



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

Dr Anna-Marie Dale, Dr Fraser Easton, Dr Rebecca Haggie, Dr Joanna Hardy

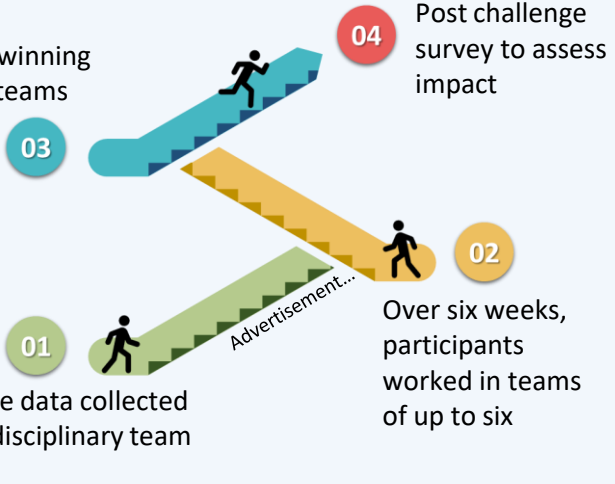


Introduction

- 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.

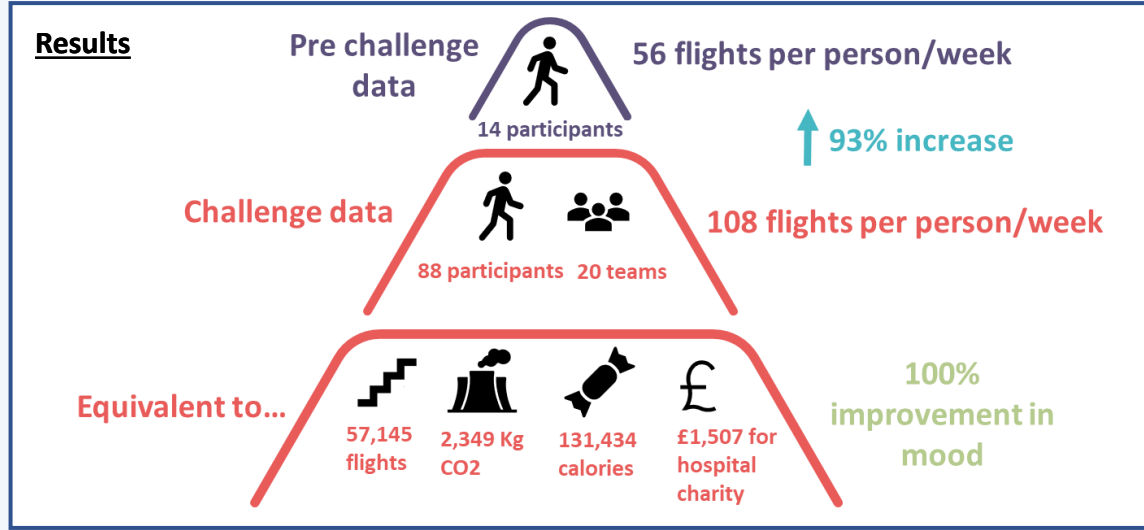
Methods

Prizes were awarded to winning individuals, teams and highest fundraiser



Pre challenge data collected from multi-disciplinary team members

Results



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 comradery and wellbeing** to improve workforce resilience across all levels of the multi-disciplinary team.

The North Bristol Trust Stair Climb Challenge achieved just that!



References: 1. Improving Teams in Healthcare. Resource 1: Building Effective Teams. Royal College of Physicians 2017. <https://www.rcplondon.ac.uk/projects/outputs/improving-teams-healthcare-resource-1-building-effective-teams>. [Accessed 09 Feb 2022]. 2. Good Medical Practice. Professionalism In Action. General Medical Council. <https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/good-medical-practice/professionalism-in-action>. [Accessed 09 Feb 2022]. 3. Green Plan 2021-2022. North Bristol NHS Trust. <https://www.nbt.nhs.uk/sites/default/files/document/Green%20Plan%202021-22%20Final%20v2.pdf>. [Accessed 09 Feb 2022].