



Background of our research

In healthcare settings there is an emotional cost to caring which can result in compassion-fatigue, burnout, secondary trauma and compromised patient care.

The Schwartz Rounds allow healthcare professionals to discuss the emotional impact of patient care. Whilst the rounds are established in medical health practice, our study presents an evaluation of the Rounds specifically offered to mental health services, an area of increasing pressure and demand within healthcare.

Importantly, what do mental-health staff say?

“it’s something that we can relate to our practice, that Round was very in touch with what we’re doing today”

“Enjoyed reflecting on emotions and hearing different and very similar view points. Sharing experiences, validating emotions, talking openly.”

“Good to hear the acceptance of others thoughts, feelings and emotions evoked by distressing experiences”

The Schwartz Center Rounds:

Supporting mental health workers with the emotional impact of their work.



How have we approached these challenges?...

Rounds were piloted amongst 150 mental health professionals within The Derbyshire NHS Foundation Trust for 6 months and evaluated using a mixed-methods approach with standardised evaluation forms completed after each Round and a focus group at one-month follow-up.

A unique six-year follow-up of the Rounds also offers support for their value.

The positive impact of Schwartz Rounds upon mental health workers...

Rounds were rated as helpful, insightful, relevant and at six years follow-up Rounds were still rated as valuable and viewed as embedded. Focus groups indicated that Rounds were valued because of the opportunity to express emotions (in particular negative emotions towards patients that conflict with the professional care-role), share experiences

Schwartz Rounds clearly offer a positive application in mental healthcare settings. Our research suggests promise for the utilisation of staff wellbeing interventions which provide an ongoing forum in which to discuss emotions, develop emotional literacy, provide peer-support and set an intention for becoming a more compassionate organisation in which to work.

