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PoWerS Study: Psychological impacts of COVID-19 on healthcare trainees and perceptions towards a digital wellbeing support package

Holly Blake^{1,3}, Ikra Mahmood², Elizabeth Gay², Gonxhe Dushi².

¹School of Health Sciences, University of Nottingham, Nottingham, UK.

²School of Medicine, University of Nottingham, Nottingham, UK.

³NIHR Biomedical Research Centre, Nottingham, UK

Background: In this study we explore the impact of COVID-19 on the psychological wellbeing of healthcare trainees, and the perceived value of a digital support package to mitigate the psychological impacts of the pandemic.

Design and Methods: Mixed-methods study including i) exposure to an e-learning package; ii) participant survey; iii) semi-structured interviews. Interviews were digitally recorded and transcribed, data were handled and analysed using thematic framework analysis.

Setting: Medical schools within higher education institutions in the UK.

Participants: 42 healthcare trainees (9M,33F) studying medicine, nursing, and other healthcare courses during the COVID-19 pandemic.

Results: Data are currently being analysed. Early analysis indicates that interviews generated 3 overarching themes, and 11 sub-themes. Participants raised significant impacts of COVID-19 on wellbeing, placement experiences, transition to remote learning, and personal circumstances (peers, family, relationships, health). Views towards the package as a mechanism for support were positive.

Conclusions: This study will provide insight into the impacts of COVID19 on healthcare trainees, and the perceived value of an established e-learning package tool to augment longer-term provision of psychological support for healthcare students, during and after the COVID-19 pandemic.