

# Schwartz Rounds

## A safe space to talk, listen and share experiences

All members of NUH staff, clinical or non-clinical, are invited and encouraged to attend.  
There is no need to book!



These Rounds exist for the staff of NUH. They're here to help to support and encourage you in the demanding work you do each day. The best way to get involved is to benefit from them by attending!

How can I get involved?

If you're in a position to do so, free-up colleagues so that they can attend too. Non-clinical staff are the least likely to attend at present so if you're a member of the clinical staff do what you can to encourage them to share the experience of attending with you.

If you have a suggestion for a topic, would like to be a panellist or if your team would like the chance to present a specific case or problem then please get in touch using the details below.

### Thoughts from NUH Executive Team

**Dr Keith Girling, Medical Director says:** "Delivering modern health care can be challenging for staff of all grades and disciplines, including medical staff, as they seek to provide the very best care for patients. Doctors attend ward rounds, grand rounds and other meetings to review patients' care - but Schwartz Rounds are different. These exist as a forum to share and process the emotional burden of our work and to ensure we are supported psychologically to allow us to move forward having had a chance to properly resolve challenging situations from the past."

**Mandie Sunderland, Chief Nurse says:** "The compassion we ask of our nursing staff can have longevity only if we invest in caring for them as well as our patients. Schwartz Rounds are a safe place to put down some of the burden of caring. I would encourage nurses throughout the Trust to take advantage of this opportunity to share their experiences and to refuel for the work ahead."

### What have others said?

"Really helpful and great to hear from other people with different backgrounds"

"Amazing! I enjoyed speaking. I felt like I did unburden the way I was feeling. Definitely use it again"

"Enjoyable and insightful – such a good idea"

"It was interesting to hear non-clinical staff experiences and feedback. Makes me realise how good a team NUH is"



"Before attending I was nervous that I would be forced to talk in front of the others. This has changed my mind and has encouraged me to attend again"

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