



## Case Study 4: Workplace<sup>MT</sup> mindfulness training For GPs in Cambridgeshire in 2016

### The Challenge

Aware of the stress and pressure GPs are increasingly under, the Postgraduate Medical Centre at Addenbrookes Hospital were looking to run educational sessions to support local general practitioners.

### Our solution

A 6 week Workplace<sup>MT</sup> work focused mindfulness course, advertised to local Gps as part of the local Cambridgeshire GP Continuing Professional Development programme and delivered over 6 consecutive Tuesday evenings for 1.5 hours a week + home practice.

### Outcomes

Feedback after the course: The majority of participants felt the course was a good use of their time (10/11 agreed/ strongly agreed) and that they would continue to use techniques (10/11 agreed/ strongly agreed) with major benefits stated in helping with focus and attention, responding better to challenges and looking after myself at work (all 9-10/12 rated helpful to some or a great extent). Outcome scores on both the wellbeing scale and DAS21 showed small changes in the directions expected with an increase in wellbeing after the course and a decrease in mean DAS21 scores for stress, anxiety and depression.

Written feedback: This revealed that the majority of participants found evening sessions practical and that the duration of the course was the right length. Some noted they would, have liked more sessions and further opportunity to review techniques. Several participants commented that they felt they would now feel confident managing their own mindfulness practice independently and that they could apply this to their daily work. Short mindfulness exercises such as the three step breathing space lasting only a few minutes were identified as being especially useful for breaking up the working day in a helpful manner. They also noted that it was helpful to use mindfulness techniques for dealing with difficult situations: and some found the approaching difficulty exercise helpful for this for this and others noted mindfulness helpful as a means to reflecting on complaints and stressors without getting overwhelmed.



## Feedback from participants included:

- I feel the course isn't long enough! I'm only just getting the hang of it
- Evening sessions worked well for me. The course was the right length
- Its helpful to make the link between mind and body and how they can negatively and positively impact on each other, and approaches to maintaining an optimal mind state.
- I see this as the START of an ongoing journey to identify the most helpful of mindfulness techniques and will keep practicing over the next 12 months
- Very useful, stimulating, thought provoking I have found that I am applying it to my day to day work
- Very useful. Will continue practicing and will recommend it.

Trainer: Juliet Adams FCIPD, WorkplaceMT Master Trainer