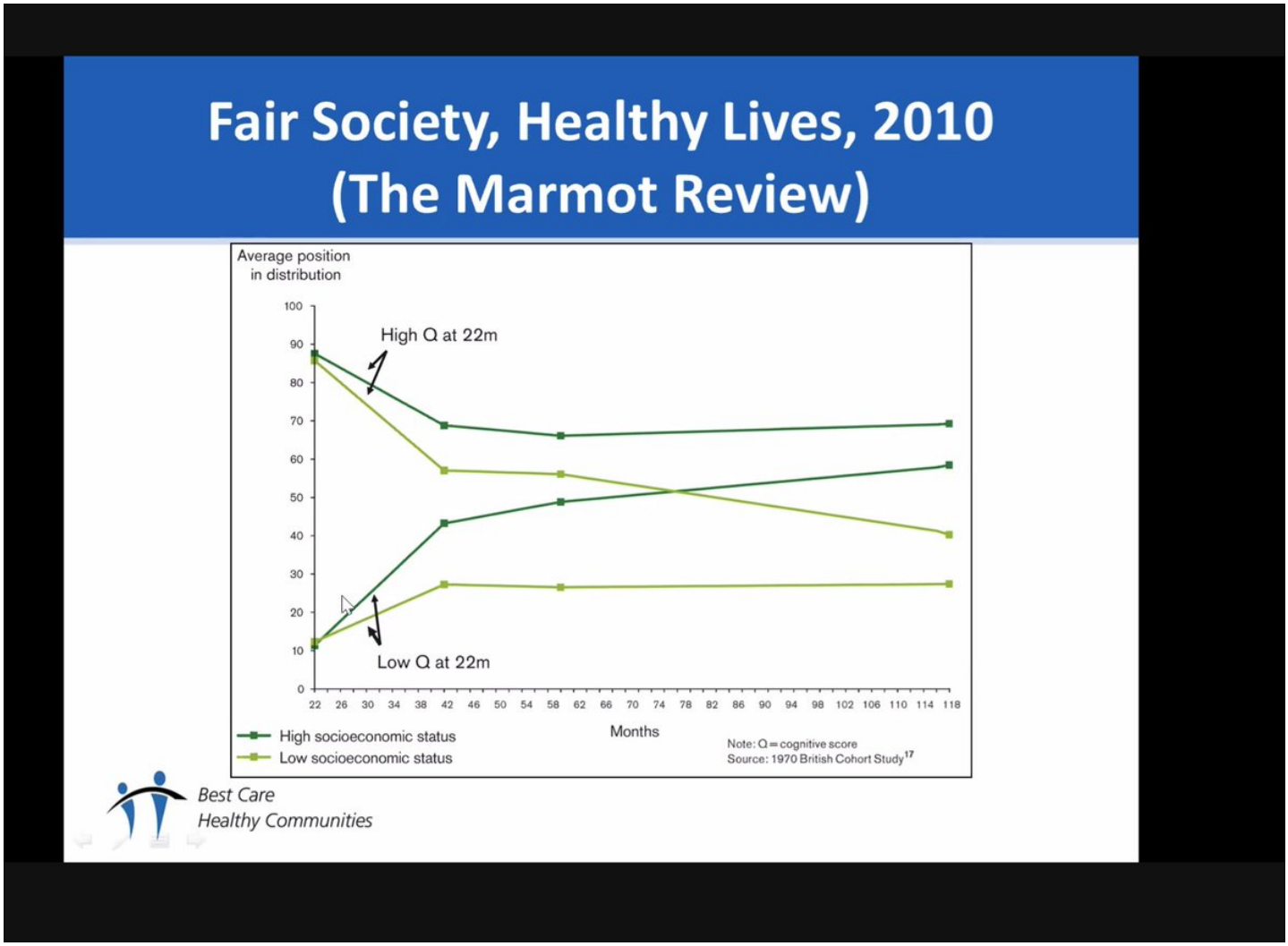
8) Summarise and thank your team ■

Next up Dr Doug Simkiss gave an incredibly engaging talk about Social Determinants of Health:

-Striking graphs illustrating the effect of social deprivation on child outcomes

-Actions we can take as trainees - take a detailed SHx!

-List of essential & additional reading



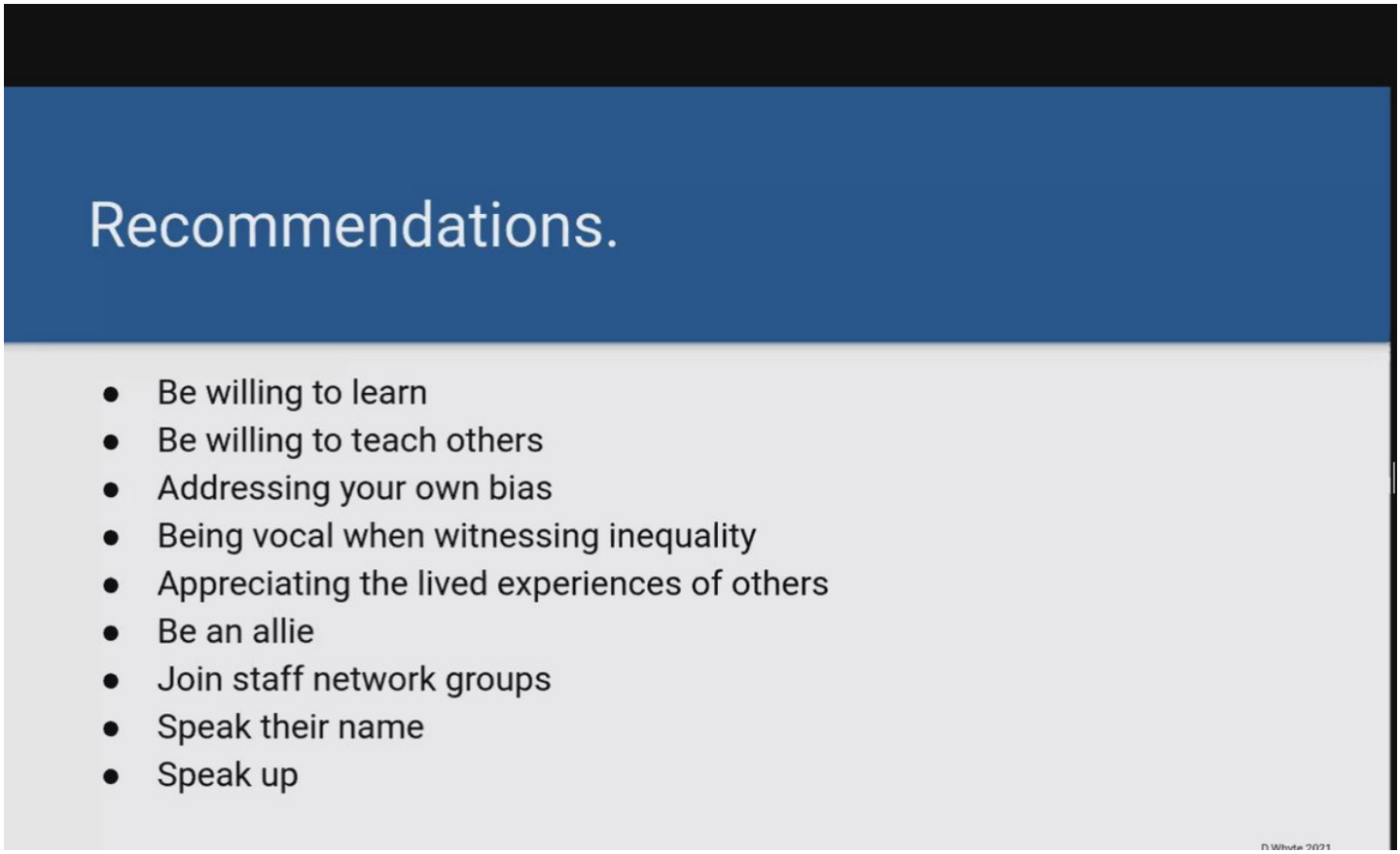
My personal favourite session of the day & one that I think should form part of every regional teaching day: "In This Bleak Midwinter" with the @BWC_NHS Chaplaincy Team @BCH_CPSC

Using the beauty of zoom break out rooms we were put into small groups & given the opportunity...

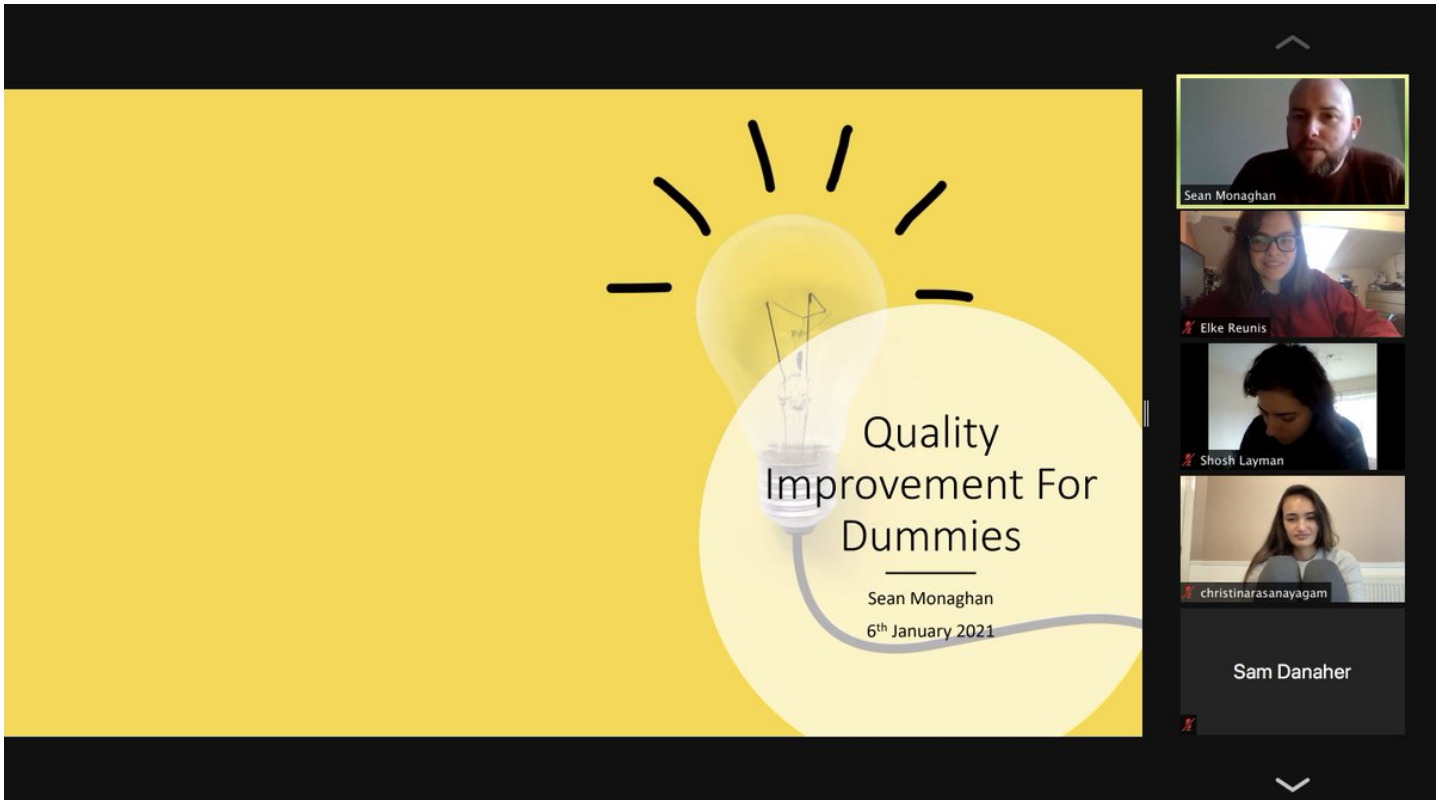
... to discuss a challenging case guided by the excellent chaplain. The last few weeks at work have been particularly hard for me but sharing these experiences with my peers & the chaplain has been so healing. Informal Swartz Round/Balint groups really are so, so powerful! ■

We then had a break to get more coffee, reflect, digest (so important to avoid Zoom fatigue!)

@DominiqueWhyte0 then spoke passionately about inequalities in Healthcare, challenging us to identify our biases https://t.co/yO0EnWaiYn
address our biases, learn & speak up!



Back to @DrSeanMon for lots of buzz words and a recipe to great QIP: CQUIN, PDSA, identifying measurable outcomes, drawing process diagrams & primary/secondary/tertiary drivers, modifying ONE and then studying it to see if it has had the desired effect.



Lots of time to have a good lunch, before we were joined by the inspiring @whosalama teaching us about her two big passions: Human Factors Ergonomics & Quality Improvement Science.

What I loved most was how she put all the theory to practice by getting us to...

... brainstorm ideas to improve trainee wellbeing (!■■ omg how amazing is @whosalama) 1 min individually, 2 minutes each with a buddy in a break out room and then share it with the whole group.

And the @WMPaeds ST3s had sooo many inspiring and excellent ideas for #wellbeing :
1) @ShoshLayman 's yummy food & essentials HOC boxes deanery wide!
2) @BCH_CPSC guided small group discussions/Schwartz rounds as part of every regional teaching day
...

3) Annual planning meetings for trainees to discuss career aspirations w/ TPDs to help inform future placements
4) Socials & mixing with other year groups
5) PDF of all annual leave allowances & rules which we can refer to at every new trust if disputes
6) rest facilities
& more!

Finally @docmjc told us all about GRID, Spin, LTFT, OOPR/T/E/C/P and Shape of Training, really inspiring - the opportunities for @WMPaeds are endless, the future is bright, and that #lifebalance seems so much more achievable after your talk - thank you!

Thank you to @DrSeanMon for organising an incredible day, thank you to all of the amazing speakers & thank you for all the ST3s for being a great bunch of doctors to train with and chat to ■■

I really ■ my #WMPaedsFamily

#FeelingBlessed #inspired