

# Exploring the Impact of Schwartz Rounds at Marie Curie Hospice Newcastle

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## Introduction

In 2015, Marie Curie introduced Schwartz Rounds nationally.

Working with palliative patients is a risk factor for staff burnout (Pereira, Fonseca & Carvalho, 2012). Health professionals who feel more resilient are less likely to experience burnout and it has been suggested that workforce resilience can be developed through creating forums where staff can be reflective (Hospice UK, 2015). Like many other services nationally, Marie Curie have chosen to do this through Schwartz Rounds.

## Project Aim

Marie Curie Newcastle had run 12 Schwartz Rounds at the time of the evaluation.

The aim of this project was to provide specific feedback on the first 12 Schwartz Rounds that have been held by Marie Curie Newcastle. This was the first formal examination of the Marie Curie Newcastle Schwartz Round feedback data.

## Method

Mixed methods analysis of data collected from the Point of Care feedback forms.

- Provide a quantitative description of who is attending rounds and how they are being perceived
- Conduct a thematic analysis of qualitative data to identify core themes

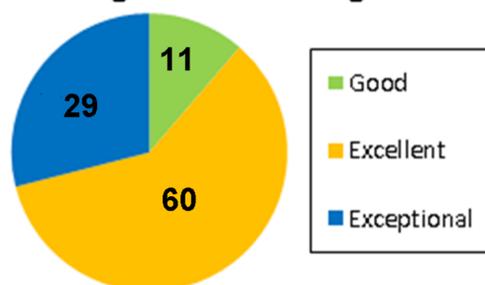
## Results

### Quantitative Findings

The first 12 Schwartz rounds were attended by 194 people (this figure includes returning attendees) with an average of 16 attendees per round (range: 12-25).

In terms of professional affiliation, nurses were the biggest attenders followed by admin and clerical.

### Average round ratings in %



Please note: 'Poor' and 'Fair' received 0 ratings

Over 75% of attendees completely agree that:

- 'The group discussion was well facilitated'
- 'I plan to attend Schwartz Centre rounds again'
- 'I would recommend Schwartz Centre rounds to colleagues'



## Qualitative Findings

Qualitative data from the evaluation forms was thematically analysed using Braun and Clarke's (2006) guidance to identify themes. The following specific question was asked to guide data analysis:

**What do attendees gain from coming to the rounds?**

Only data relevant to this question was coded and themed. Ideas which were identified more than once in the data were considered to be a sub-theme. See thematic map below.

Overall, three core themes and nine sub-themes were identified.

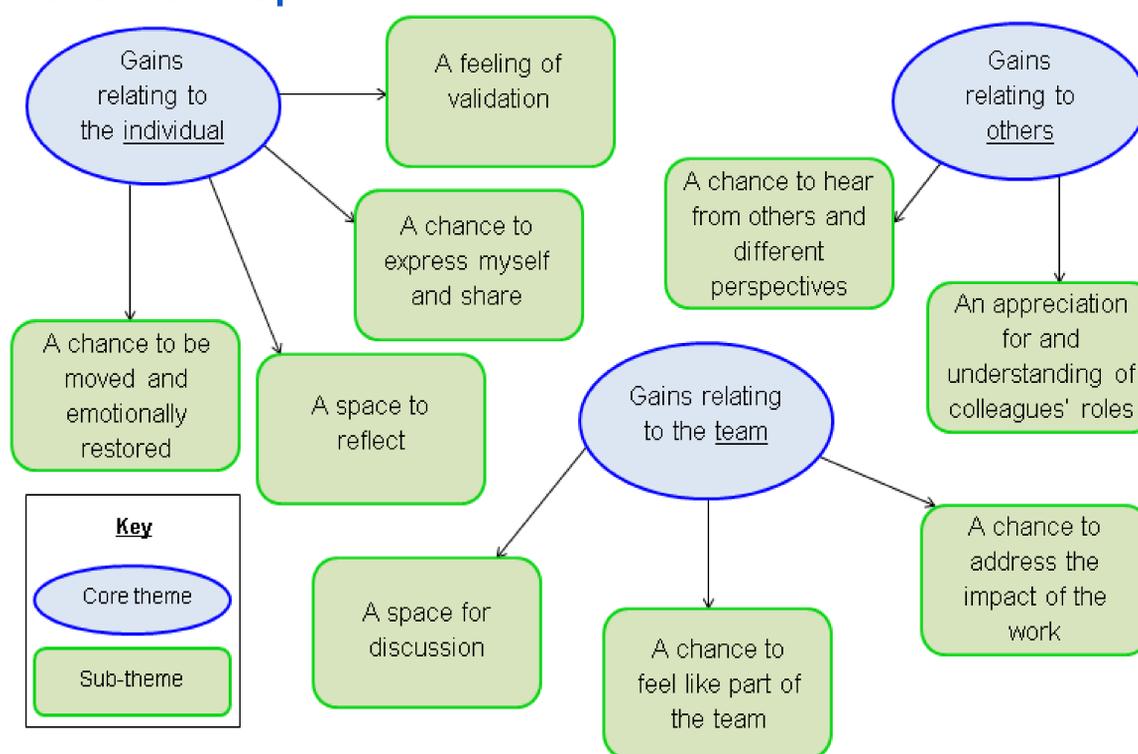
Most frequent core theme:

- 'Gains relating to the individual'

The two most frequent sub-themes:

- 'A chance to be moved and emotionally restored'
- 'A chance to hear from others and different perspectives'

## Thematic Map



## Discussion

Findings indicate that attendees find the Schwartz rounds to be a very positive experience.

Many of the identified themes fit with previous research on Schwartz rounds. Goodrich (2012) interviewed facilitators in the UK about the impact of rounds and found that their responses fell into one of three categories: relating to the individual, staff relations or wider service. This fits well with the three levels of gains identified in this study. Reducing stress and isolation are two of the most commonly cited benefits of attending Schwartz rounds (Point of Care Foundation, 2019). Many of the identified sub-themes fit with these benefits, suggesting that the rounds at Marie Curie Newcastle are provide their attendees with similar benefits to those being run in other services nationally. It is likely that they are contributing to the team's sense of feeling supported, which is likely to decrease their risk of stress and burnout (Hospice UK, 2015).

Marie Curie Schwartz rounds create an opportunity for the whole team to come together to express themselves, reflect, discuss, address the emotional impact of their work and be emotionally restored. Given the enormously emotional nature of palliative work the identified themes feel particularly pertinent.