



Temple Street

CHILDREN'S UNIVERSITY HOSPITAL

The introduction of reflective practice at Temple Street – an experience with a NCHD Balint Groups

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Irish Network of Medical Educators

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Reflective practice and medicine – Why?

- Medical errors can be partly attributed to the failure of many health practitioners to engage in reflection upon their practice¹.
- A lack of consensus among educators, researchers and practitioners as to what reflective practice actually entails².
- Critical and independent thinking increasingly important – technology advances and increased patient acuity³.
- Recommended as part of self care

1. Stein, H.F. (2003). From (Non-) Reflective Practice to Medical Mistakes: A Case Within a Story. *Families Systems & Health*. 21(4):459-463

2. Kinsella, E. A. (2010), Professional knowledge and the epistemology of reflective practice. *Nursing Philosophy*. 11: 3–14.

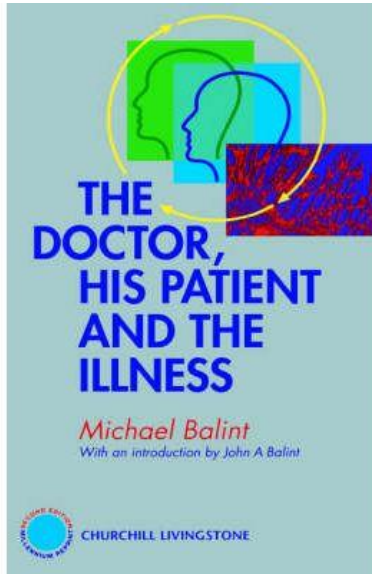
3. Sewchuk, D. (2005) Experiential learning: A theoretical framework for perioperative education. *AORN Journal*, 81, 1311-1318

Reflective Practice – where are we?

- Reflective practice including Balint Groups is an established and mandatory part of the curriculum and training experience of Psychiatric and General Practice (GP) trainee's in Ireland⁴.
- Included within Paediatric training – not mandatory and typically self directed.

1. Omer, Sami & McCarthy, GM. (2010) Reflective practice in psychiatric training: Balint groups. *Irish Journal of Psychological Medicine*. 27.

What is a Balint group?



5. Balint, M. (1995) The Doctor, his patient and the illness. *The Lancet*. Volume 265 , Issue 6866 , 683 – 688



“At the center of medicine there is always a human relationship between a patient and a doctor.”

Aim

To introduce and evaluate Balint round amongst NCHDs at
Children's University Hospital, Temple Street

Timeline (August – December 2018)

Venue

Where does it fit?

What is a Balint round?

Communication

Formation of Steering Group
(August 2017)

Engagement with NCHDs
(September 2017)

Balint Groups
(September 2017 – December 2017)

Evaluation of Balint Group
(December 2017)

Skilled facilitator

Timing

Key influencers

Our Balint Group

A poster for NCHD Balint Rounds. The background is a scenic landscape with a lake reflecting a sunset sky. A black rectangular box is overlaid on the bottom half of the image, containing white text.

NCHD Balint Round
NCHD tutorial room

Tuesday, 24th of October
Tuesday, 28th of November
Tuesday, 12th of December

Commences at 8am sharp for one hour

Contact Catherine Diskin if interested!

Balint rounds?

A supportive, reflective space thinking about the impact of work upon ourselves whilst providing an opportunity to think in other ways about difficult interactions

Our Balint group principles

At our Balint rounds, kindness and mutual respect will be central along with the following principles which were decided upon by group members. Our group will be :

1 Confidential

2 Regularly attended (75% individual attendance)

3 Start and finish on time (8-9am)

4 Unplugged - phones on silent, bleep free

The Group convenes

So... what are
our group
principles?

Leader



The Group convenes

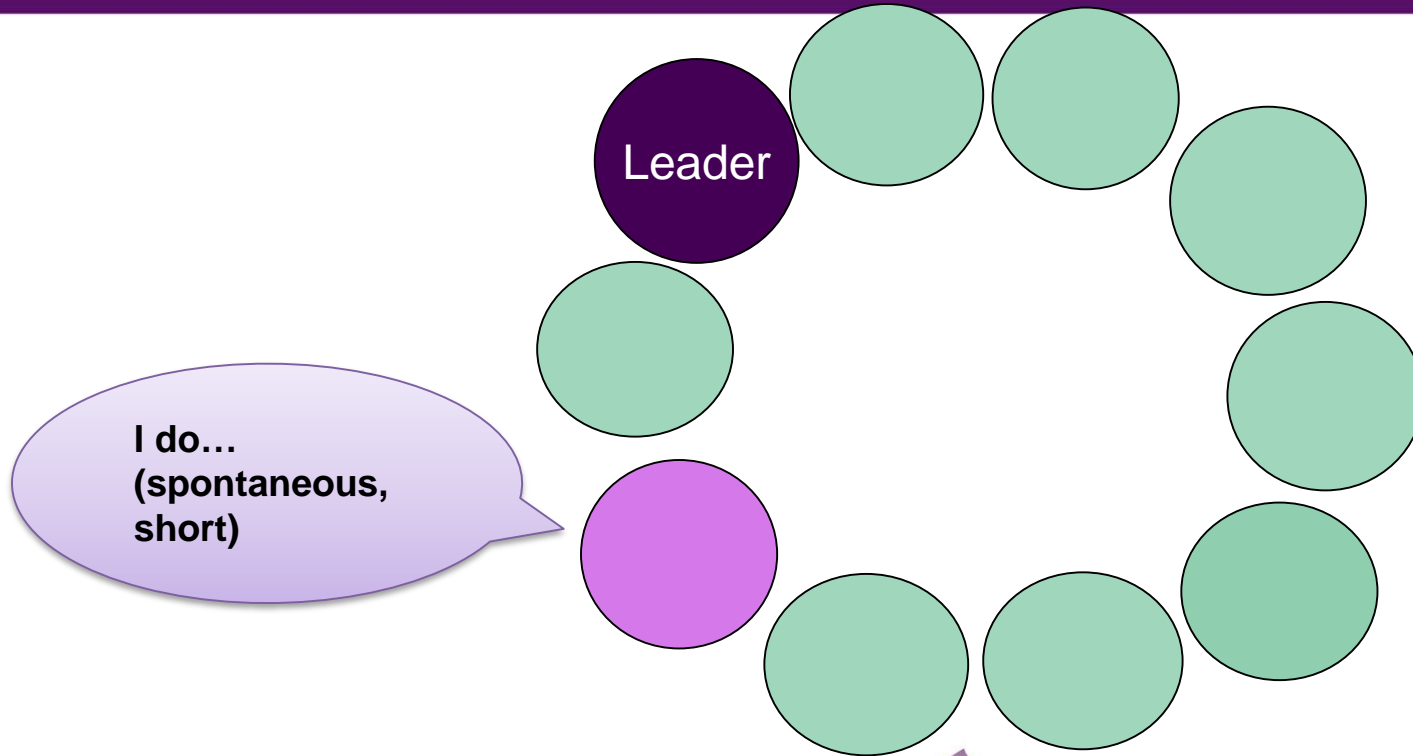
So... who has a case?

Leader

A case might be...

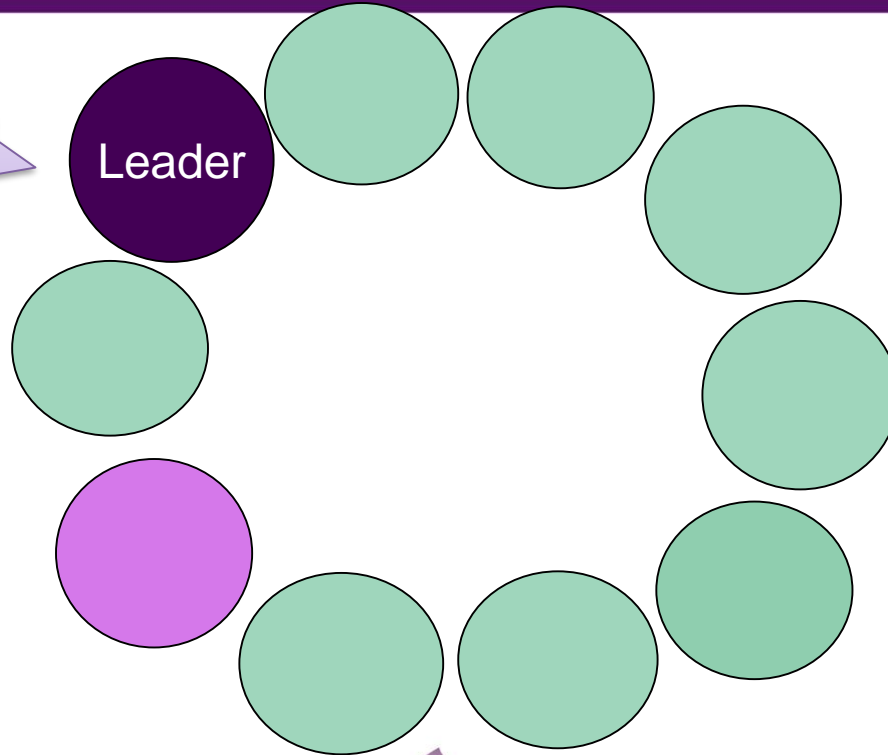
- A 'Take home' with us
- Lose sleep over
- Feel conflicted over or feel strongly about or ambivalent about

The case arrives



Opportunity for clarifying questions

Does anyone
have any
questions of
facts?

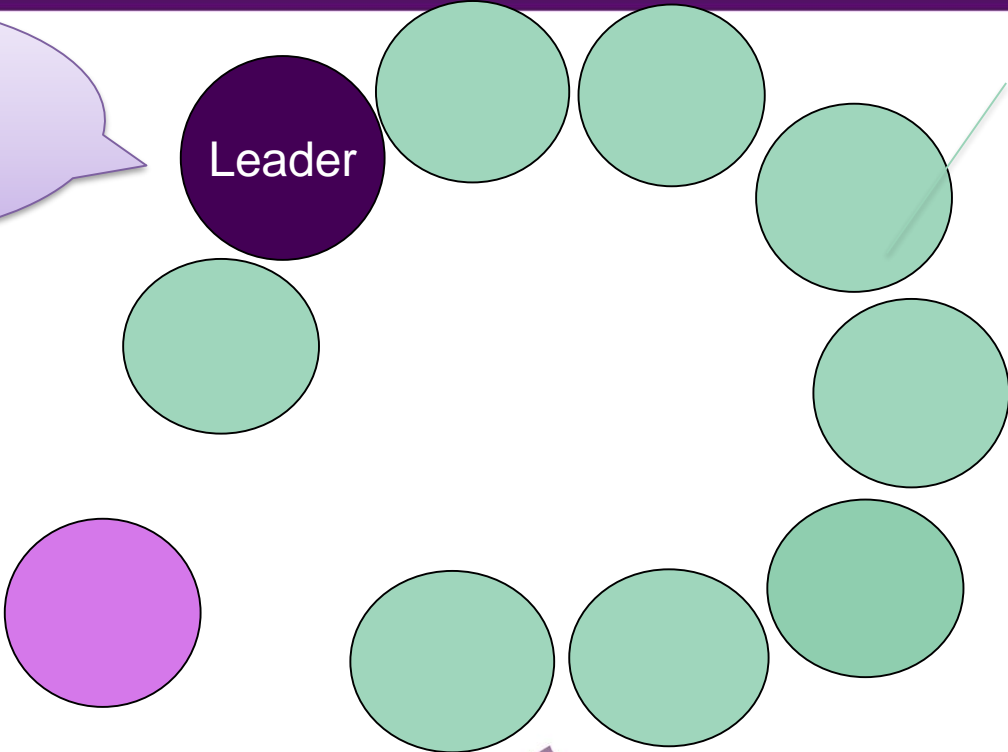


Group exploration continues

We will just as X to listen whilst we talk

Leader

I imagine the doctor ...



Close

We welcome
back X...

Leader

Evaluation

- Vast majority of NCHDs had not participated in formal reflective practice prior to this
- Membership sustained across four months – unable to accommodate additional requests for membership
- Continued by request from NCHDs beyond pilot

Evaluation (II)

- Majority reported that Balint group was a useful exercise
- All reported their personal attitude had changed because of their participation
- All reported that they would recommend Balint Groups to peers

Concluding thoughts

- Completed pilot driven by NCHDs and supported by Consultant introducing Balint Group with positive feedback
- Provided feedback within Temple Street and to Paediatric Basic Specialist Training Directors