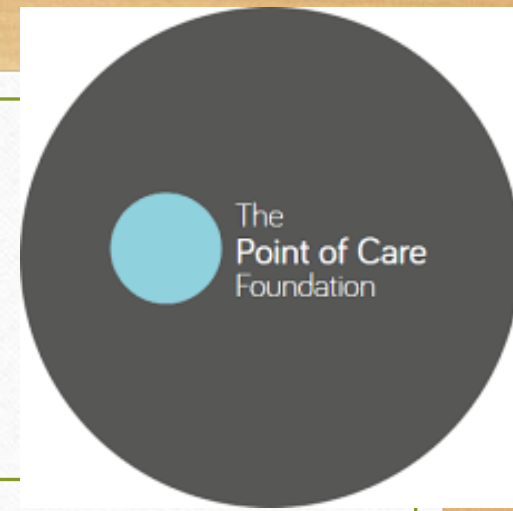


Schwartz Rounds

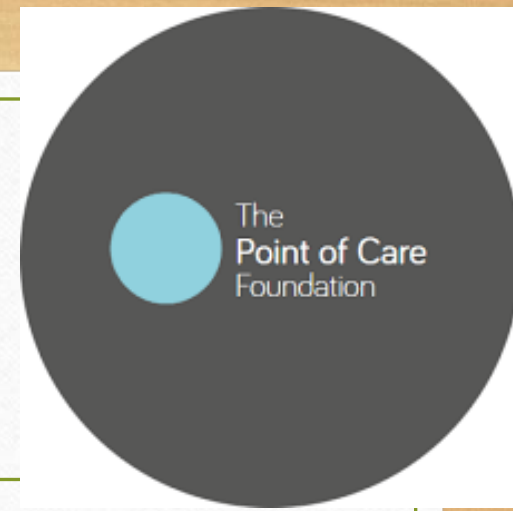


Schwartz Rounds are a confidential, multidisciplinary forum designed for staff to come together to reflect on the emotional and social experiences associated with their work.

- All staff are invited (clinical and non-clinical), recognising that each individual has something to contribute
- They follow a specified, evidence-based format
- The focus is not on the clinical aspects of the job, but on staff experience
- No answers or expertise are sought

Schwartz rounds are not about learning or improving, they are about connecting – with our own experiences, with each other.

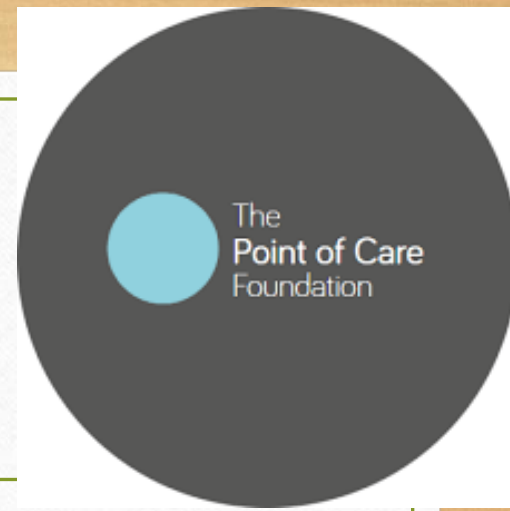
Schwartz Rounds



- Food is always provided at Rounds (though currently online – working well)
- Round lasts for 1 hour in total
- The presenting panel share their experiences for 10-15 minutes
- Trained facilitators then moderate a reflective discussion
- The audience share their thoughts, ask questions, offer similar experiences

The discussion does not aim to problem-solve or find solutions, but just reflect on the emotional experience of delivering care. This can feel counter-cultural.

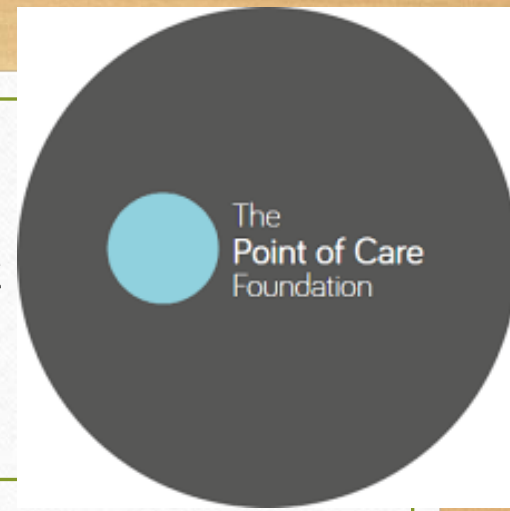
Schwartz Rounds



Topics include:

- Trying to help in impossible circumstances
- Conflict – with the individual; family; colleagues
- Organisational events, e.g. restructure
- We're human too – personal and professional overlap
- The patient I'll never forget.

Schwartz Rounds: The Evidence



Two key studies (Lown & Manning, 2010, and Goodrich, 2011) found that attendance:

- Decreased feelings of stress and isolation
- Feeling valued
- Improved team-work, connectedness and communication
- Greater appreciation for other disciplines / roles
- More openness to giving and receiving support
- Diminished hierarchies between senior and junior staff
- Increased feelings of compassion towards patients
- Increased attentiveness to social and emotional aspects of patient care.

Schwartz Rounds with Students

On license from Point of Care Foundation, the University of York Health Sciences & Social Work Courses are collaborating with the University of Liverpool on a project funded by Health Education England North.

I found the round extremely valuable and moving, I think it is so beneficial for students to get to hear stories like this and get some realism of what they will be going in to and how to cope.