

The Future Leaders Programme Leaders Digest (September 2018)

Hello and Welcome to Leaders Digest!



Laura Proctor, Leadership Fellow

I'm a physiotherapist and work across the frailty wards at Harrogate District Hospital.

I ♥ Geriatrics! I have helped to lead a number of campaigns and quality improvement projects to promote active ageing in fun and varied ways! This has included, hosting an older people's Olympic Games and using the functional fitness MOT tool to raise Trust wide awareness of the risks of sedentary behaviour on health. Most recently I have been involved in implementing the **#endpjaralysis** campaign at HDFT. This has required a hugely collaborative approach, involving members across the whole Trust, the board, communication teams, media teams, the entire MDT, hospital visitors, patients and relatives.

TED Talk of the month

Change Behaviour- Change the World: Joseph Grenny at TEDxBYU



In this inspiring video, New York Times bestselling author and behaviour change expert, Joseph Grenny demonstrates how the science of behavioural change powerfully transforms the life of Jane, a woman born in the Mathare Slum in Nairobi, Kenya. <https://youtu.be/6T9TYz5UxI0>

Quote of the month

“Don’t wait for extraordinary opportunities. Seize common ones and make them great”

Orison Swett Marden

Book Recommendation

The 7 habits of Highly Effective People – Powerful lessons in personal Change Stephen R Covey.

Covey presents the fundamentals of leadership as the key to success. It will make you think differently about leadership but more importantly it will inspire you to lead differently!

Fellow Progress

The transition from busy frailty ward to Clinical Leadership Fellow has been quite an adjustment. This is partly due to the change in pace and routine compared with the pressures and demands we are all under in the frontline NHS. Having time and space for reflection and for personal development has allowed the opportunity to consider the year ahead and ask: What sort of a leader do I aspire to be? What are the areas I need to develop? What opportunities are at my disposal? What is my next career move?

Our cohort of clinical leadership fellows at Bradford have created a “wall of wisdom” on which we add inspiring quotes from leaders past and present, such as Mother Teresa and Nelson Mandela. What strikes me is that these leaders saw challenges as opportunities to intervene for the greater good. They weren’t in it for themselves but instead actively chose to help others to benefit society and culture - a challenge to the culture of individualism.

With this in mind and in considering the year ahead, I return to my reflective questions. Perhaps I should also be asking: How can we help those around us to succeed, develop and grow? How can we be part of the solution to improve systems and processes? How can we take time to listen to our colleagues and patients so that they are recipients of improvement? When you view the year ahead in those terms, you can see what Orison Swett Marden was getting at!

My projects

Yorkshire Huddles: the next stage: Having been involved in embedding safety huddles on the frailty wards at HDFT, I’m pleased to be continuing my involvement with the Yorkshire Huddles project by extending it to other regions and specialities such as community, mental health and care home teams.

Improving Patient Experience: This project will involve working alongside clinical teams in different clinical settings using a new intervention: the patient experience toolkit. It will provide an interesting insight into patient experiences for the clinical team, who will decide how they want to take it forward as a quality improvement project. I'm keen to see the impact this will have on staff as well as patients, and hope it will improve the experiences for both.

In the name of safety: I am working alongside the Yorkshire, Quality and Safety Research team and together we are interested in identifying low-value safety strategies undertaken by NHS staff. Given that we are overwhelmed by new initiatives and protocols, this project is looking at how we can identify and remove those practices to create space and time for practices with a much stronger evidence base and greater impact on safety.

Upcoming events

19th September 2018

Structure & Power Dynamics in Health care Systems
(DVH, Sheffield)

26th September 2018

Bimonthly meeting (DVH, Sheffield)

26th September 2018

Building skills in assertiveness (DVH, Sheffield)

Event of interest

18th September 2018

'Delivering Integrated Care for All' Conference
(Sheffield Hallam University)

Thank you for reading!