

AIM STATEMENT The aim of this project is to reduce the % of FY1s across medicine and CAU that have missed a break in a two-week period. We aim to reduce this from a baseline of 86% to 50% by May 15th 2024.

Background

Missed breaks across medical FY1 jobs in DGRI have been noted on previous national and local training surveys. Missed breaks have been shown to decrease concentration, increase errors and result in higher rates of burnout from the medical profession (1).

To investigate if missed breaks were an issue in the current cohort a survey was designed which asked current FY1s if they had missed a break in the past two weeks and to outline the reasons. It showed that 86% of FY1s had missed breaks in the past two weeks and this prompted this project to be taken forward.

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Understanding the System

Discussions were held with FY1s and senior staff to understand their perspective on missed breaks. Empathy maps used to provide detailed accounts of different perspectives (included juniors, seniors and a patient perspective). We determined that a survey would be the best format to gain insight into factors preventing breaks and gaining insight from the cohort.

From this a driver diagram was produced and each change idea was analysed by the team. Each selected change idea underwent a forcefield analysis to determine if it was likely to be effective. From this a poster, email to consultants, breaks champions and a teaching session were selected.

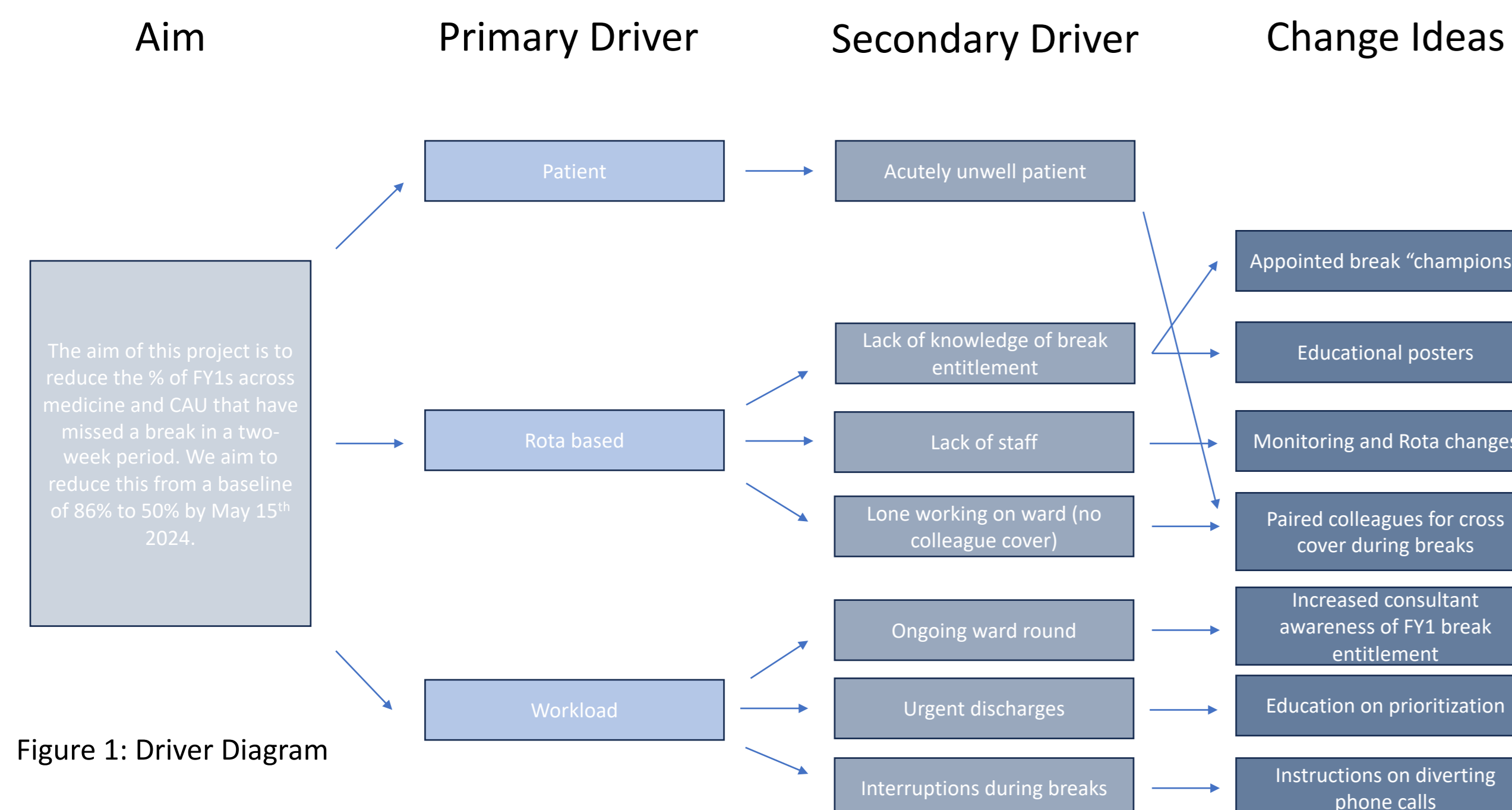


Figure 1: Driver Diagram

Change Ideas

Change 1: Break posters

Based on staff feedback and a positive forcefield analysis a poster containing information regarding break entitlement, the importance of breaks, break recommendations and advice to avoid interruptions on breaks was produced using the cyclical process outlined in figure 3.

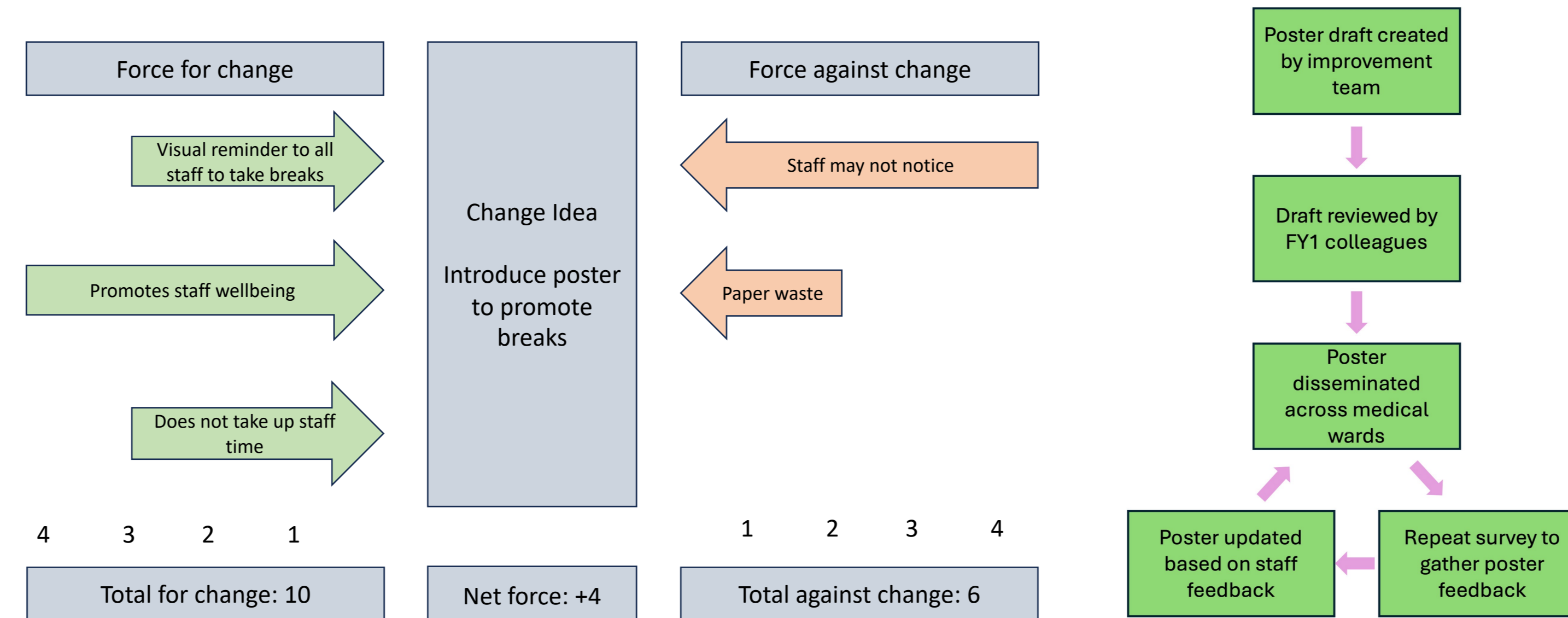


Figure 2: Forcefield analysis demonstrating a net positive force of +8 for the introduction of the break poster.

Figure 3: Flow diagram outlining the design and implementation process of the break poster.

Change 2: Senior staff email

Our survey noted that senior support and encouragement to take breaks would be beneficial (figure 4). An email to senior staff was produced, disseminated and feedback received.

How could missed breaks be prevented?

[More Details](#)

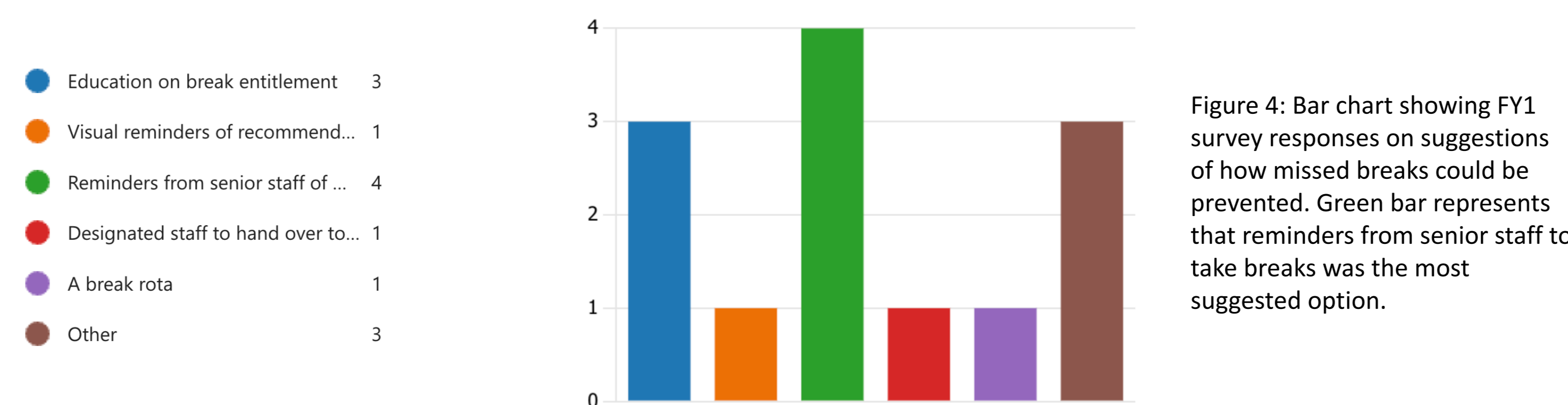


Figure 4: Bar chart showing FY1 survey responses on suggestions of how missed breaks could be prevented. Green bar represents that reminders from senior staff to take breaks was the most suggested option.

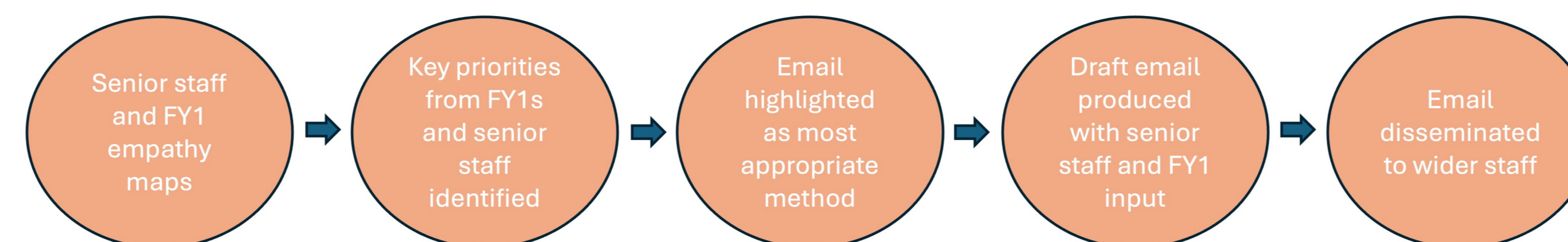


Figure 5: Flow diagram outlining the decision and design processes of the staff email.

Proposed Change 1: Teaching session

We are in the process of organising a teaching session for FY1s and senior staff to attend highlighting the importance of taking regular breaks and how to prevent missed breaks.

Proposed Change 2: Break Champions

We are currently reviewing the introduction of so called "break champions" where one FY1 per rotation would be responsible for promoting regular break taking and monitor the number of missed breaks.

Results

The outcome measure of this project was monitoring the percentage of FY1s that missed a break in defined two-week periods across CAU and medical wards. The aim of this project was to increase this from 86% at baseline to 50%

At the conclusion of this current measurement period the % of missed breaks in the previous two weeks was 62.5%, a 23.5% improvement from baseline.

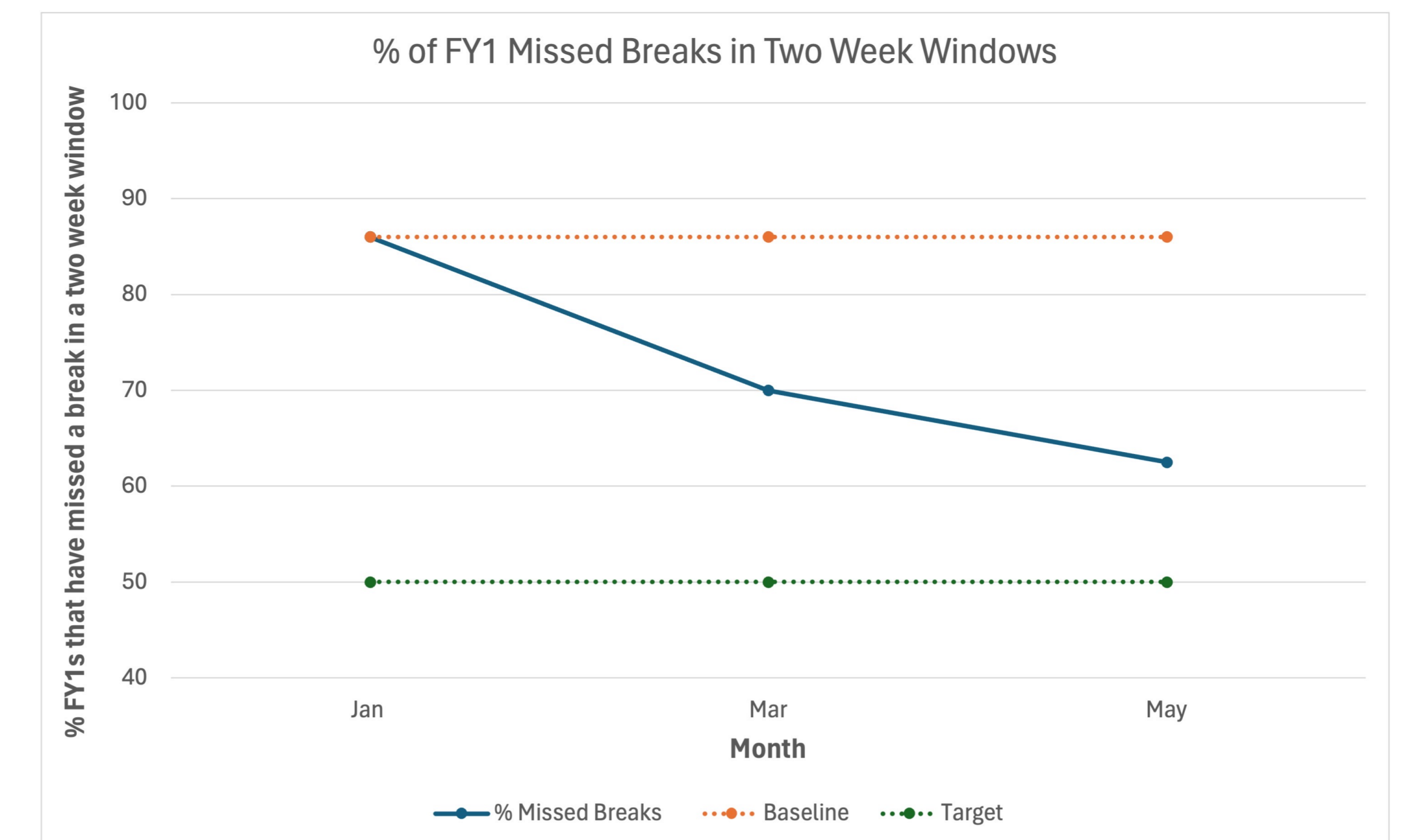


Figure 6: Run chart displaying the percentage of FY1s that missed a break in a two-week window against time. Baseline showed that 86% of FY1s had missed a break in a defined two-week period. Break posters were introduced in February 2024. Senior staff email was introduced in March 2024.

Process Measures

Surveys showed that 100% of FY1s noticed the breaks posters displayed throughout the hospital and that there were no suggestions for improvement when asked.

64% of FY1s noted an improvement in senior staff awareness of FY1 breaks and an improvement in senior staff encouragement to take breaks was noted (figure 7)

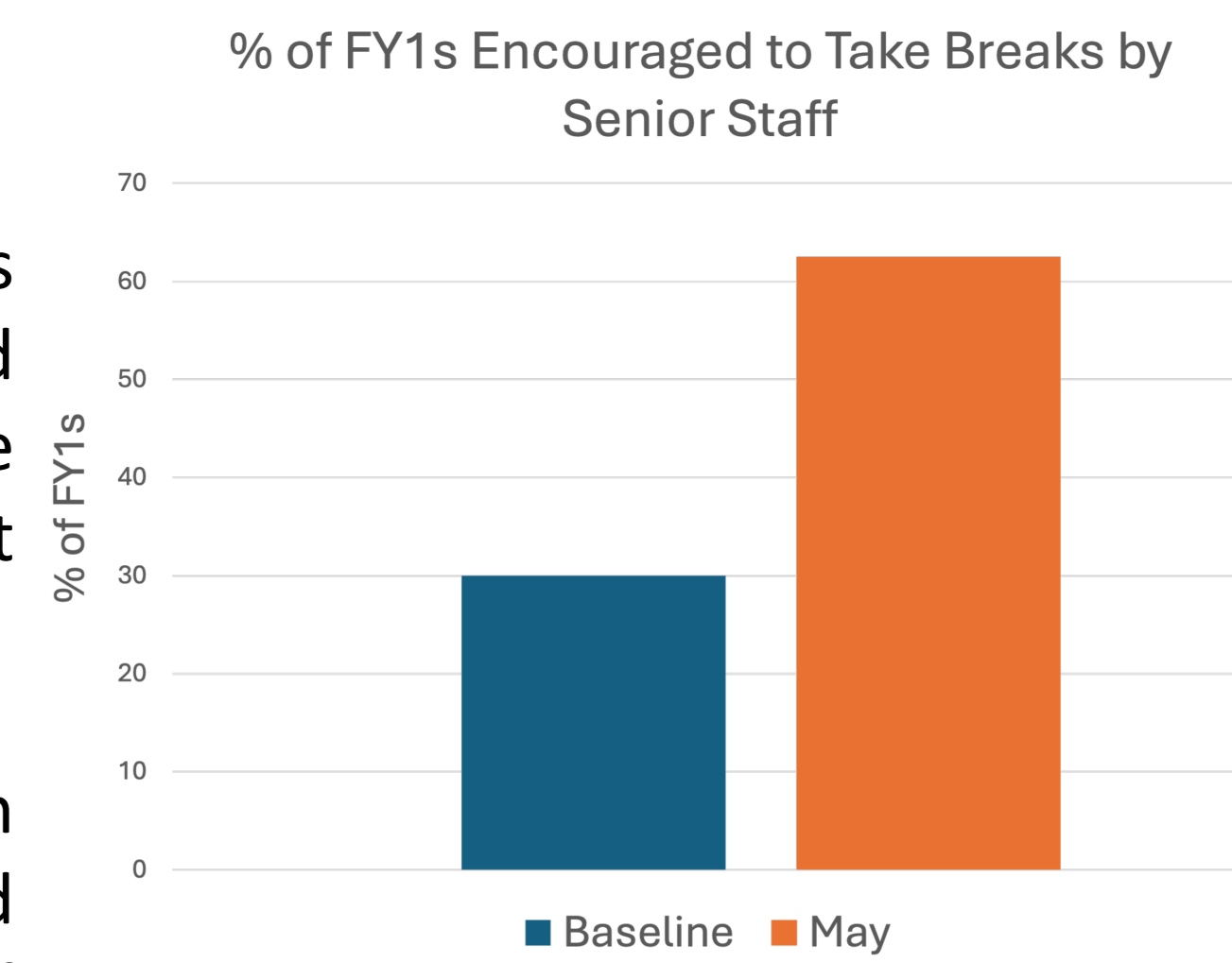


Figure 7: Bar chart showing that 30% of FY1s had been encouraged to take a break by senior staff at baseline compared to 62.5% at the end of the improvement period.

Outcomes

- Demonstrated a reduction in missed breaks for the current FY1 cohort
- Improved staff awareness of the importance of breaks

Next Steps

- Develop and implement the planned teaching session and break champions
- Present the project to the new FY1 cohort in August and include them in the improvement team to ensure the improvements persist