

Pop Up Schwartz Rounds

Newcastle Upon Tyne Hospitals

August 2021

What are 'Pop Up' Schwartz Rounds?

Schwartz Rounds have been running at Newcastle Hospitals for over 5 years. Schwartz Rounds provide a structured forum where all staff, clinical and non-clinical come together to discuss the emotional, social and ethical aspects of working in healthcare.

Rounds can help staff feel more supported in their jobs, allowing them time and space to reflect on their roles. Evidence shows that staff who attend rounds feel less stressed and appreciate each other's roles.

Pop Up rounds are now offered to groups of staff across the whole of the Trust. A Pop Up might be provided to talk about a particularly difficult time that a team has had, a challenging case or situation that a group has been managing.



The underlying premise for Rounds is that the compassion shown by staff can make all the difference to a patient's experience of care, but that in order to provide compassionate care staff must, in turn, feel supported in their work.

How can I organise a Schwartz Round for my team?

Pop Up Rounds last 45 minutes and can be booked at a time that suits your team. Due to COVID most Rounds will be virtual for now.

Talk to your team about what theme you would like the round to be about. We need you to help us identify one or two speakers who can talk for 5 minutes about the theme and the emotional impact it has had on them.

The speakers would need to join a preparation session with one of the Trust's Schwartz facilitators that would last about 30 minutes. The Schwartz Team need you to help us reach people in your team to promote the round and let people know what to expect.

Possible themes for Pop Up Rounds

- A shift I will never forget.
- Being thrown in at the deep end.
- How did we make it through?
- A colleague that inspires me.
- Why I come to work.
- Mistakes happen - coping with the impact.
- A good news story

What do people say about Schwartz Rounds?

"I find it very useful to hear stories from different members of staff and the comments from members of the audience. It is very reassuring to find out that many staff share the same feelings, we are not alone".

"Hearing senior members of staff being honest about feelings and challenges was wonderful and a great role model for staff. Leading by example – making it okay to talk about things".

"It felt a really safe and friendly environment".

"Moving, uplifting, connecting".

"The stories were honest and I appreciated this. It's so often the case that professionals don't show how they are being affected by a situation and this can make others feel they are not resilient".

"This was my first experience of a Schwartz round. I found it very interesting. The speakers were interesting and honest. It was an emotional subject, and their honesty was refreshing and I felt like it opened my thought processes to the subject".

A time for reflection

More Information

For more information, please see intranet pages under General Information, NUTH Schwartz Rounds, or contact Sue Brown, Consultant Clinical Psychologist (susan.brown98@nhs.net). You could also look up Newcastle Hospitals Schwarz rounds on YouTube, follow us on Twitter ([@schwartznuth](https://twitter.com/schwartznuth)) or check out [Pointofcarefoundation.org.uk](https://pointofcarefoundation.org.uk)