The Stair Climb Challenge – A holistic approach to maintaining medical professionalism at North Bristol Trust

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Introduction

• Effective teamwork improves morale, reduces stress, and improves patient outcomes and safety.\(^1\) The GMC recommends doctors maintain their professionalism through ‘good relationships with patients and colleagues’.\(^2\)

• The pandemic highlighted the need to prioritise staff morale and wellbeing.

• North Bristol Trust (NBT) aims to be carbon net zero by 2030, and we aimed to reduce lift usage and change behaviour to encourage hospital sustainability.\(^3\)

• The Stair Climb Challenge created a non-clinical, fun, competitive environment to challenge hospital employees to climb 100 flights per week, for six weeks.

Methods

Pre challenge data collected from multi-disciplinary team members

Prizes were awarded to winning individuals, teams and highest fundraiser

Post challenge survey to assess impact

Over six weeks, participants worked in teams of up to six

Results

Pre challenge data

Challenge data

56 flights per person/week

14 participants

93% increase

108 flights per person/week

88 participants

20 teams

Equivalent to...

57,145 flights

131,434 calories

£1,507 for hospital charity

2,349 Kg CO₂

Conclusion

Medical professionalism, including teamwork and communication, can be challenged and encouraged in a non-clinical environment for hospital employees. Additional benefits also include contributing to:

• Trust sustainability
• Benefiting staff fitness and wellbeing
• Fundraising for (hospital) charity, ultimately providing improved care for patients at NBT

As we learn to live with the pandemic and fluctuating stressors in our hospital environment, it is key to devise innovative ways to encourage comradesy and wellbeing to improve workforce resilience across all levels of the multi-disciplinary team.

The North Bristol Trust Stair Climb Challenge achieved just that!