



Scottish School of Primary Care

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Abstract

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Title	
Water from TheWEL: The Healing Shift Enquiry - Seeding a Shift towards a Health Culture in an Ill(ness) Environment. Initial Learning from a StaffWEL - Wellness Enhancement Learning - Programme	Oral Presentation
Background The Healing Shift Enquiry centres in the study of people's innate capacity for creative change, healing, recovery and wellbeing. From there it explores scaling up this knowledge to create fresh approaches to health and wellbeing, through the expanding layers of self-care, and health care and its environments, staff development and welfare. It then considers wider systems and policies and cultures, working with its sister AfterNow.co.uk project.	
Aims & Questions Might TheWEL programme, developed in secondary care for people with long term conditions (1) succeed in primary care – The PrimaryWEL? Would it work to begin with staff before patients? <ul style="list-style-type: none">- Could we seed a model of cultural shift among health staff, from an expert-treatment illness focus, towards more enabling partnership and wellness enhancement?- Would this create a supportive environment for later patient participants on	

TheWEL?

- Could we assist staff in building their own welfare and self-care?

Methods

Parallel with patient cohorts in Glasgow, a StaffWEL was offered in the health care centre in Nairn, alternating with patient cohorts. Evaluation blends:

- Literature Scan of markers of healing process and their relation to Wellness programmes;
- Questionnaires;
- Interviews;
- In-depth case studies;
- Focus groups;
- Pilot study of biological measures of wellbeing;
- External Team Assessment using Learning Journey Methodology

Results

To date 80 of the 280 staff have attended. Their concerning initial levels of distress, loss of wellbeing, and adverse shifts in biological markers, are on par with the 80 patients. Like the patients, staff gave high course ratings, and reported significant positive shifts in wellbeing, and self-care behaviours. Staff self-generated waiting lists for further courses, and by the third intake, 13 of 20 (65%) prospective participants reported making positive changes already, influenced by previously attending colleagues.

Discussion

Rooting service design and wellness courses in the study of healing change process appears to yield helpful results, for patients and staff. There is important potential for scaling this approach up to think in fresh ways and create cultural shifts to assist the current impasse in our models of care in long term conditions.

Reference

(1) Higgins, M., Reilly D., Mercer S., Hopkins D. I. (2009). Evaluation Report of the Pilot Phases of The Wellness Enhancement Learning Programme for Patients with Chronic Fatigue Syndrome CFS-ME. www.thewel.org

Linked pdf of the slides of this presentation available here
<http://www.sspc.ac.uk/images/PDFs/large/DReilly.pdf>