

Lecture summaries

Sara Jackson

BSc(Hons) VetMB CertAVP(ECC) MLoL PhD

Director, leadership and culture training as a consultant, veterinary surgeon

Reflect to Rise, Newcastle Upon Tyne, United Kingdom

Thrive or survive

Many of us work in ECC because we thrive in the high-pressure environment created by multiple traumas, dyspnoeic or septic patients. With multiple, time-critical patients we need low to moderate stress to aid optimal performance, but overwhelming stress reduces cognitive function, leading us to survive rather than thrive. Sound familiar?

How can you tip yourself, or your team, back to thriving and why is it important?

By maximizing your cognitive bandwidth to make appropriate clinical decisions, to communicate effectively and be adaptable you increase patient safety, you develop stronger client relationships, and you improve your own wellbeing.

This lecture will give you the tools to recognize when and why your cognitive bandwidth decreases, how to recognize it in others and how to support individuals and teams to widen it again.

Learning goals

1. Understand what can happen to us physiologically, emotionally and cognitively when we become overwhelmed.
2. Recognise when our team is becoming overwhelmed
3. Consider how to apply the tools discussed to help yourself and your team start to thrive again.