

## Transcript for Wellbeing for Physicians, 2020

[Caption] This film was created before the January 2021 lockdown.

[Nick, Consultant and Clinical Lead speaking] 'You get in, your body goes into shock, you push all your blood to your core, and then you get a sort of, a reheating, and you feel alive.'

[Emily, ED consultant speaking] 'We weren't allowed to train indoors in the winter, we had to find somewhere else to train. If you have had a stressful day, it's just good to get out, it just relieves a lot of the stress, and I always come out after a cricket training session feeling happier.'

[Sunny, Respiratory & ICU Consultant speaking] 'My wellbeing, I attribute to my son, in many ways. It's almost like an early morning ritual. We'll just go around and see if any changes have happened.'

[Caption] Throughout 2020, the demands on the healthcare community have been extraordinary. Working in such challenging conditions, one's own wellbeing can feel like the last priority.

This is how three Physicians take the time to check in with themselves.

Nick, Consultant and Clinical Lead, Cold Water Conquerer.

'I'm the lowerground floor consultant, so I'm on call for all the medical admissions that come in today, and I'm looking after the short-stay patients on this area, which is the acute assessment unit. So that's my role today, so just to support the on-call team. We're a couple of doctors down, because of COVID, isolation, and lots of other issues, so it's about cross-covering.

'It's very hard to know if somebody has or hasn't got covid, so we manage people on a risk basis, as to whether you think they may or may not have COVID, but people who you would bet your house on don't have COVID, sometimes come back as COVID, and so it's how you manage that, and whether you think they're infected, then that's where difficulties come in. Everything just takes longer, at the moment everything's harder work. It's just different, everyone's life is different now, isn't it?'

[Caption] Emily, ED consultant, Budding Cricket Legend.

'I'm a consultant in emergency medicine, so that means I'm one of the consultants in the emergency department, so we just deal with anybody who comes to A&E really. We work in a really good team, I'm really lucky to work with lots of lovely consultants and a brilliant team of nursing staff as well. Everyone looks out for each other.'

[Emily speaking to patient] 'So what's happened then Mary, why did you have to come to hospital?'

[Patient] 'Oh, I tell ya, I went to the dentist...' [rest of response is obscured by Emily narrating].

[Emily narrating] 'Sometimes I think, actually, if you're able to go to work, it's quite a good thing because you're not at home all the time, you know, it's almost a bit of a privilege.'

[Emily speaking to patient] 'Who called the ambulance Mary?'

[Patient] 'Me, me daughter.'

[Emily speaking to patient] 'Your daughter, and does your daughter live with you?'

[Patient] 'Yes, she does... '[rest of response is obscured by Emily narrating]

[Emily narrating] 'Obviously it's really hard seeing poorly people, and it's really hard not being able to let their families in. I think that's one of the worst bits. It's stressful when you've got a loved-one in hospital, I know what it's like.'

[Caption] Sunny, Respiratory & ICU Consultant, Tree-planting Super Dad

'Last week, I was on the Intensive Care Unit, it's a 7 til 7 day, it's non-stop, looking after sick people who are critically ill, and I spend the rest of the time looking after patients with respiratory problems. It's tiring, there are long hours, there's a lot of scrutiny in terms of attention to detail, because as you know, COVID is new to many of us, the list doesn't seem to get any [laughs], doesn't seem to reduce with any speed.'

'The onus is on us, as leads in departments and so on, to get out there and, for instance, you know, showcase tree planting. We're gonna go out and plant some trees in the grounds of Harefield, we're gonna have the company of the sunrise.'

[Caption] Karen, Head of Arts

'So Woodland Trust were gonna give us 420 trees, we've planted with staff, as volunteers to come into the ground, and we've had over a hundred people so far. They were doing it for a host of different reasons. So obviously their own wellbeing is one reason, a sense of wanting to mitigate the impact of COVID-19. And we are so lucky at Harefield, you know, we've got this pride of this green space, an amazing environment for patients' rehabilitation.'

[Nick speaking] 'Wellbeing is high on the agenda of the Trust, there's counselling available, and psychological support if required. My father was an in-patient with COVID a month or so ago, I was trying to manage that from a distance and being in the game almost makes it harder. I think we, as doctors, and men in particular, we're just not very good at looking after ourselves anyway. It can be difficult to try and juggle sometimes, and in fact being able to verbalise that and say that to my colleagues was really helpful at the time whereas previously I would probably have bottled it up and not told anybody anything.'

'We set up an informal group of people swimming together, just so they'd know who else was here from work, because often you don't recognise people outside of their work uniform. If they get in under ten degrees they earn a royal freeze hat.'

[Woman speaking] 'When we get out of the water, we're like, all of us are just fizzing with excitement, and I don't think you would replicate that in a bunch of adults anywhere else really [laughs]'

[Emily speaking] 'The coach is like, "do you really wanna train outside?", and the whole team are like, "yeah yeah yeah, we wanna keep going". We're quite competitive [laughs].'

[Sunny speaking] 'People often say, "how do you destress?" or, "how do you wind down?", and my son Shevrin and I have been planting trees for the best bit of two and a bit years

now. You come home and the first activity's almost let's go in the garden, and this just takes me away for a while.'

'Planting trees and talking about it everyday has now become a way of bonding. We now have two cherry trees, one peach, three plum, two grape trees, one walnut tree, a lemon tree...'[fades]

[Nick speaking] 'I've built this into my schedule before going to work in the morning. Time away from the world, I can get in here and forget about everything else.'

[Emily speaking] 'After the lockdown, we had our first training session, and I think it was like three degrees and raining, and we were outside. I was really tired, like oh god, can I really be bothered to get out there again, especially when it's freezing cold and raining. But once you're there, it's just a lot of fun.'

[Caption]

Film produced by The Royal College of Physicians in collaboration with New Leaf

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