

**Values in Healthcare, a programme developed by
The Janki Foundation for Global Health Care, UK –
News of activities over the last six months – Nov 2003**

Values in Healthcare: a spiritual approach is a modular training and resource programme which aims to help healthcare professionals and teams to support themselves and their patients by taking a fresh, values-based approach to their learning and practice. Through experiential exercises and opportunities for reflection and self-enquiry participants can identify their own core values and discover how their insights can enhance and revitalise their work. This news update gives brief information about the promotion and piloting of the programme.

INFORMATION DAYS

To promote the programme and encourage further piloting, the Foundation has held four Information Days over the last 3 months in the UK: at Denbigh (North Wales), Wakefield, Central London and Aberdeen (Scotland). The aim of the day was to enable healthcare professionals and facilitators to experience the material for themselves, to communicate the ethos of the pack as well as demonstrate how the sessions are run. Attendees were from a variety of work and social backgrounds. As well as experiencing the material, it was an opportunity for participants to network and generate ideas (including discussion of the UK NHS's current related initiatives) on how the project could be taken forward. The ideas brought up are being considered by the Values Core group.

SEMINARS HELD IN LONDON

Regular half-day monthly seminars have been held in Central London since Feb 2003, piloting a variety of sessions from the pack. The attendees have been from various backgrounds and although small in numbers, the 'quality' of the sessions has been high and the individual feedback received indicates that people have taken personal benefit and felt inspired in a light and easy environment. It has also provided an excellent opportunity for different healthcare professionals to try their hand at facilitating the material and for members of the core group who helped write the material to witness the process. This has provided very useful and practical feedback for editing purposes.

PILOTING

Piloting of the *Values in Healthcare* pack (content and structure) began in 2002 but has been more structured over the last 6 months after holding a facilitators' weekend at Global Retreat Centre, UK, earlier this year. The final feedback from the pilot sites is expected by the end of November 2003, after which suggestions will be incorporated in the final edit to be printed and published. The official launch is now planned for autumn 2004. The programme has been welcomed by people from all areas of healthcare with very encouraging results. There are currently 30 pilot sites in the UK and internationally that have used or are using some or all parts of the pack. Internationally, 17 countries have registered an interest in the programme to date and the countries listed below are actively using it in different settings now or have requested training from the Foundation to implement the programme and train their staff as well as offer training to other healthcare institutions.

Here is a brief feedback from **some** of the pilot sites - by country in alphabetical order.

Brazil – The programme has been received with a lot of enthusiasm. Workshops on the first module were held in 2 different towns and the material was used during a retreat for health professionals. A regular programme is being planned to be run in one of the medical schools. *June 03*

Holland – A group of people have got together and formed a working group (named Waarden in de gezondheidszorg: een spirituele benadering – title of the programme in Dutch) to develop the work in Holland. They have run one module with psychiatrists and have begun to translate one module and are working on how the material could be used further. *April 03*

India - There was a 2 day presentation and training held at Global Hospital and Research Centre, Mt Abu, India, on 14th-15th October for key staff and trainers within the hospital. This was very well received and attendees included doctors and nursing staff from most departments. There was also a representative from the BSES hospital in Mumbai. The Om Shanti Retreat Centre have also expressed interest for training in the programme. *Nov 03*

Kenya - Two representatives from the Foundation were invited and sponsored by the Aga Khan Health Service in Kenya to present and provide training on *Values in Healthcare* programme over 2 days in July 2003. The Foundation thanks Mr Nizar Juma, Chairman of the Aga Khan Health Service in Kenya for hosting the programme there. The programme was well received and welcomed with a lot of interest.

The first day presentation was attended by some 70 participants, many of these were CEOs of major Hospitals in Kenya, Medical Directors and Heads of Departments. Over half of the participants were from outside the Aga Khan Health Services Network. Some enquiring questions stirred people to share interesting stories about their experiences and organisations. There were questions regarding the meaning of 'spirit', issues about conflict of personal values with the organisation's values, various management issues and most of all 'the how to' implement values.

The second day was a training opportunity and 11 people from the 5 main hospitals attended. The participants enjoyed it on a personal level and were given 'hands on' opportunity for facilitating some parts of a session. Once again, many management issues were raised in terms of implementing the programme which were outside the scope of the training; however, these were discussed and ways forward suggested. There were no formal or informal forums amongst the main hospitals in Kenya so the group agreed to create a networking group in a friendly and energised atmosphere that would meet once a month.

A few days after the presentation, Nairobi Hospital, one of the main hospitals in Kenya, had a 'Values week' to launch their values. They invited one of the representatives to be their Chief guest at the launch to give a talk on how they could implement values.

Many lessons were learnt from Kenya which will help to plan for future sessions. *July 03*

Scotland - in October 2002, the Scottish Executive Health Department, a government body, produced a document 'Spiritual Care in NHS Scotland'. A Community Psychiatric Nurse from the Highlands Primary Care Trust, who has been part of a working group involved in responding and implementing the document, has had agreement in principle to trial the pack throughout the Highland NHS Board area across all occupational groups. *Sept 03*

South Africa - Many workshops are being conducted using the material in various community health services. The material has been received very positively and is continuing to do so. A summary of the feedback: "Participants found the material to be soul searching and allowing of a personal evaluation of their inner journey, thus positively influencing their approach to the nursing care provided and interactions with clients". *Sept 03*

UK

London - The *Royal National Orthopaedic Hospital* has agreed for the Foundation to run all the modules once a month over the next 7 months and have invited staff from all areas of the hospital to attend as well as those interested from other health organisations. The first day was held on 6th October. *Oct 2003*

The full 7 day programme is also being run in a private Nursing Home setting and attendees include staff at all levels. *Nov 03*

Sheffield - A core group of health professionals are looking at how the sessions could be put more into 'a context' for specific occupational groups so that participants are aware of the personal benefits they would get from the sessions, e.g. for the session on self-care, for nurses in paediatric intensive care, the session could be titled 'Self Care in Breaking Bad News'. The group plan to run and 'test' these out. *Aug 03*

For further information about Values in Healthcare, or detailed reports (for some events only) of the above please contact:

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Thank you for your interest and support in furthering the Foundation's work.

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