

You Are Not A Frog

CPD & Reflection Log



Episode 6:

Podcast notes

In this episode, Rachel is joined by Dr Rosanna Hunt a Psychologist who works with NHS Horizons.

We chat about how their team absence rates were far too high, so they decided to try to improve the wellbeing of their team using 30-day sprints and quality improvement processes. They did one small action at a time and measured the effect. They reduced sickness rates from 15% to just 3%.

The results were surprising, and we discuss the small changes you can make within your team to get the same results.

Podcast links

Rosanna's [NHS Horizons blog](#)

[The Warwick-Edinburgh Mental Wellbeing Scales](#)

[15 seconds 30 minutes QI initiative](#)

Follow Rosanna on twitter [@rosielhunt](#)

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk and [sign up to our mailing list](#) here for loads of useful resources and tools for thriving at work.

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.wildmonday.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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