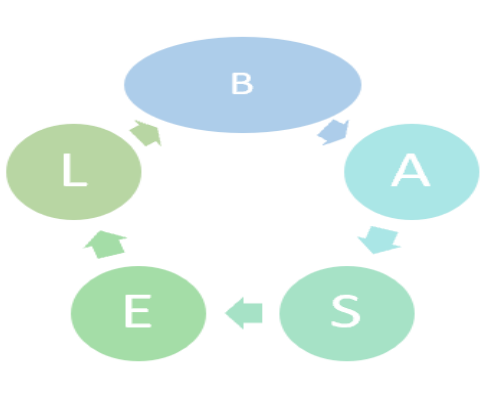
NHS
Central and North West London
NHS Foundation Trust

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# RE - MINDING OUR NHS

## The Imperial Experience and BASEL for BRAIN

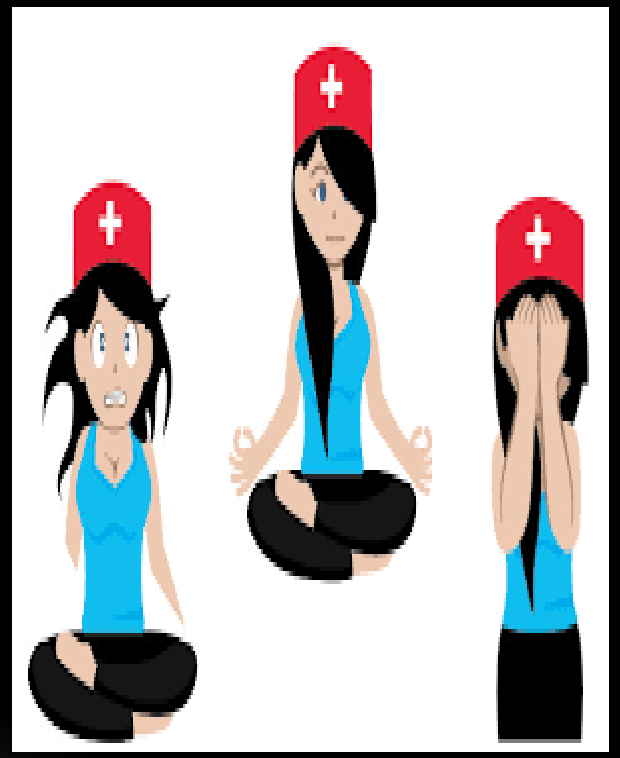
Agnes Kocsis, Julie Derwig, Simon Cawthorn, James Hutchinson

Agnes.kocsis@nhs.net

Consultant Clinical Psychologist, Head of Clinical Health Psychology

# BACKGROUND TO BASEL

- Project BASEL  funded by the Organ Donation Council (ODC)
- Recognition of the dis-tress in ICU teams
- STAGES
  - BASEL 1:1
  - BASEL Staff Skills Course
  - Collaboration with University of East Anglia (UEA)
  - BASEL Mindfulness App



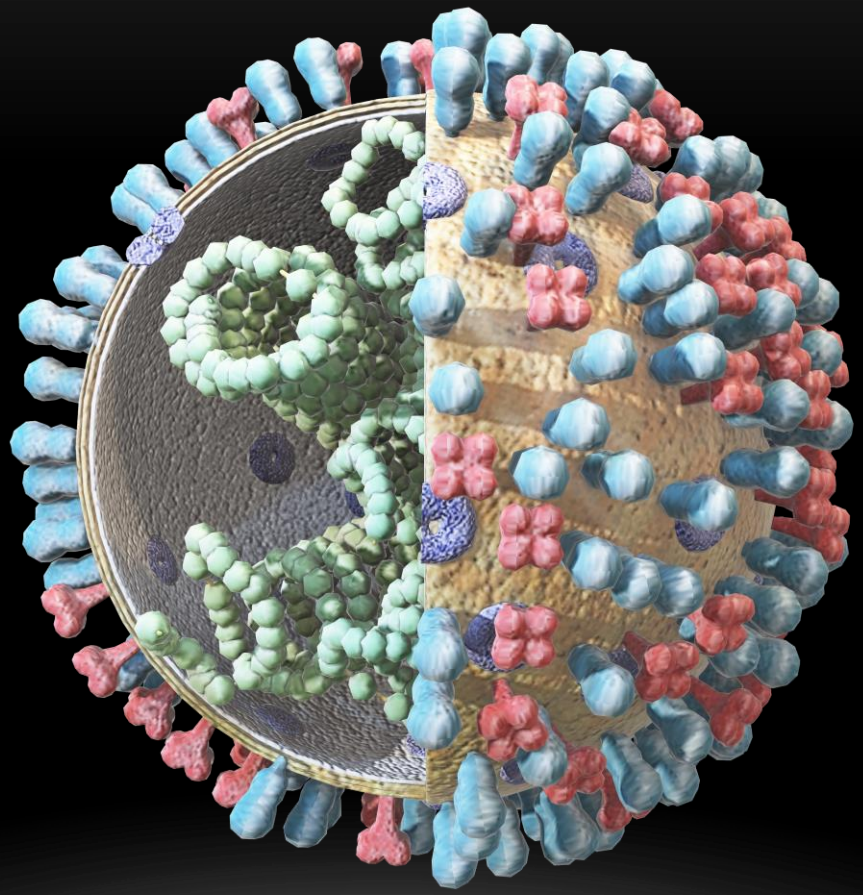
# BASEL 1:1

- Rapid and assessable service to any ICU Staff Member

174 ICU Staff Members (including, Doctors, Nurses, Healthcare Assistants, Clinical Educators, Ward Clerks, and Bed Buddies)

1:1 psychology support by qualified psychologists

# WHY BASEL?



# CROSS – INFECTION OF FEELING

HOME

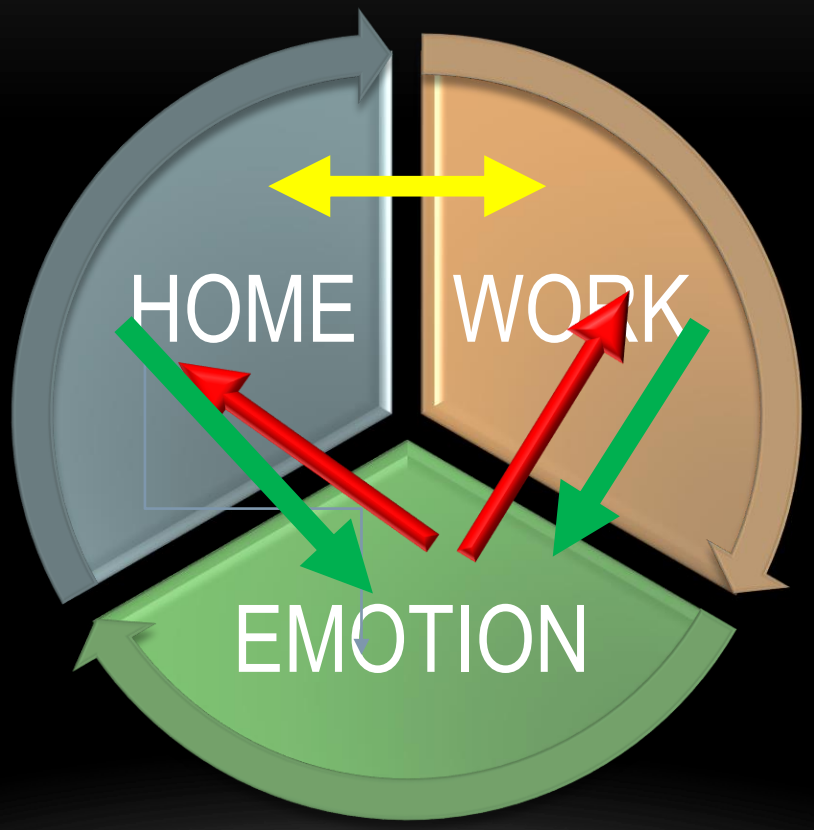
WORK

# AND THE WIDER CONTEXT…

- PERSONAL

-

# RELATIONSHIPS AFFECT EMOTION AFFECT RELATIONSHIPS

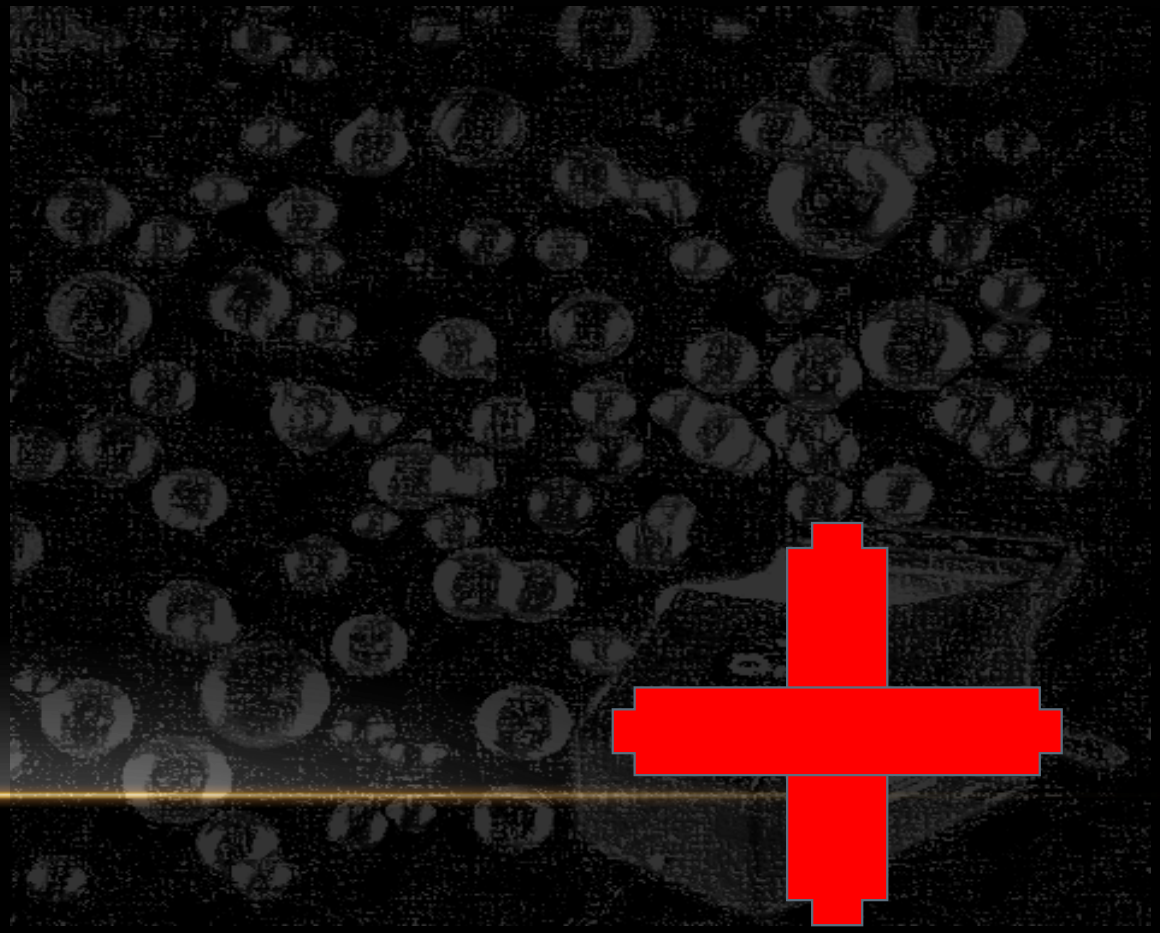


**Our emotions affect the process of our decision-making**

# HOW TO DEAL WITH EMOTIONS

## ONE BUBBLE AT A TIME

## REPAIR THE MACHINE



# BASEL STAFF SKILLS COURSE

- Online group intervention, a 6-week course. Two session times each week for flexibility
- Course syllabus:
  - Week 1: Brake and Breathe
  - Week 2: Recognising
  - Week 3: Allowing
  - Week 4: Investigating
  - Week 5: Nurturing
  - Week 6: You
- Participants participated in a meditation practice each session and were given ‘homework’. Audio and written material supported live session-teaching

# A RE-MINDER: BRAKE AND BREATHE

- BRAKE

- A moment to stop
- To shift out of auto-pilot
- To know what we are feeling
- To stop doing, trying, judging and striving

- BREATHE

# BASEL COURSE LINK (WEEKS 1- 6)

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BASEL COURSE LINK (WEEKS 1- 6)

BASEL COURSE LINK (WEEKS 1- 6)

BASEL WEEK 1 INTRODUCTION

Document

BASEL WEEK 1 SOME THOUGHTS 'BRAKE AND BREATHE'

Document

BASEL WEEK 1 GUIDED MEDITATION 'BRAKE THE DOING'

Recording

BASEL WEEK 2 SOME THOUGHTS 'RECOGNISING'

Document

BASEL WEEK 2 GUIDED MEDITATION 'RECOGNISING AND DEEPENING AWARENESS'

BASEL WEEK 3 SOME THOUGHTS 'ALLOWING'

Document

BASEL WEEK 3 GUIDED MEDITATION 'ALLOWING'

Recording

BASEL WEEK 4 SOME THOUGHTS 'INVESTIGATING'

Document

BASEL -WEEK 5 SOME THOUGHTS 'NURTURING'

Document

BASEL WEEK 5 GUIDED MEDITATION 'OPENING THE HEART'

Recording

BASEL WEEK 6 SOME THOUGHTS 'YOU'

Document

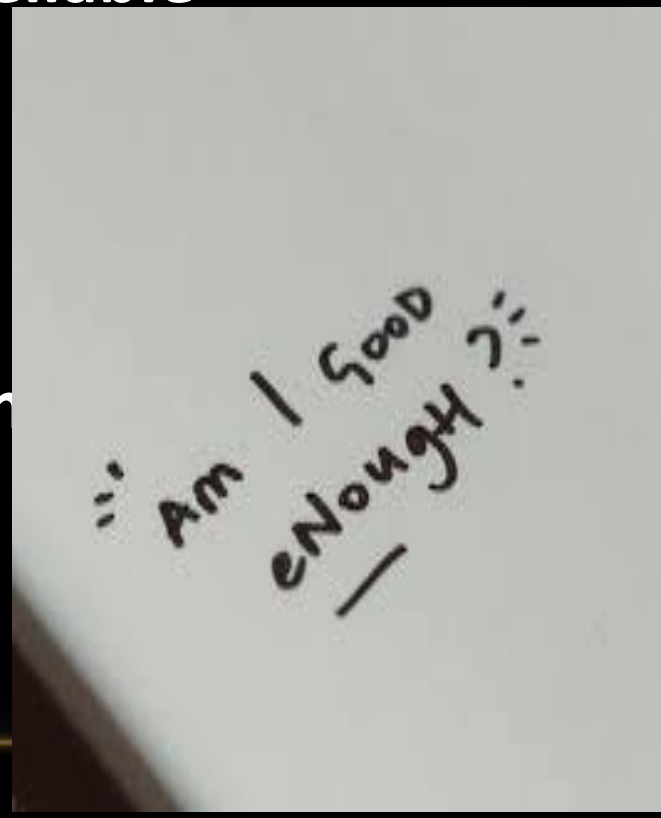
BASEL WEEK 6 GUIDED MEDITATION 'COMPASSION'

Recording

# BASEL OUTCOMES

- Quantitative Analysis: 30% ‘in Caseness’ at the time of the BASEL Staff Skills Course. Of these, 33.3% demonstrated Reliable Improvement post-BASEL, and 33.3% demonstrated Recovery post-BASEL

- Qualitative Analysis: Participants described experien in their approach to difficulties at work post-BASEL, attributed to BASEL



# CHANGE IN THE EMOTION MACHINE

- ***"Before I started the course, I felt very heavy and just stressed and anxious about things but I have noticed a big change in the last few weeks at work. I used to worry about everything, but now I just kind of go in and do what I have to do, and I don't feel stressed when I come out of work."***

- *“I’ve never been on such a course, but I think it is such a fantastic course that I actually would like to carry on…to do some more… And what I’ve really enjoyed was how I was looking forward to this course every Thursday. Even though [it was] after a night shift and even though I was tired I would put my alarm on at 12.30, get up [to do the course].”*

# BASEL FEEDBACK CONTINUED

*"Before I did this course, I was just like somebody [who] was trying to do everything and not taking a moment for myself. And now, you know, this course has taught me how to actually take yourself out from this "busyness"… for want of a better word."*

*"After this course I feel that I'm so much more, especially at work, in control – if that's the right word – I don't feel kind of 'oh, everything is my fault'."*

*“But then with BASEL what I have learned is just to be kind and being kind it helps me as a person, helps me to give good care and then look after other people. I like it, because you have this broad mindset on how to deal with things or how to approach others or learn the perspective of others and then be kind to them, even more kind and have compassion about it as well. So, for me, it was the best experience.”*

*So, it benefits [in a] holistic way.  It’s really good….there’s a big takeaway from that.”*

# NEXT STEPS

- Extended for a leadership course for breast care surgeons at the University of East Anglia
- Accolade at International Conference in India
- Hoping to support the course with an app if we can find funding and offer to all staff

# BUT

- Hugely difficult to get it embedded in the fabric of how the NHS functions

- How can we re-mind our NHS?