

Getting more from less: Tackling work pressures faced by paediatric trainees

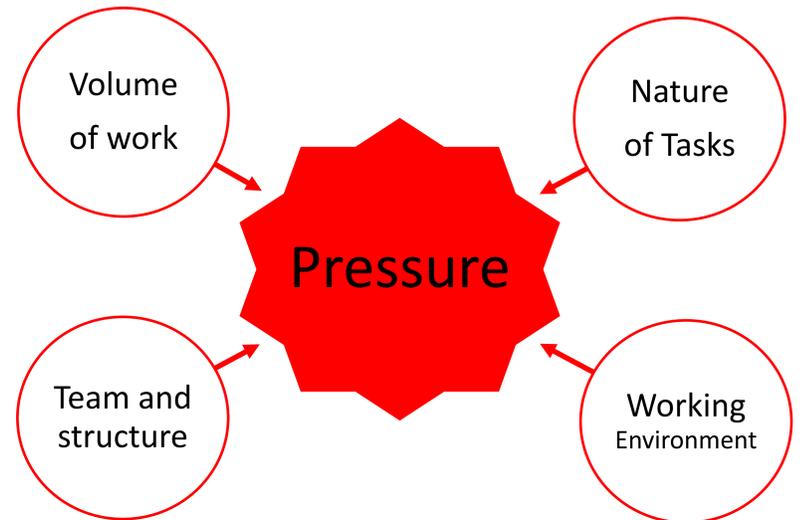
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Introduction

As part of a wider piece of work looking into the “8 High Impact Interventions to Improve the Working Lives of Junior Doctors” report from NHS Improvement we gathered data on trainees’ experience of workplace pressures and what they felt would help them use their time more effectively.

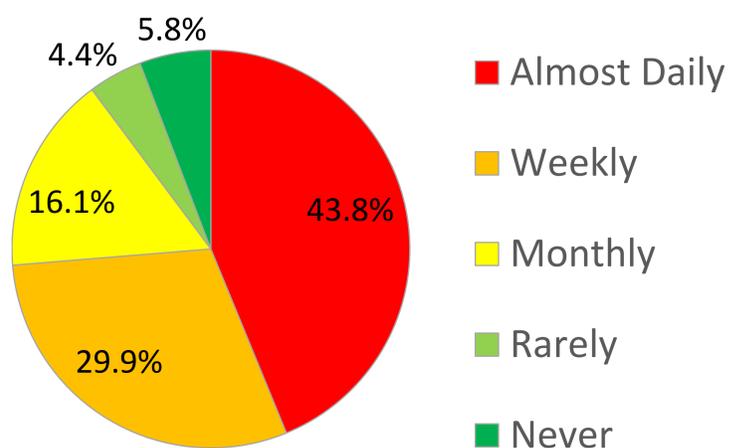
Methods

A voluntary questionnaire was designed and circulated to trainees both online and on paper from December 2018-March 2019. Responses were received from 143/306 (47%) of trainees.



Results

How regularly were trainees doing tasks which could be done by others



Reported duplicated documentation included:

- NIPE (new-born infant physical examination) documentation (22%)
- Immunisation documentation (10%)
- Copying admission notes from paper into Badger (neonatal online documentation) systems (8%)

Sharing tasks:

73% of trainees reported regularly carrying out tasks they felt could be shared amongst a range of staff including:

- Blood tests, cannulas and blood gases (24%)
- Writing / printing forms (11%)
- Booking or chasing appointments (11%)
- Restocking consumables (9%)
- Fixing IT systems (8%)

Ideas to help manage workload:

Better breaks & Fewer hours
Avoid duplication / less paperwork
More support staff
Cannula packs / better organised stores
No bleeps
More nursing
Better IT systems
More senior support / supervision
Listen to juniors suggestions
Upskill other team members
Better organisation / more efficient systems
Electronic Prescriptions
More Doctors
Designated admin time

The Bottom Line

- Our data highlights trainees’ views on how their time is spent, and how a commitment to quality improvement projects (e.g. procedure packs to avoid lost time looking for items) and sharing of tasks across a wider multi-disciplinary team may help manage the current pressures more effectively.
- Such projects are now being undertaken in our region and we aim to feed these back to the wider community in the future.

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