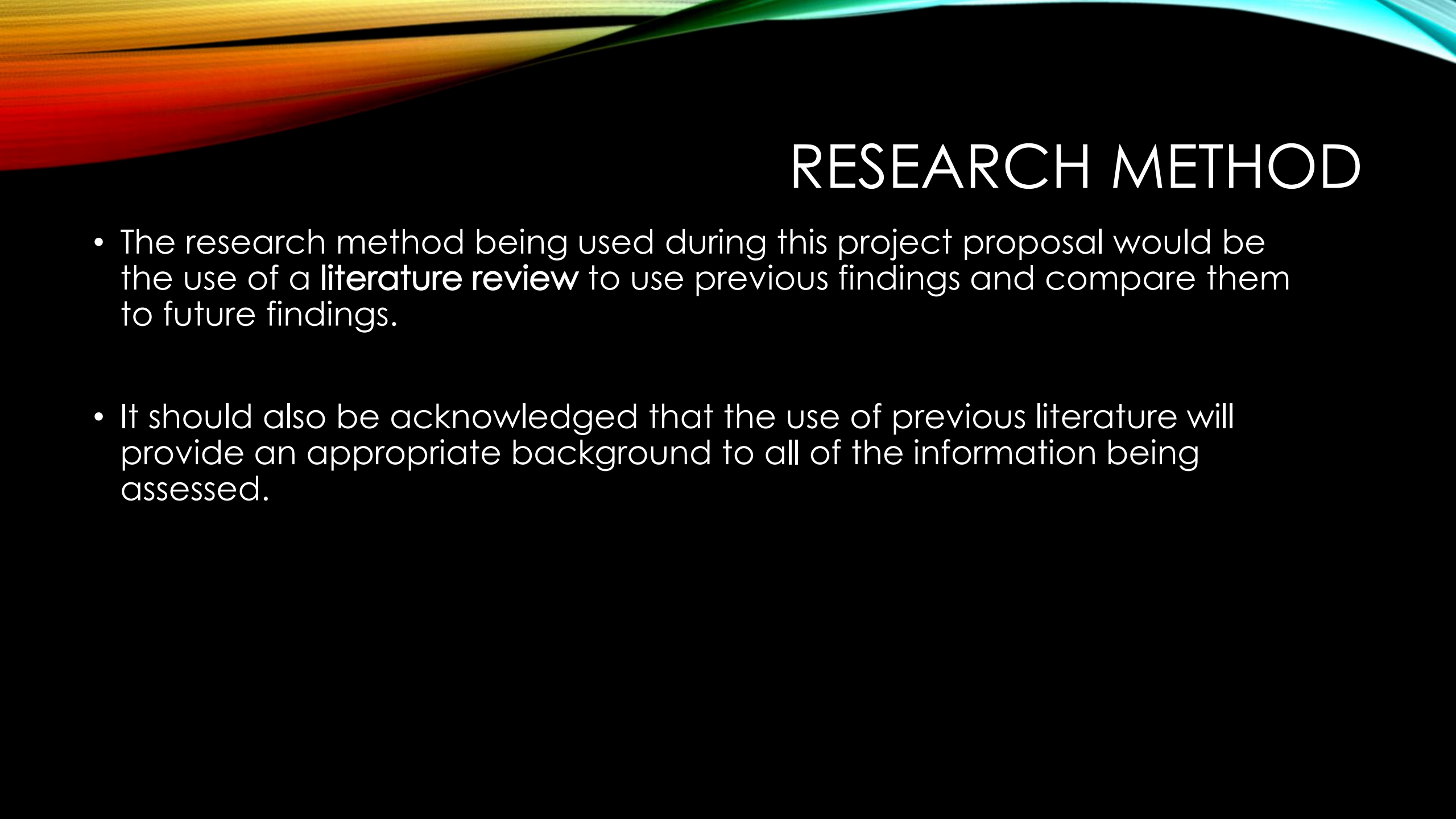


LITERATURE REVIEW: WHAT WELLBEING/COUNSELLING SERVICES ARE OFFERED TO NHS WORKERS.

Proposed independent project topics

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RESEARCH METHOD

- The research method being used during this project proposal would be the use of a **literature review** to use previous findings and compare them to future findings.
- It should also be acknowledged that the use of previous literature will provide an appropriate background to all of the information being assessed.

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- What engagement of counselling services and wellbeing services do NHS workers participant in.
 - Before any literature reviews take place. Key points should be identified beforehand. Due to the nature of the question, we are looking at the idea of how NHS workers psychological health is effected due to their occupation. Then, comparing this to those individuals who do not work within the same sector.
 - The first identifications should be that there is obvious health risks which almost come with the job role (list), however the question arises 'why should this sector suffer with the lack of work support such as counselling?'.

WHY DID I CHOSE THIS TOPIC?

- NHS is an important part of our daily lives and we will all use their services a minimum of once within our lives. It is inevitable that we will encounter NHS workers.
- I feel the importance of the NHS workforce psychological health should be protected at all costs due to the sensitive nature that they deal with on a daily basis.
- This is why I have committed to doing further exploration of the wellbeing engagement in which they participate in and whether there are opportunities available on demand.

Express Newspaper (2019) statistics found from ONS between 2011 and 2017

Concern over 'alarming' stats showing 300 suicides by NHS nurses in past seven years

SHOCKING figures reveal hundreds of NHS nurses have taken their own lives over the past seven years.

By **LUKE CHILLINGSWORTH**

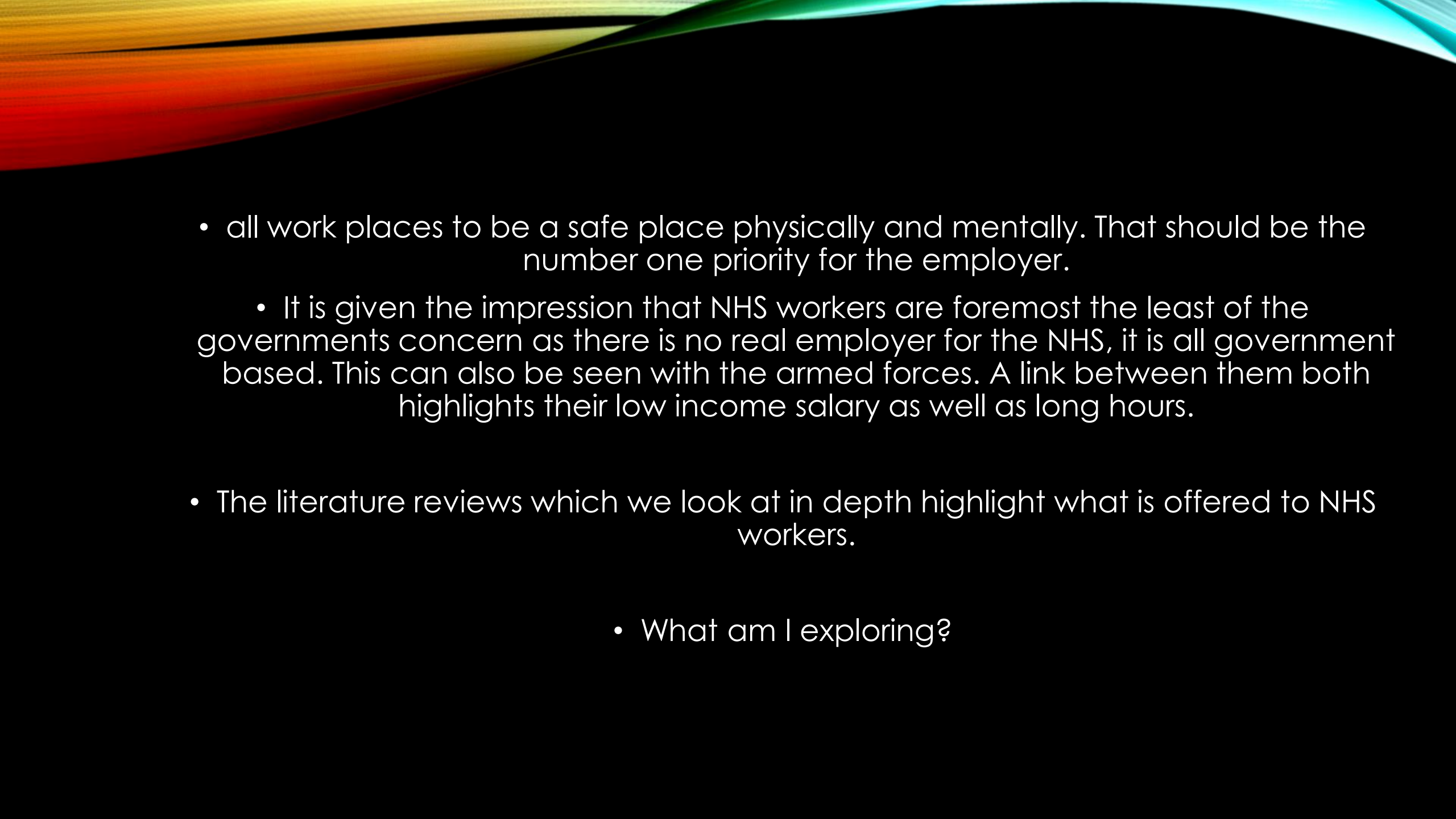
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KEY WORDS

- Wellbeing services
- Interaction
- Communication
- Sensitivity

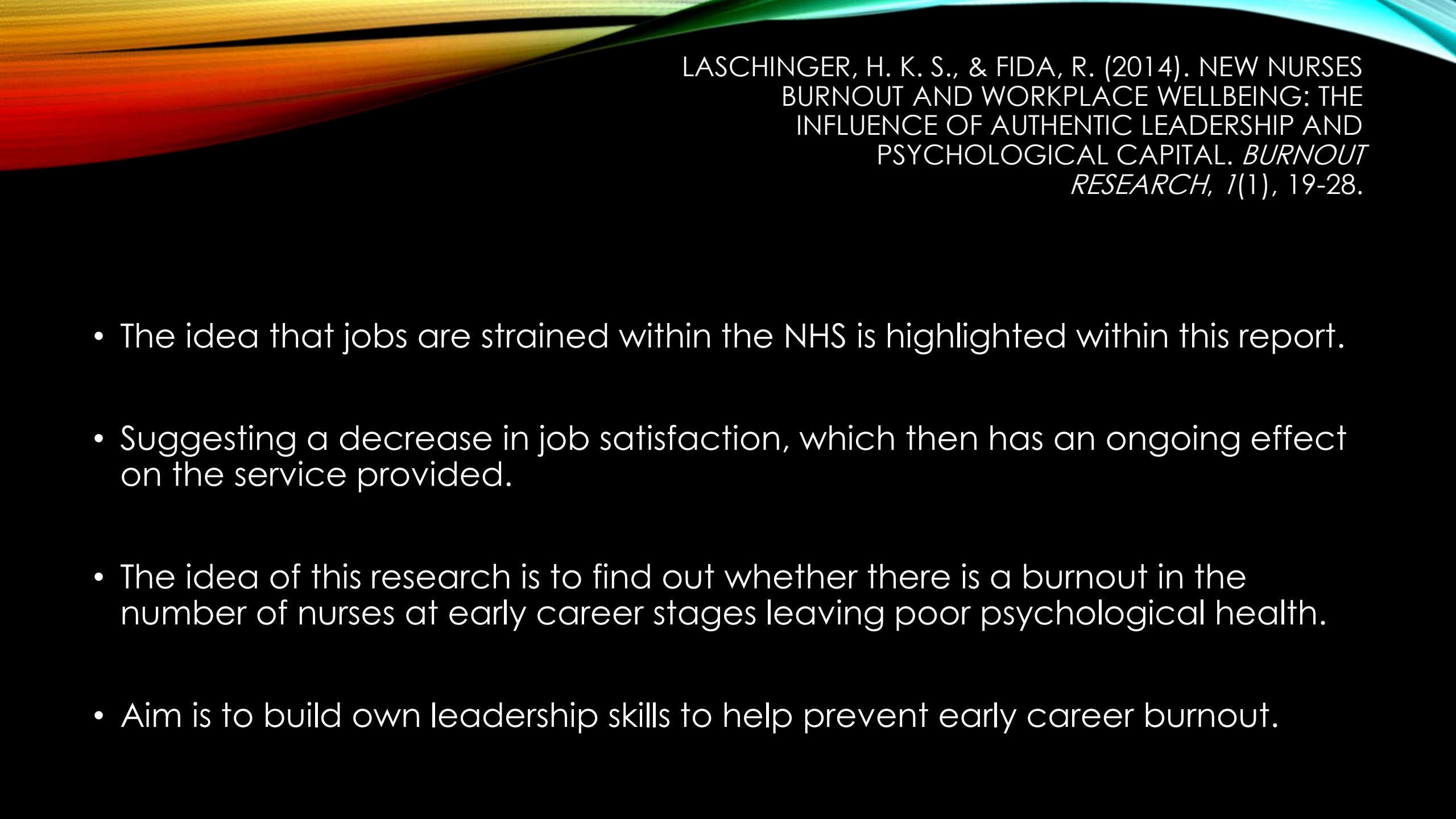
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- all work places to be a safe place physically and mentally. That should be the number one priority for the employer.
 - It is given the impression that NHS workers are foremost the least of the governments concern as there is no real employer for the NHS, it is all government based. This can also be seen with the armed forces. A link between them both highlights their low income salary as well as long hours.
 - The literature reviews which we look at in depth highlight what is offered to NHS workers.
 - What am I exploring?

"THE PARTNERSHIP OF THE HEALTH OF THE NHS WORKFORCE".

- This report highlights what is needed to be evaluated for there to be any improvement in the services provided as well as the actual health of the doctors and nurses and other NHS staff.
- The use of this report can give my literature review a significant boost in what objectives should be evaluated and identifying what is currently in place.
- It highlights a breakdown of what department suffers the most within the NHS workforce giving an idea of what practices and procedures should be put into place for the different types of workforces.
- Also provided a good background tool for me to use as a basis for developing ideas due to the detailed amount of information on each role within the NHS.

BEGAT, I., ELLEFSEN, B., & SEVERINSSON, E. (2005). NURSES' SATISFACTION WITH THEIR WORK ENVIRONMENT AND THE OUTCOMES OF CLINICAL NURSING SUPERVISION ON NURSES' EXPERIENCES OF WELL-BEING—A NORWEGIAN STUDY. *JOURNAL OF NURSING MANAGEMENT*, 13(3), 221-230.

- A descriptive correlation study based on nurses job satisfaction.
- The idea of this can be used to evaluate the difference in nurses job satisfaction comparing it to an employees job satisfaction in a different sector.
- The extent of research would be useful to have due to the different findings such as: **job stress** and **anxiety** as well as **relationships with other colleagues**.



LASCHINGER, H. K. S., & FIDA, R. (2014). NEW NURSES
BURNOUT AND WORKPLACE WELLBEING: THE
INFLUENCE OF AUTHENTIC LEADERSHIP AND
PSYCHOLOGICAL CAPITAL. *BURNOUT
RESEARCH*, 1(1), 19-28.

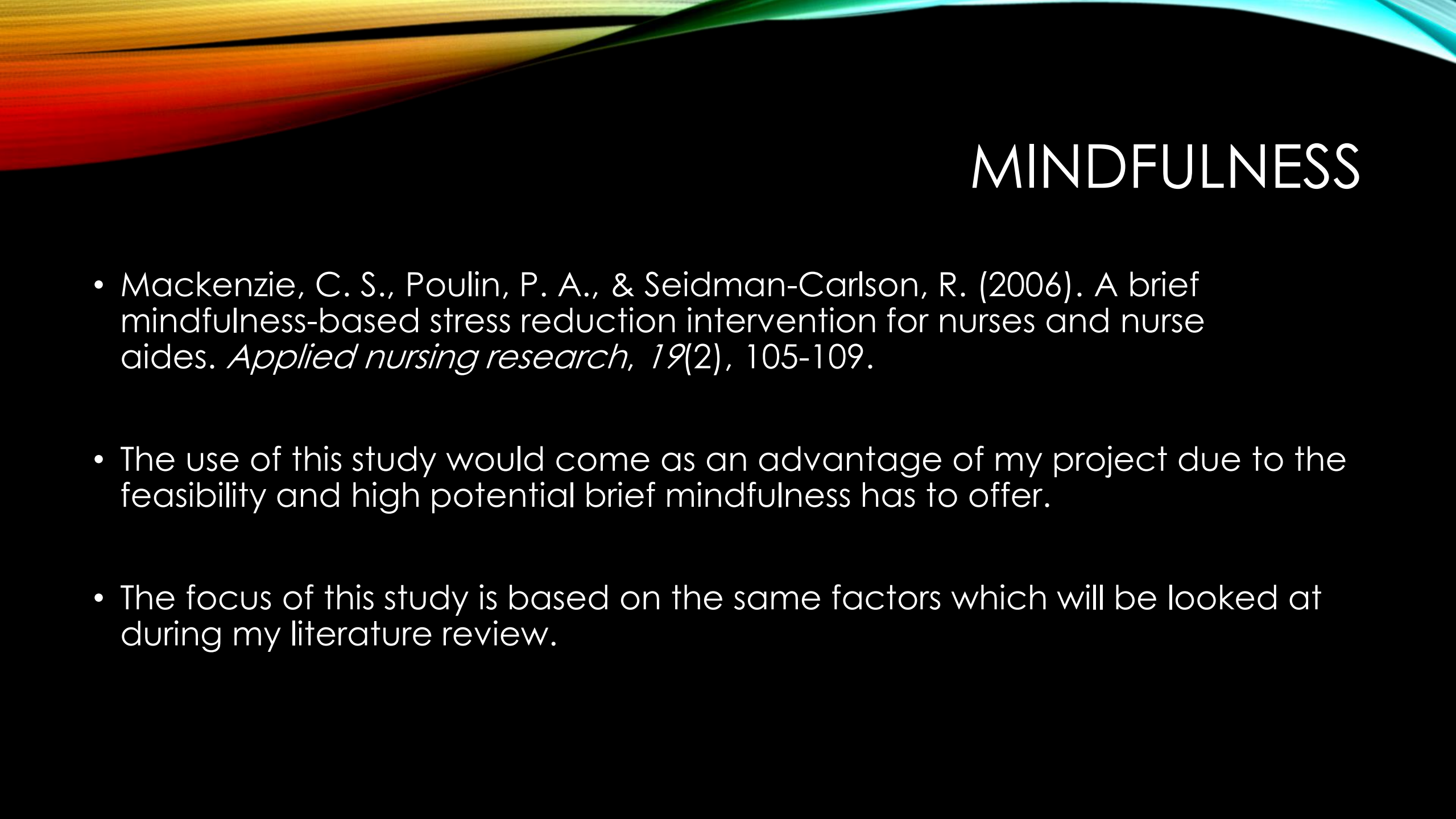
- The idea that jobs are strained within the NHS is highlighted within this report.
- Suggesting a decrease in job satisfaction, which then has an ongoing effect on the service provided.
- The idea of this research is to find out whether there is a burnout in the number of nurses at early career stages leaving poor psychological health.
- Aim is to build own leadership skills to help prevent early career burnout.

WHAT CAN BE PUT INTO PLACE?

- Some ideas have been designed to help the mental health of nurses within the NHS.
- The modern use of Mindfulness has been highlighted frequently within reports and that it has high success rates.
- What is mindfulness?
- Why would mindfulness be useful?
- How can it help nurses and other NHS staff?
- Mind.org.uk gives brief overview of mindfulness – self taught, success stories, helplines.

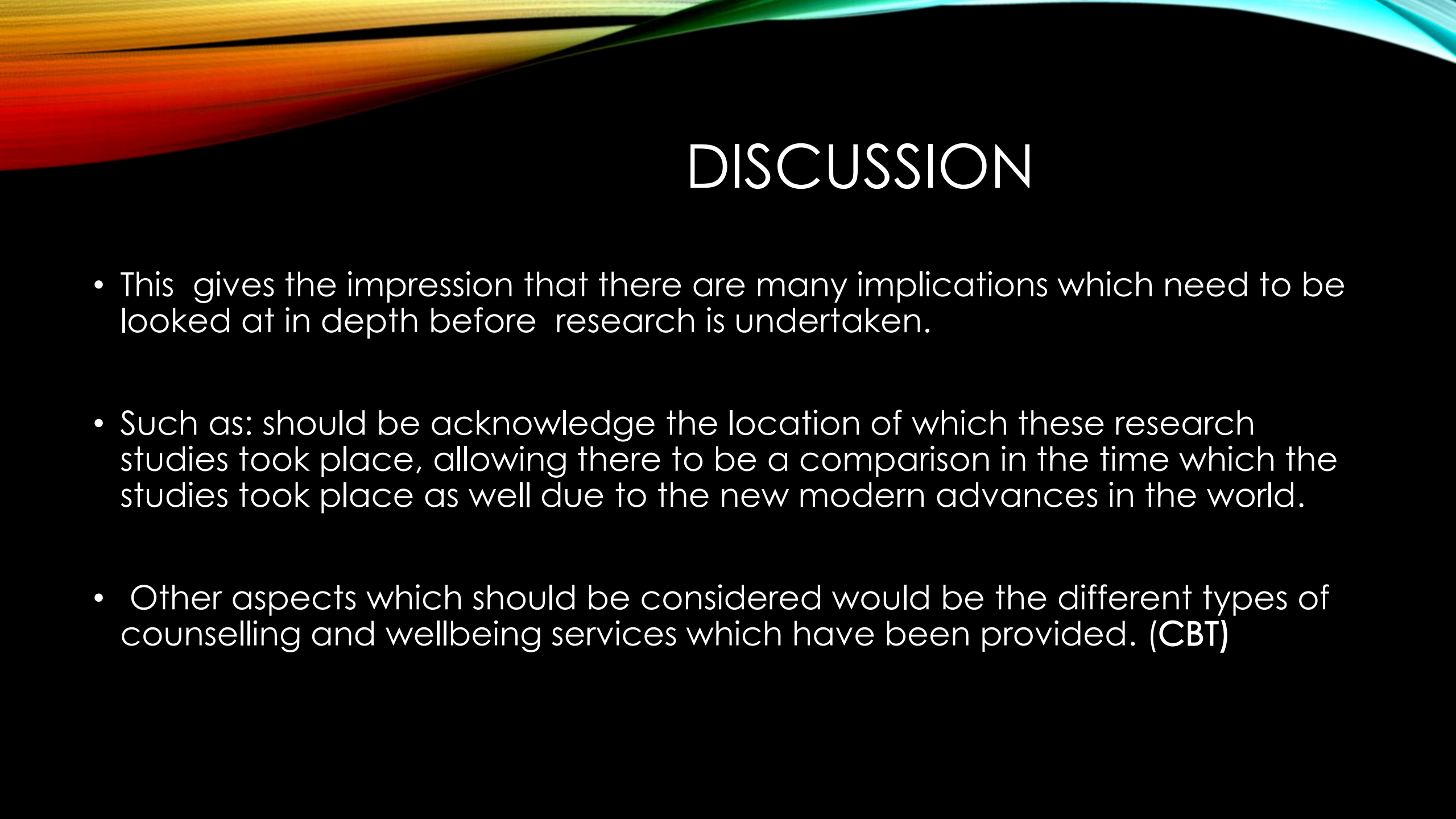
MINDFULNESS BASED MEDIATION THERAPY

- Ando, M., Natsume, T., Kukihara, H., Shibata, H., & Ito, S. (2011). Efficacy of mindfulness-based meditation therapy on the sense of coherence and mental health of nurses. *Health, 3*(02), 118.
- What does the study show? What influence will this have on my independent project?
- Published in 2011 gives an almost modern identification of the effect and efficiency mindfulness would have on NHS workforce.
- Would influence my project by providing relative outcomes and procedures as well as statistical analysis allowing comparative studies to be used as a contrast to a different therapeutic intervention.



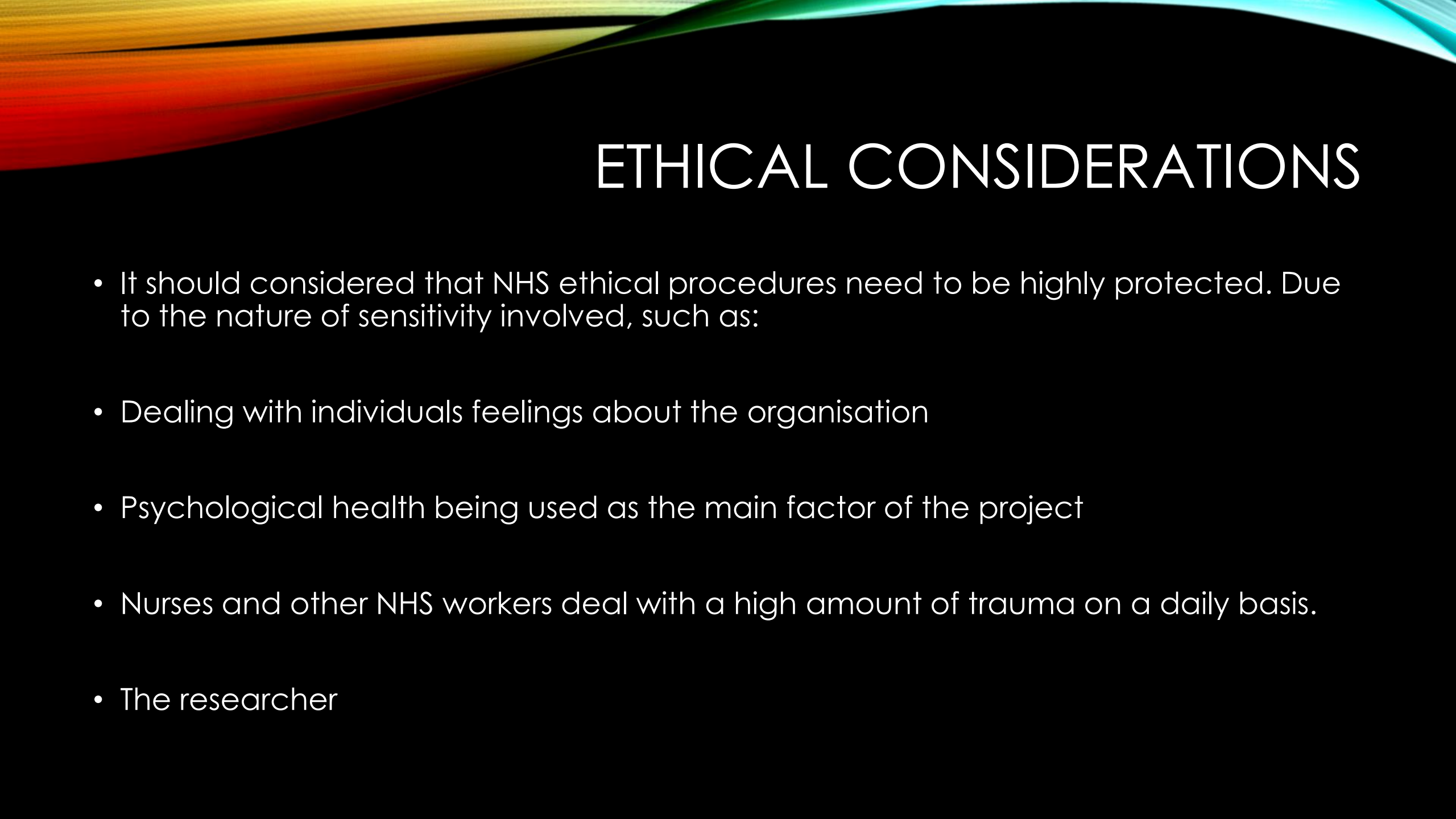
MINDFULNESS

- Mackenzie, C. S., Poulin, P. A., & Seidman-Carlson, R. (2006). A brief mindfulness-based stress reduction intervention for nurses and nurse aides. *Applied nursing research*, 19(2), 105-109.
- The use of this study would come as an advantage of my project due to the feasibility and high potential brief mindfulness has to offer.
- The focus of this study is based on the same factors which will be looked at during my literature review.



DISCUSSION

- This gives the impression that there are many implications which need to be looked at in depth before research is undertaken.
- Such as: should be acknowledge the location of which these research studies took place, allowing there to be a comparison in the time which the studies took place as well due to the new modern advances in the world.
- Other aspects which should be considered would be the different types of counselling and wellbeing services which have been provided. (CBT)



ETHICAL CONSIDERATIONS

- It should be considered that NHS ethical procedures need to be highly protected. Due to the nature of sensitivity involved, such as:
- Dealing with individuals' feelings about the organisation
- Psychological health being used as the main factor of the project
- Nurses and other NHS workers deal with a high amount of trauma on a daily basis.
- The researcher

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