

Aspiring to implement Schwartz Rounds across Wales: Outputs from an interprofessional seminar

Schwartz Rounds are a valuable tool in healthcare settings for promoting emotional well-being, improving team dynamics, and enhancing the quality of patient care. An interprofessional seminar was convened to explore the development of Schwartz Rounds across Wales, using an innovative group adapted SWOT analysis technique. Working groups developed and recorded ideas for implementation and then circulated them to the next group for consideration of the limitations and barriers to those plans. A final circulation to a third group allowed consideration of solutions to those barriers. This poster explores the thematic analysis of those outputs.

What is a Schwartz Round?

A Schwartz Round is a structured meeting in healthcare settings where staff from all disciplines gather to discuss the emotional and social challenges associated with patient care. These rounds are designed to provide a safe and confidential space for healthcare professionals to share their experiences, reflect on the emotional impact of their work, and support each other.

Key Features:

- **Interdisciplinary Participation:** Involves staff from various roles and departments.
- **Emotional Focus:** Emphasizes the emotional and psychological aspects of care.
- **Confidential Environment:** Ensures a safe space for honest and open dialogue.
- **Facilitated Discussions:** Led by trained facilitators to guide and support the conversation.

Benefits of Schwartz Rounds:

1. **Emotional Support:** Provides a platform for staff to express their feelings and share their experiences, helping to reduce feelings of isolation and stress.
2. **Improved Team Cohesion:** Enhances understanding and empathy among team members, fostering stronger relationships and better teamwork.
3. **Enhanced Communication:** Encourages open dialogue and improves communication skills within the team.
4. **Reduced Burnout:** Helps mitigate the emotional burden of healthcare work, leading to lower levels of burnout and increased job satisfaction.
5. **Better Patient Care:** When staff feel supported and emotionally balanced, they are better equipped to provide compassionate and effective care to patients.
6. **Personal Reflection:** Facilitates personal growth by allowing staff to reflect on their own emotional responses and coping strategies.

Themes

Six main themes emerged from thematic analysis of group discussions, as shown in Figure 1.

- Schwartz team formation e.g. how to recruit people
- Development of Schwartz skills
- Promoting Schwartz Rounds and dissemination of outputs and progress
- Running and sustaining the Schwartz Rounds e.g. the practicalities
- Widening access beyond qualified staff e.g. including students
- Added benefits and opportunities e.g. link with staff wellbeing resources

Barriers heavily focussed on the need for funding of the Schwartz Rounds set up amid ongoing financial constraints. However, solutions were innovative and included developing a business case for initial set up costs and a strong emphasis on evaluation of benefits and outputs to support further development after two years.

