

You Are Not A Frog

CPD & Reflection Log



Episode 30:

Podcast notes

In this episode of the podcast, Rachel is joined again by Dr Caroline Walker – The Joyful Doctor. Caroline is a Psychiatrist, therapist, specialist in the wellbeing of doctors and host of The Joyful Doctor Podcast.

This is the third in a new series of podcast episodes and videos – COVID-19 Supporting Doctors.

In these very difficult times, Caroline and Rachel are working together to bring you as much support as they can. We'll be tackling various different topics as they emerge in order to help doctors keep their head in the game and stay focussed and resilient.

In this episode, we talk about moral injury. This is the distress we feel when our actions (or lack of them) violate our moral or ethical code. Doctors are already being asked to work in ways that are alien to them and may feel quite wrong. We have been trained to care for the patient in front of us, and it becomes really hard when we have to make difficult decisions which have a huge impact.

We chat about the sorts of moral injury that frontline workers may experience, the role of ethical guidance and individual decision making and discuss the sorts of symptoms you may experience if you are suffering from moral injury.

Connecting with others, having regular check-ins, not neglecting the basics in caring for yourselves and your teams are ways to help prepare for what may come. If you are suffering, speaking to other people, making sure you don't do this alone and getting the professional support and advice you need early will help.

Doctors – we need you more than ever. Keep up the good work. Keep your heads. Keep caring.

Contact Rachel – rachel@wildmonday.co.uk Twitter - @DrRachel Morris

Contact Caroline – caroline@joyfuldoctor.com Twitter @joyful_doctor

We are sending out a weekly email with new resources, tips and useful content especially for doctors and healthcare professionals throughout the COVID-19 crisis. If you'd like to receive this and other resources about thriving at work then [please sign up here](#)

You can [watch this podcast episode on YouTube](#) here

Podcast links

24 hour support for NHS staff: Call 0300 131 7000 between 7am and 11pm or text FRONTLINE to 85258 24/7.

[Coronavirus wellbeing support for doctors](#) Facebook group

The Joyful Doctor Website www.joyfuldoctor.com

Shapes for Doctors Website www.shapesfordoctors.com
You Are Not A Frog website www.shapesfordoctors.co.uk/podcasts/
[The Happiness Trap: Stop Struggling, Start Living](#) by Russ Harris
[BMA Wellbeing Service](#)
[The NHS Practitioner Health Programme](#)

[Sign up for downloadable CPD reflection forms plus more tools and resources](#)

For more episodes of You are not a frog, check out our website [You Are Not A Frog Podcasts](#) and [sign up to our mailing list here](#) for loads of useful resources about thriving at work. You can also join the [Shapes Collective Facebook group](#) where we chat about the hot topics and regularly post interesting articles

Follow Rachel on twitter [@DrRachelMorris](#) or [LinkedIn](#) and find out more about her online and face to face courses for doctors on surviving and thriving at work at www.shapesfordoctors.com or for other organisations at www.shapestoolkit.co.uk

What three key things have you learned from listening to this podcast?

Is there anything you can use from this podcasts that will help you to help others?

What are you going to do now?

How will you know if this has made a difference?

CPD time claimed:

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Get more reflection forms and useful stuff about thriving at work by signing up to the [Shapes Collective Facebook Page](#).