

Resilience Based Clinical Supervision

CC3N and BACCN PNA Study Event

9th December 2024



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Foundation of Nursing Studies

Inspire: Enable: Improve

An independent, not for profit organisation that works directly with nurses and nurse-led teams to improve care for patients, service users, residents, their families and carers

Our vision is to inspire and enable a culture across health and social care where:

- staff feel valued and supported
- people experience services that are caring, safe and effective

We are committed to using and sharing innovative, knowledge based and creative approaches to enable person-centred ways of working

We have worked with nurses and nurse-led teams for over three decades, supporting them to lead innovation, improvement and culture change in practice





Resilience-Based Clinical Supervision



A Safe Space Agreement



Reflective Discussion



Check In

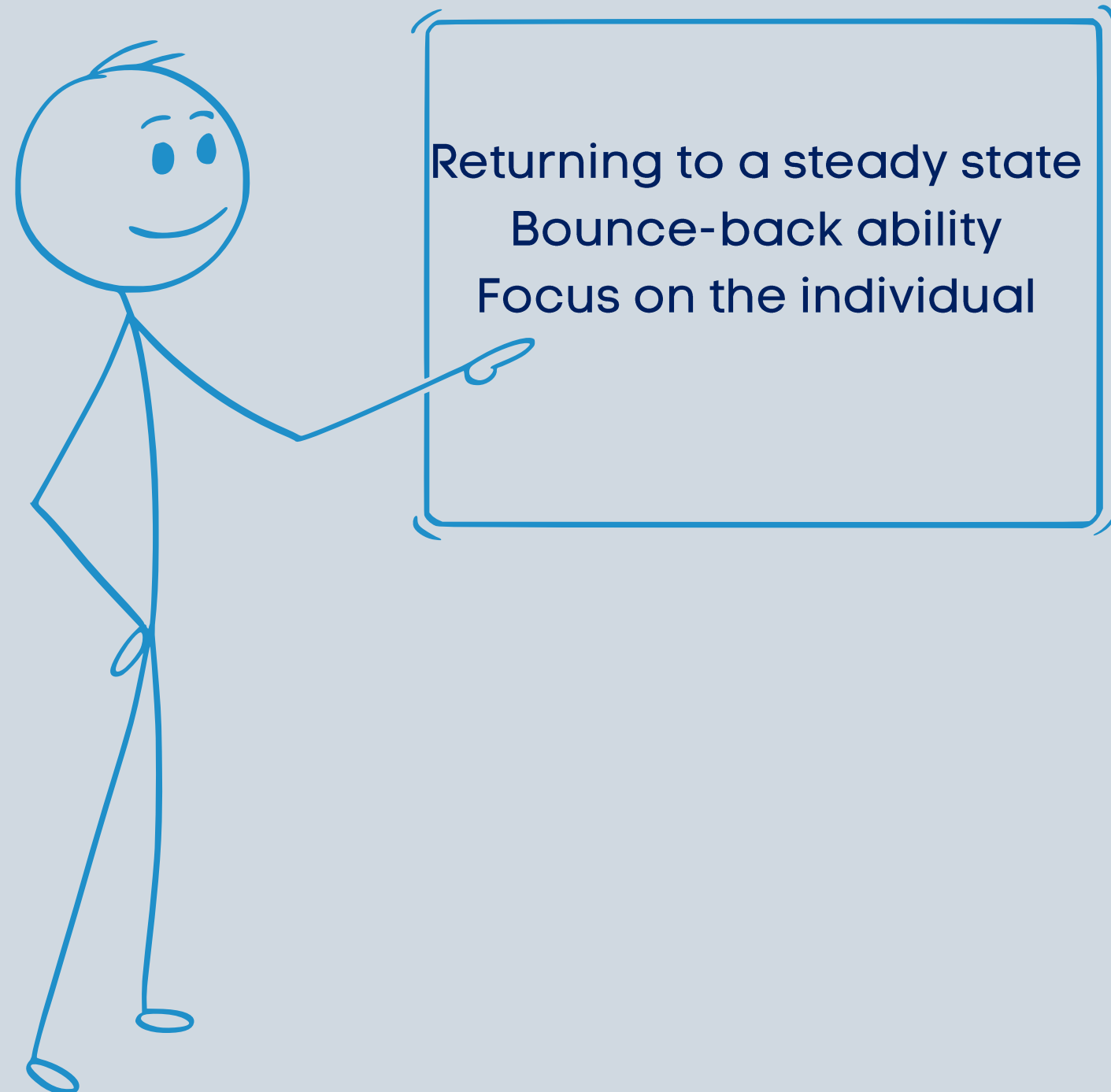


The Grounding



Resilience

Engineering Model

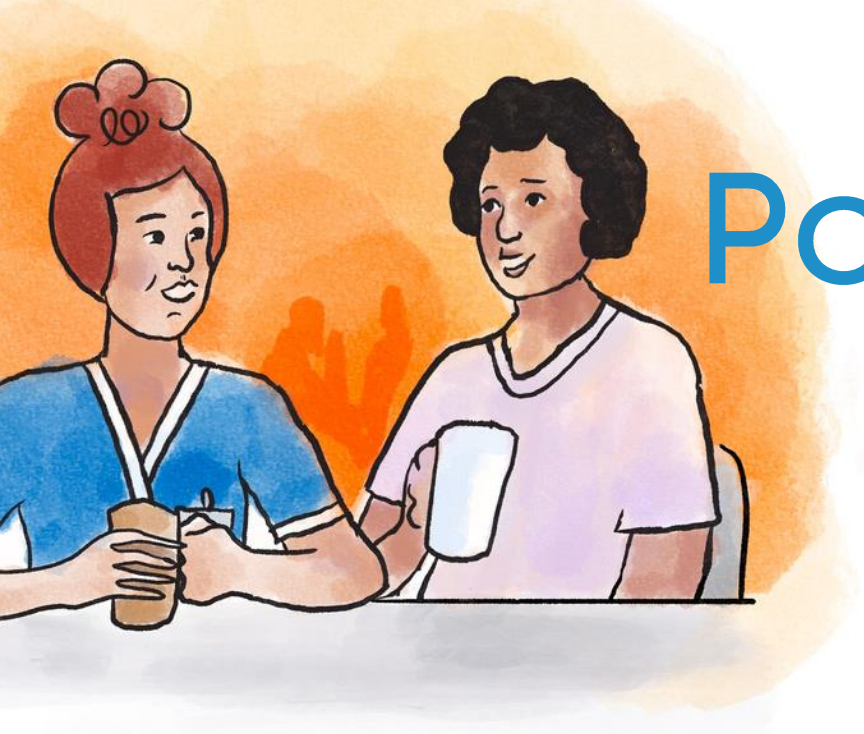


Ecology





Potential Outcomes of RBCs



Individual

Mindfulness

Distress tolerance

Positive reframing – challenging the inner critic

Relational

Critical dialogue

Supportive relationships

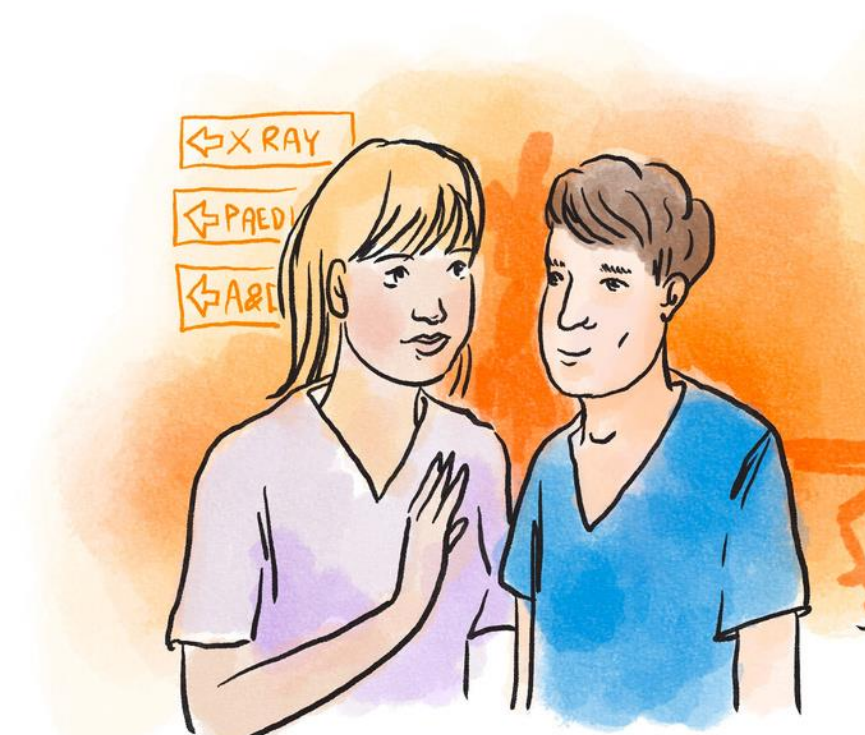
Reflective discussion focused on emotional consequences of practice

Organisational

Protected time

Reinforces a culture which values staff and acknowledges the emotional consequences of their work

Requires commitment to and mobilisation of resources

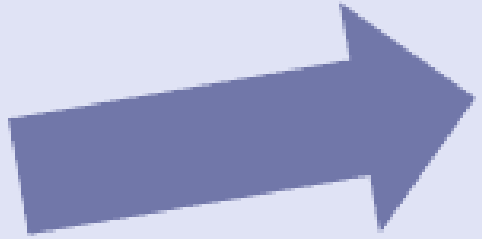


Compassionate Flow

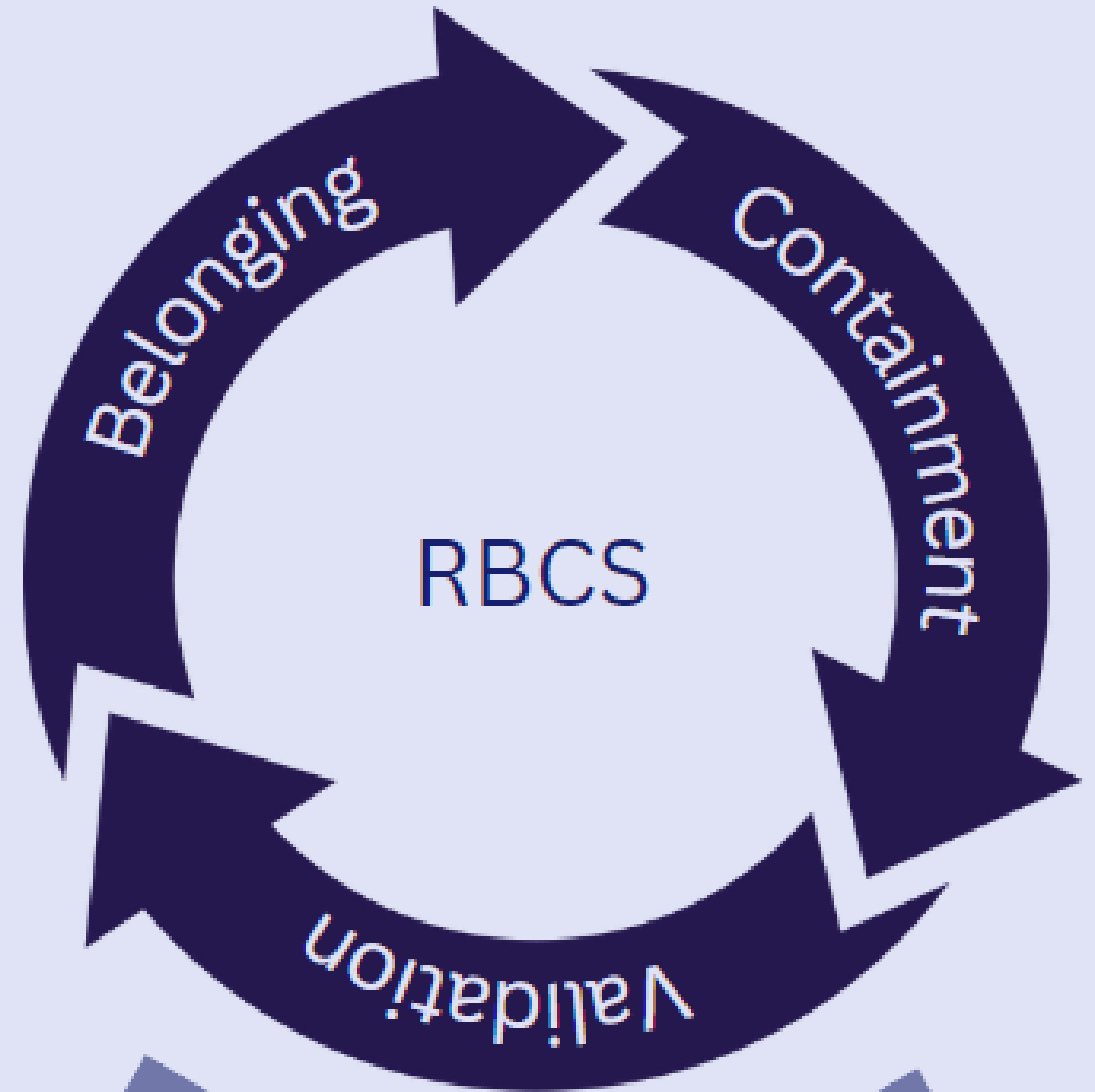
Organisation



Facilitator



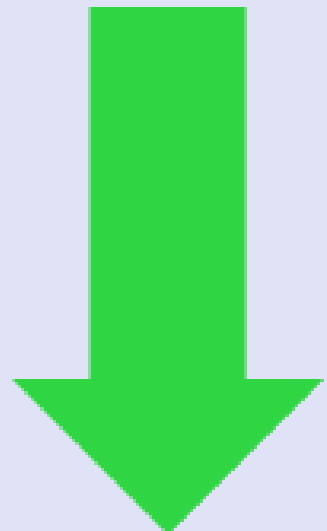
Critical reflection



Positive reframing



People who use services



Courage to take action



Colleagues

Adapted from Stacey et al., 2020

PNAs in Critical Care

- Supporting new starters
- Utilising skills and techniques in other areas, e.g. debriefs
- Increases understanding of emotions – making choices about how we respond
- Challenges inner critic – “I should be able to do this on my own”





Resilience Based Clinical Supervision

For further information please visit:

<https://www.fons.org/learning-zone/clinical-supervision-resources>

Or contact:

RBCS@fons.org

