

PHC Facility Engagement Project Progress/Summary Report

Project Name	Day in May 2.0: Sustainable High Performance in Surgery
Date of Report	May 29, 2018
Key Milestones Achieved	<ol style="list-style-type: none"> 1. Lessons learned to optimize personal psychological readiness for surgical practice using examples in music 2. Approaches and techniques to sustain optimal levels of health, and function at peak capacity.
Key Accomplishments	<p>Successful day for approximately 95 participants. Speakers did an amazing job and the discussion flowed well. Kept attendees engaged. One of our Patient Transport people who works in the OR was able to photo-document the day as well. We got some great pictures.</p>
Key Issues/Challenges	<p>Fewer attendees than previously Fewer attendees at dinner; did not meet our agreed spend amount</p>
Budget Update	About even; detailed budget attached
*Project Results	Attached evaluation summary
*Unexpected Outcomes	Mouse in lecture room
*Lessons Learned	Need someone to help day of for last minute registrations
*Recommendations for improvement (to inform future projects and strategic decision-making)	<p>Open to all in medicine; do not restrict to surgery Consider moving earlier in year: "Day in May (in February) Distribute readings beforehand to direct objectives for day</p>
*Project Costs	See attached budget summary



**For Summary (Final) Report Only*

Day in May 2.0: Conference Evaluation Forms

Saturday, May 12, 2018 - St. Paul's Hospital, Cullen Family Auditorium

Designation	Completed Medical Degree	Were stated learning objectives met?	As a result of having attended this CPD activity, I plan on doing the following differently	Do you feel there was any bias whether industry or other, in any of the presentations? If yes, explain	The most effective part of the conference	The least effective part of the conference	How could this program have been improved	Additional comments or suggestions
Surgeon	2009	Yes	Schedule a coach every 2 months, join a colleague in the OR every 2 months	No	Panel discussions and neurologist	Talks by the cyclists	Presentation of working examples of some of the ideas around OR coaching - by a coach and by a surgeon	See you next year
Surgeon	1985	Yes	Breathe more; learn to coach (medically)	No	All of it	N/A	N/A	Advertise to all medical specialities and not just surgery
Surgeon	1994	Yes	Happy to see that I am using the mental techniques to get ready prior to perform and I will continue on the right path	No	Techniques to get mind ready and set for high performance	N/A	Getting more physicians/surgeons speakers if possible	Excellent program, keep it up - hope to see you next year
Surgeon	1999	Yes	Look for more coaching opportunities, pre-OR routine with my team and expanded post-op debrief	No	The different perspective	Trying to translate the concepts applicable to high-performance music/athletics to surgery	Surgeon presenters who have concrete examples of translating these concepts to their practice	Very interesting session. I would recommend to others. Thank you
Surgeon	2002	Yes	Excited to use some of the coaching concepts with the medical students	No	Enjoyed variety of speakers	N/A	N/A	Perhaps only 1 panel activity; more coffee/warm beverages

Nurse		Yes	Ensure don't plateau, seek feedback	No	Examining the cultural difference between sport/music and medicine and relating the two. Taking note/being aware of the normalcy of coaching in sport/music culture vs. medicine. Examining the issue of competence vs. excellence and how to get there. Guests were incredibly effective and interesting	N/A	N/A	Great speakers and discussion
Nurse			Better 'self-coach', be more self aware; stay more present; be more aware of my own emotions	No	Hearing about vulnerablities of the best coaches out there. Realizing we are all in the same boat.	Loved it all	Better refreshments	Loved the analogy from the conductor. Relate to it because as a cardiac OR nurse, I am the audience. If there is a real emergency coming through the door, I look at the surgeon (my conductor) and feed off his energy. If he/she is calm, collected, communicates effectively & with clarity and perhaps comes through the door with that smile, I feel like we will be ok and can do this

Other	N/A	Yes	Have more focus. Remember to breathe. It's ok to be vulnerable - it's not a weakness	No	The speakers - we can all use coaching confidence/focus; Having a colleague & friend outside of work are important to decompress; need to be vulnerable	N/A	N/A	N/A
Other: Radiation Oncologist	VBC	Yes	Fascinating, beneficial; Slow down, breathe more conscientiously	No	Various backgrounds and perspectives	N/A	More interactions with audience and sharing experiences	N/A
Surgeon	Otolaryngology	Yes	Cognitively work to adapt to stress	No	Combination of speakers with expertise - different fields	N/A	Would like to hear from people who are trying to improve lifelong learning in medicine, medical simulation programs, etc.	N/A
Nurse		Yes	Hope to better differentiate "coaching" moment vs. "assessment" moments when interacting with junior staff. Believe we can do a better job of this in nursing	No	Speakers were expertly curated. Absolutely loved their stories and their abilities (each unique) to inspire and provide insights	N/A	More coffee; Jane & Brian sing-along	Great day, happy to have been able to participate
Nurse	Victoria, BC	Yes	Feeling inspired to harness new tools to utilize in the OR to enhance self-awareness and performance	No	Guest speakers. Content, super-engaging and transferable to practice	N/A	N/A	Fantastic seminar, really enjoyed all the presentations and would come again

Resident	2015	Yes	Try to keep a positive perspective and separate receiving feedback from my attendings from assessment and judgement	No	A lot of Dr. Watling's presentation resonated with me. I think there is much to learn when it comes to changing the culture in medicine. Also loved the talks relating music to medicine/surgery	N/A	Part that could have been more fully explored are the high stakes involved in medicine/surgery. When it comes to a race/musical performance, the consequences of mistakes or failures does not derail a career or injure someone else. When it comes to surgery/medicine, a mistake could cause harm to a pt/lead to suspension of license or being fired. Wanted to hear more about how experienced staff deal with this prsesure and what types of strategies can be utilized to be able to maintain such a high level of performance on a day-to-day basis while working 80hrs/wk	
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Resident	2012	? Unclear what the objectives were	Be mindful about seeking continuous feedback. Identify practical opportunities and include feedback/coaching in practice	No	Diversity of speakers from different disciplines but speaking on the same theme	Long day - afternoon is difficult to sit through more didactic learning	Workshop component? An opportunity to learn the practicalities of coaching or giving feedback. Allowing practice. Small group discussions to work through a real problem would help break up the day	Awesome, thank you for organizing
Resident	2013	Yes	Being more explicit with junior residents and med students with what is feedback and what is evaluation	No	Thoroughly enjoyed Chris' AM session on feedback	Talks where someone describes their accomplishments without any lessons less effective	Some repetition in PM sessions	Coffee between talks and available in the afternoon
Nurse	N/A	Yes	Practice breathing during difficult situations to decrease arousal so I can stay focused	No	Audience was encouraged to give feedback and speak their thoughts	N/A	N/A	Everything was good. Auditorium was hard to find, map would be helpful
Other	N/A	Yes	Breathwork, request/use positive debriefs, 3Fs, "trust"	No	Need for coaching vs assessment, benefits of music and lessons	N/A	Suggest more diversity if possible (caucasian able-bodied male dominated)	Amazing day, looking forward to next year
Other		Yes	Mentor & be mentored, use calming technique, say positive mantra before stressful event	No	Video illustrations were compelling, Chris Watling presentation style and content; Rachel inspiring; Jason motivating; Broek made a big impact	N/A	N/A	Enjoyed all of it

Nurse	N/A	Yes	Visualizing to prepare for things I want to achieve, seek out a coach/mentor for my practice	No	Interactive presentations (conducting entire room, demo of leadership & presence/attitude)	N/A	Less long of a lunch break	Mouse...Great speakers
Nurse	N/A	Yes	Try to work more coaching moments into my day to day practice	No	Journey from music to surgery - Dr. Angel; feedback in music and medicine - Dr. Watling; Broek Bosma	Triathlete and cyclist/coach, it was too sports related versus music related	Would have been nice to hear a few of the musicians play for 5-10 minutes for those that couldn't attend/afford dinner	Overall good day of learning with interesting, easy to listen to speakers
Nurse	Nursing	Yes	Preparing myself for a day that I may have challenges; focus on challenges as athletes do. Well prepare and accept some feelings that mature - try to stay calm	No	All parts of the conference was very effective	N/A	More videos to show what the speakers were talking about	Very engaging and interesting for audience, well organized and welcoming
Nurse	N/A	Yes	Take moment to prepare myself for difficulties that may come about during cases; self-reflection; stay positive in all situations	No	Learn how to deal with anxiety; use guided imagery or to prepare oneself mentally for challenges; focusing on present moments	N/A	N/A	Engaging, well-organized, all content was great
Surgeon	1980	Yes	Coach; get my colleagues to observe my OR - how can I improve	No	Coaching	N/A	N/A	N/A

Nurse	1987	Yes	More mental preparation to be ready for adverse events at work; going to take coaching workshop; going to suggest incorporate timely debriefing after each critical incidence i.e. airway arrest (happens often)	No	All good, wasn't sure what this conference was about; title bit abstract but it sounded interesting	N/A	Title should be clearer; many nurses did not come, even though we all are an important part of the surgical team, because the title suggested that the conference was for surgeons	Next year would love hearing more on resilience from experts and hearing from people in the health care field who have successfully navigated these challenges
Student/Ward Aide	N/A	Yes	At times when I am frustrated I will try to incorporate the 3Fs/reflect later; also try to incorporate more mindfulness when I coach/train new employees	No	The importance of physical/mental presence and energy and its power to affect those around you	Some content is not trainable, i.e. you can't teach someone to have the initiative/drive that is required to make those positive cultural changes/mindfulness practices	Spread the message and keep getting more people to come out	More than one day a year; more inclusive to other areas of specialties
Nurse	1991	Yes	Challenging my teams to think differently/have a different mindset about situations they are uncomfortable with - coaching through the thoughts of audience they have	No	Gaining some new tools/techniques/phrases to try out when working with staff and physicians	N/A	Consider having a nurse colleague offer a perspective on high performance in the OR, i.e. governance and nurses knowledge of surgeons	Thank you for the food - much appreciated; mice...wonderful day
Nurse	2012	Yes	Try to stay positive in stressful situations; seek some coaching when necessary	No	Power of the energy you bring to your environment	N/A	N/A	Keep organizing these conferences

Surgeon	Otolaryngology - Memorial	Yes	Take the time (those microseconds) to get in a better state when things are stressful	No	Everything was fantastic; all different perspectives	N/A	N/A	Great mix of lecture/discussion
Other: Loss Prevention Professional	N/A	Yes	Music for state of mind, use for exercise/art now translate to work; when overtasked, break it down; positive mental preparation	No	Excellent speakers with a common thread topic with their own dynamic perspective	N/A	N/A	Day in May trois please
Nurse	N/A	Yes	Laugh, exercise, & play more music; strive to be a better listener and coach to my colleagues/students	No	Interaction & questions	N/A	N/A	Wonderful day
Nurse	Nursing	Yes	At the end of the case say what we did well or what we could do better in - debrief	No	N/A	In the OR environment we work as a team, elite athlete did not help understand the team perspective	Tools for multidisciplinary communication to influence performance	N/A
Resident	2017	Yes	Seek more feedback opportunities	No	Dr. Chris Watling	N/A	More time for questions	N/A
Surgeon	1980		Try to be more of a "conductor" in the OR	No	The morning; panel discussion	Although great - a bit too much Jason	Hard time of year to get people out - well done	More surgeons would have benefitted from the day
Fellow	Medicine	Yes	Try to control the reaction to the situations I can't change; understand it is ok to have these feelings, breathe through it	No	Enjoyed everything; good balance of competencies and panel for discussion	N/A		This meeting can be really useful for everyone, not only surgeons; I would call it high performance in "medical field" not only in surgery

Fellow	2006	Yes	Improve the way I give feedback to residents and learn more about mentorship	No	Journey from music to fundraising; every presenter was extremely effective	N/A	Give some material to read ahead of the conference	Advertising could be improved; meeting should be done every year, at least
Nurse	N/A		Bringing more positive energy and presence to the OR environment	No	The variety of disciplines and perspectives reiterating the same message	N/A	More speakers, seeing a performance (or two), since I couldn't attend dinner	N/A
Surgeon	1971	Yes	Technology updating	No	Athlete's perspective in dealing with adversity	N/A	Program it on a rainy day	Love this series - hope to see more
Nurse	N/A	Yes	Trying to figure out ways to offer feedback/coaching in a non-threatening way to peers that aren't "junior" to me, and welcome feedback as well	No	Diverse outlooks and experiences from the speakers; loved all the different backgrounds that they spoke from	N/A	N/A	N/A