

HEE YH COVID 19 Trainee Update Webinar



HEEYH COVID 19
Trainee Update Webinar

Any questions?
Heeyh.faq@hee.nhs.uk

Agenda

1. Dental Update



2. ARCP



3. GP Update



4. Wellbeing



5. Rotations



6. Redeployment



7. Visa Issues



8. FiY1



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Ground rules

1. All questions sent into the webinar will be anonymised
2. Please avoid using acronyms or abbreviations
3. Please use Q&A board
4. Webinar is available for at least 24 hours

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Dental Update



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ARCP



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GP Update



GP

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Wellbeing



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BURNOUT



- Persistent feelings of mental and physical exhaustion
- Negativity and cynicism towards work
- Reduced efficacy

- Builds slowly, unnoticed or not acknowledged
 - Health care workers are higher risk
 - End stage is breakdown and inability to function
-
- Seeking help

- “I’m wondering how you are feeling, because you haven’t seemed yourself recently”
- “How are you feeling about work, you don’t seem to be enjoying it?”

Wellbeing



<https://www.yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

Webinars

educationevents.yh@hee.nhs.uk

Mindfulness: 24th June at 10am and 14th July at 9am

Coaching

Coaching.yh@hee.nhs.uk

Please include your full name, Trust, Grade, Specialty

Peer support

Peersupport.yh@hee.nhs.uk

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#OurNHSPeople Wellbeing support

for all our NHS people, we are here for you
whenever you need us



Call 0300 131 7000

7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching



24/7 text support

Text 'frontline' to 85258



Free access to mental health and wellbeing apps

Unmind, Headspace, Sleepio and Daylight for all NHS staff



people.nhs.uk

Helping you manage your own health and wellbeing whilst looking after others



Rotations



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Redeployment



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Visa Issues



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FiY1

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