Introduction

- SRs are a monthly forum for healthcare workers to gain insight into their personal responses and nurture compassion through listening and talking to colleagues, which ties into Active Listening Theory (1).
- Multiple studies have shown themes of the positive effects from SR, such as:
  - Improving compassion (2)
  - More appreciative of colleagues (3).
- There were flaws in past research that will be improved, such as:
  - Surface level themes (3; 4) with the proposition of interviewing attendees to improve this.
  - Using a specific cohort which are known to have more stress than other cohorts (3; 5).

The current study employed a two-part structure of a content analysis on the SR feedback forms to get surface level themes then a thematic analysis on interviews to gain more insight and potentially expand themes. Also utilised a large sample of Newcastle Upon Tyne NHS Trusts (NUTH).

Part A

Method
- Pp → 725 participants from 14 SR in NUTH
- Analysis → Directed Content Analysis

Part B

Method
- Pp → Four Interviewees from NUTH
- Analysis → Thematic Analysis

Results A

- Ethical approval was granted on 27th March 2016 from the Newcastle University Ethics Committee.
- The procedure employed was based on a guide for content analysis.
- Percentage agreement demonstrated reliability.

Results B

- The procedure employed followed a 6 stage guide of Thematic Analysis.

What the true Impact is...

- Both parts could be partially explained by Roger and Farson’s (1957) theory of listening to other’s help gain insight and the ability to recognise emotions better.

The current study implies that SR does have an emotional impact on attendees, in terms of gaining a new insight into existing emotions; understanding and managing future emotions better; utilising reflection more; and both appreciating and understanding colleagues more.

This demonstrates how valuable SR has been for NUTH and support the point of care’s suggestions of SR being a valued tool within healthcare settings and may have implications in justifying the dispersion of more SRs across England to help reduced the increased stress felt within this sector at present, such as burn out.

References

1. Roger, A. L., & Farson, R. E. (1957). “It was helpful to hear about other people’s emotions and to be honest about those emotions. We are not proud of talking about these emotions & sharing is a positive force to good mental health.”
2. "...it did make me think about it a little bit more about what the emotions that I had gone through and I suppose it made me feel oh I had gone through a lot more emotions, and at that time it had impacted on me a lot in my private life..."
3. "...I don’t tend to reflect on my emotions perhaps as much as I should. But I think it definitely made me aware that I do have strong emotions about things, and maybe that I don’t have time to reflect on them perhaps as much as I should do, or could do..."
4. "Well I think you know if patients see that everyone is working together as a team and can empathise the patients question then yeah I’m sure that will have a positive impact on... patient...

The Newcastle upon Tyne Hospitals
Schwartz Rounds...
Looking at the Emotional Impact
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