

Nourishing the Frontline-Resilience Intensive: Preliminary Evaluation

Background

This brief evaluation is a summary of the data collection from 2 different cohorts, made up of hospital Doctors across several NHS locations and specialisms. Cohort one (foundation years 1 and 2 plus two management trainees) attended Hazel Hill Wood in April 2018 (n = 12). Cohort 2 (specialist trainees in obstetrics up to junior Consultants, seven from one hospital) attended Hazel Hill Wood in September 2018 (n = 11). During these 2-day interventions Drs experienced a range of activities, varying in structure and content, which had all been planned to enhance their resilience. This report forms part of a larger feasibility study, which aims to determine the likely acceptability, appropriateness, fidelity, and overall feasibility of a 2-day nature-based intervention to support the resilience of junior Doctors. The overall expected outcome is that Dr's will be able to transfer any resilience training skills acquired in the nature retreat to their role at work. An additional output of the feasibility trial is the assessment of the research design and tools used to measure the potential efficacy of the intervention, as per the Medical Research Council (2000) guidelines for the development of an intervention. This is a summary of a fuller formal evaluation undertaken by Lucy Forbes of the Westminster Centre for Resilience.

Study Design

A mixed method approach was taken, and data was collected across 4 time points, as described in Figure 1.

Figure 1. Time line of data collection



Nature relatedness scale

There was no significant difference in the nature relatedness across time point 1 and time point 3. A reason for this could be that the doctors were all fairly positive about nature to begin with, as indicated by the mean of 3.66 and so were already quite related to nature (the highest the mean could have been was 5). Interestingly, all measures did increase, just not enough for significance at this stage. We are still awaiting the one month post Hazel Hill Wood measures.

Abbreviated profile of moods scale

Overall, the results suggest that mood disturbance was reduced following a 2-day exposure to nature and resilience training at Hazel Hill Wood across both cycles. Specifically, there was a 29.83 reduction in mean mood disturbance between the pre- test profile of mood scores and the post-test profile of mood scores for cycle 1 which was significant at $t(11) = 4.16$ $p < .002$. At cycle two there was a 25.4 reduction in mean pre and post mood disturbance score which was significant at $t(9) = 8.013$ $p < .000$, and when combined, there was a 25.33 reduction in mean mood disturbance which was significant at $t(20) = 7.329$, $p < .002$. Figure 2 and Figure 3 demonstrates these findings for both cycles combined in a bar graph.

Figure 2. A bar graph to show the combined mean scores across all measures of mood for Cycle 1 and Cycle 2

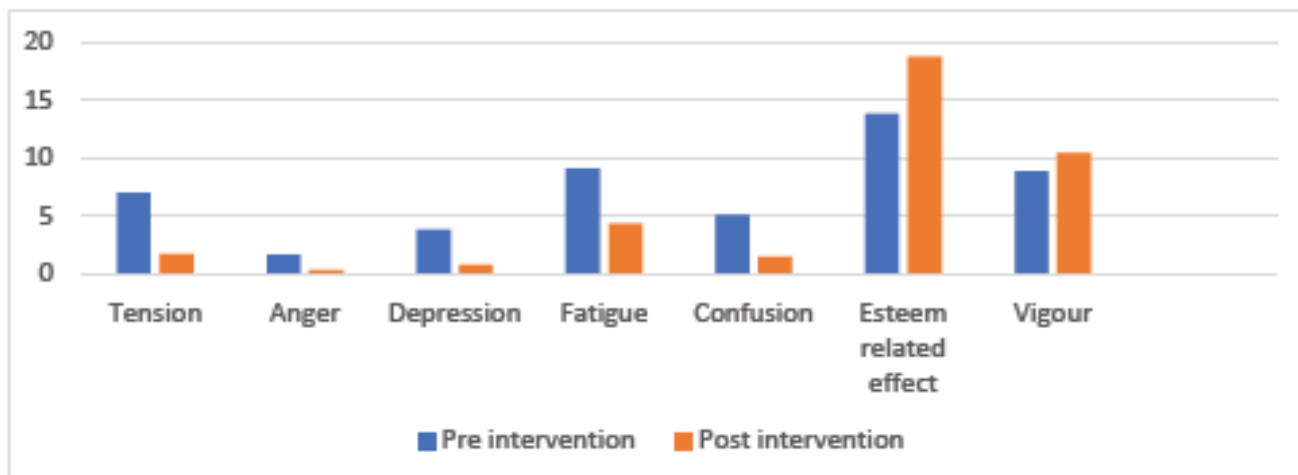
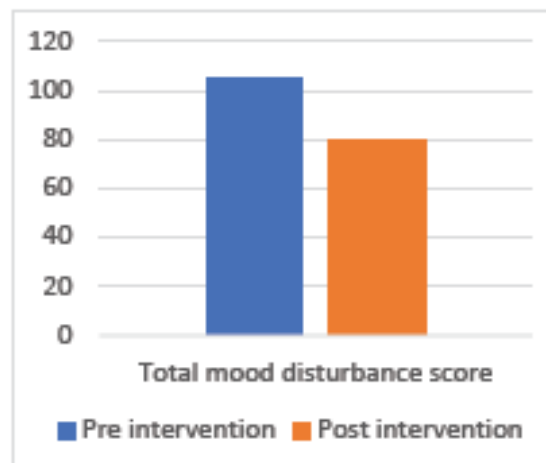


Figure 3. A bar graph to show the combined mean scores for total mood disturbance for Cycle 1 and Cycle 2



Qualitative data

Taken from the field notes and the open-ended evaluation questionnaire, there was a clear shift in the mindset of the doctors from the initial expectations survey, compared to the way they talked about their experience at the end of the intervention. There was a 'feeling' from the data that most doctors went into the experience with their eyes fairly closed to the benefits of nature, which contrasted dramatically to the final evaluation where accessing nature was seen as 'an absolute essential'. It was interesting to note that some participants would have welcomed more time just to 'simply be' in nature as opposed to the more structured workshops. In the 2nd cohort in particular, Dr's left with a renewed sense of appreciation for their colleagues, and an awareness that their inability to show vulnerability at work, may be creating an unachievable culture of perfection. All Dr's were keen to pay their learning forward, and there was a real sense of collaborative action, with Dr's all wanting to create systems at work which would reinforce their experiences at Hazel Hill Wood.

"This is best mental spa I have ever been to!"

"It's been nice to have a space to connect as friends, not just colleagues."

"It feels miraculous that I've been able to come here."