



**RCSI STUDENT  
ENGAGEMENT  
+ PARTNERSHIP**

# The Implementation of Schwartz Rounds for Medical Students

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AND HEALTH  
SCIENCES

# PROJECT RATIONALE

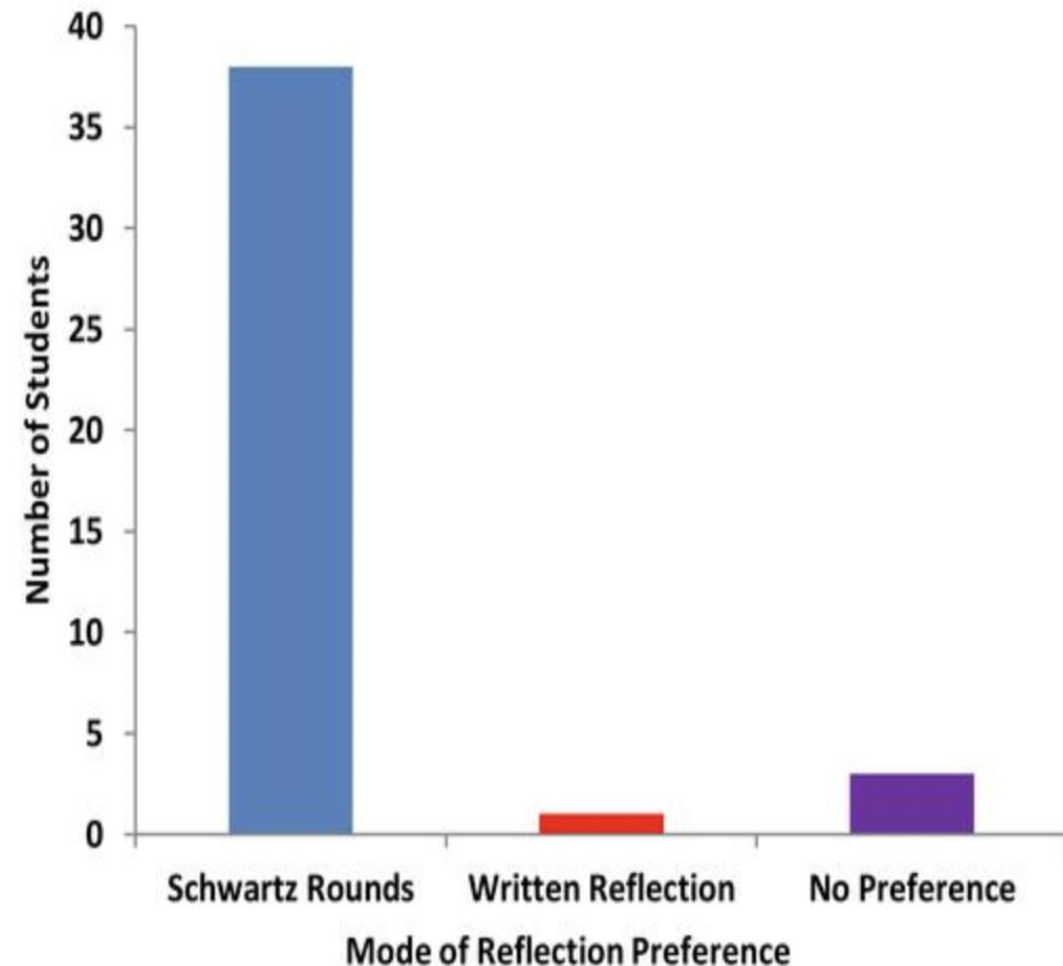
## Problem:

- Medical student burnout
- Peaks of mental strain
- Hopeless feeling and thoughts
- Lack of social output

## Solution: Schwartz Rounds

- Group debrief on emotional impact
- Provide supportive environment
- Guided by professional counselor
- Theme 3: Supporting career development
- Emphasis on student engagement

Figure 4 Respondents' preferred mode of reflective practice.



# PROJECT DESCRIPTION

## Schwartz Rounds Characteristics:

- Timed at peak stress in semester
- Group discussions are student-led
- Not problem-based
- Facilitated by staff and trained counselor



## Ethical Considerations:

- Self-reported data
- Voluntary participation in rounds
- Voluntary data collection
- Anonymous data collection and reporting



# STRUCTURE OF ROUNDS

- 10 students, 2 facilitators, opened with pizza and coffee
- Intro, goals, support services
- Stories from facilitators experiences in healthcare
- Open discussion
- Wrap up and more coffee



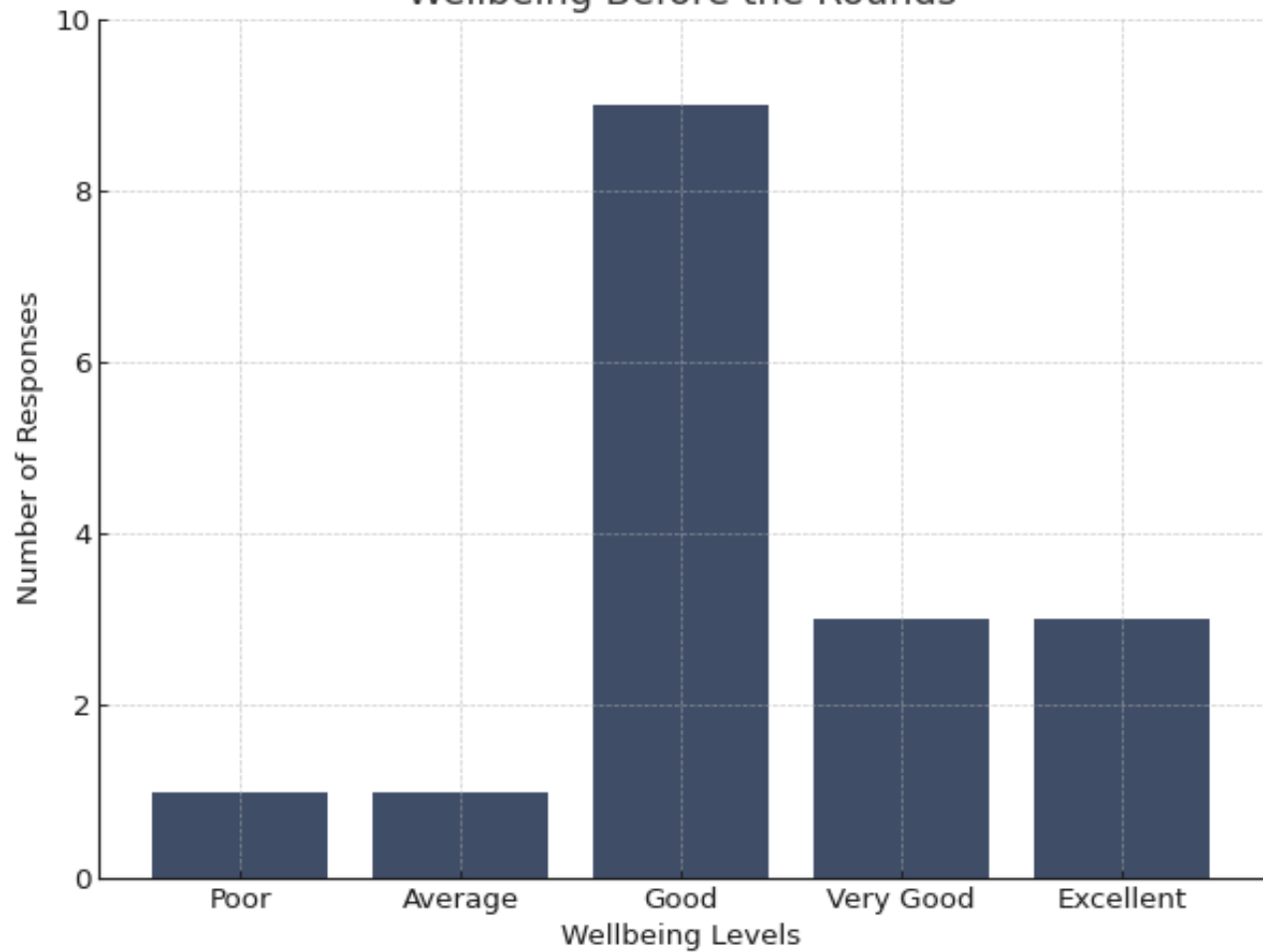
# SURVEY FEEDBACK

## Over 4 Schwartz Rounds:

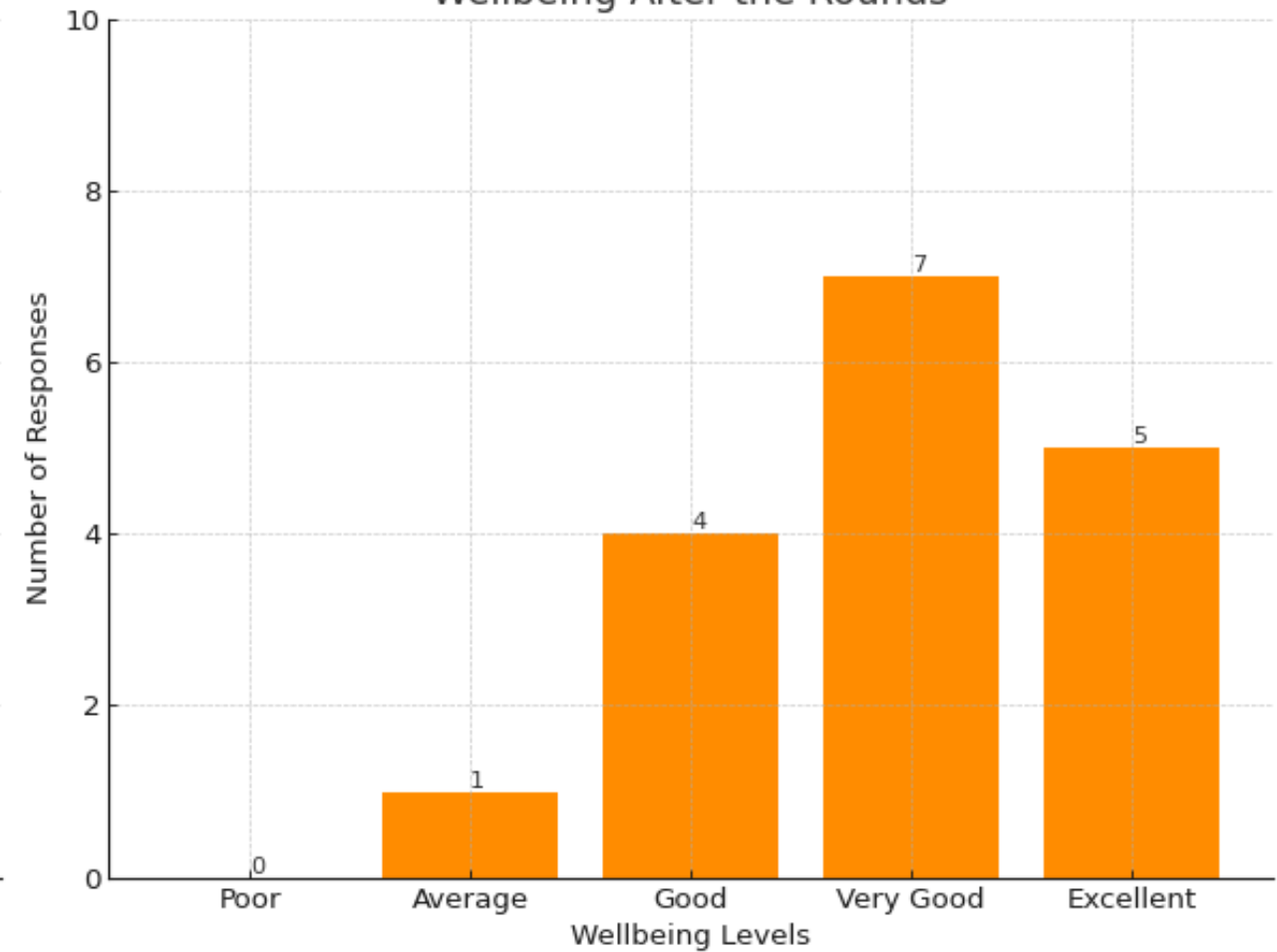
- Unanimous positive responses in:
  - Feeling more connected to peers
  - Attending again in the future
  - Student leaders added value to the session
  - Dealing with challenging experiences
- In the process of creating a report for journal publication!



### Wellbeing Before the Rounds

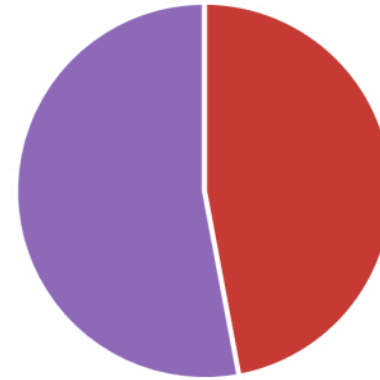


### Wellbeing After the Rounds



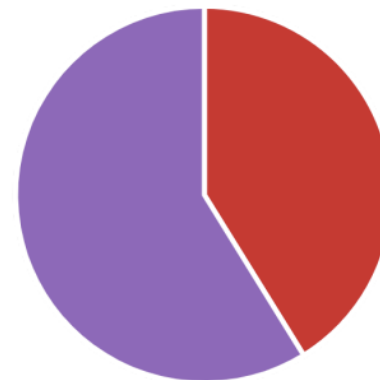
14. The Schwartz Rounds helped me feel more connected to my peers and colleagues.

Strongly Disagree	0
Disagree	0
Neutral	0
Agree	8
Strongly Agree	9



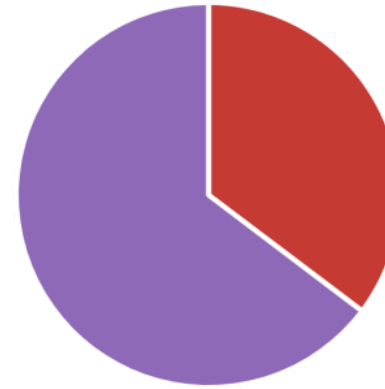
15. I see how this discussion can help me with challenging experiences.

Strongly Disagree	0
Disagree	0
Neutral	0
Agree	7
Strongly Agree	10



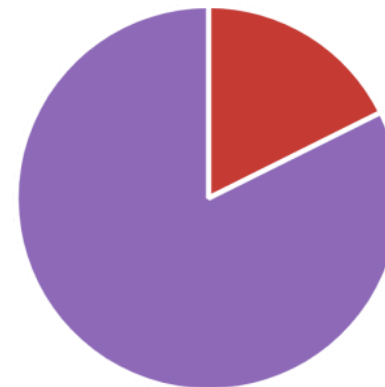
17. The student facilitators added value to the session.

● Strongly Disagree	0
● Disagree	0
● Neutral	0
● Agree	6
● Strongly Agree	11



18. I would attend Schwartz Rounds again in the future.

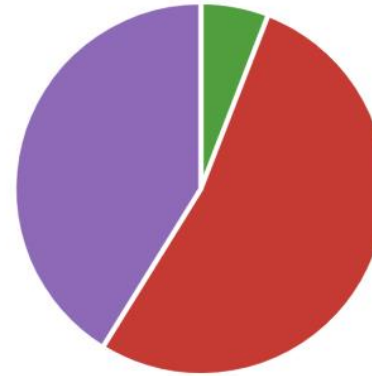
● Strongly Disagree	0
● Disagree	0
● Neutral	0
● Agree	3
● Strongly Agree	14





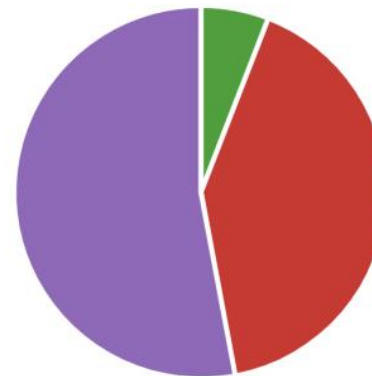
12. I felt comfortable sharing my thoughts and feelings during the Schwartz Rounds.

Strongly disagree	0
Disagree	0
Neutral	1
Agree	9
Strongly Agree	7








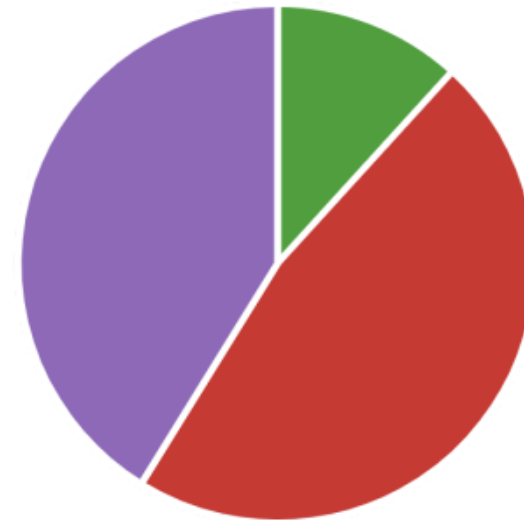
13. The discussion was relevant to my experiences as a medical student.

Strongly Disagree	0
Disagree	0
Neutral	1
Agree	7
Strongly Agree	9



11. How would you rate the impact of your participation in the Schwartz Rounds on your feeling of wellbeing?

 Very Negative	0
 Somewhat Negative	0
 No Effect	2
 Somewhat Positive	8
 Very Positive	7



# LOOKING AHEAD AT RCSI...

- GEM 1-4 Rounds first and second semester **stress points**
- Continually **training facilitators in earlier GEM years** will allow the the rounds to grow and continue beyond this project
- **Student Led Engagement in our wellbeing**



# And Beyond !

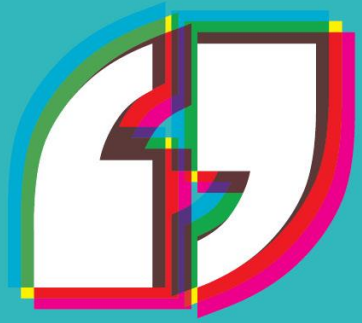
Distribution of Schwartz Rounds **Instruction Manual**

**International  
Publication**  
disseminating  
results and  
**inspiring new  
Rounds**



**Instruction  
Manual**

Creating a template  
for facilitators to  
hold rounds at  
**different schools**



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THANK YOU

