

EXCELLENCE IN EDUCATION:  
THE CASE FOR TRAINER  
WELLBEING

NHS

Lothian

MED

education  
safety  
quality

Medical Education Directorate

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INTRODUCTION

Trainer wellbeing is essential to maintaining high-quality education for resident doctors. Despite most trainers enjoying their role, half face burnout due to rising demands and limited support (1).

OBJECTIVE

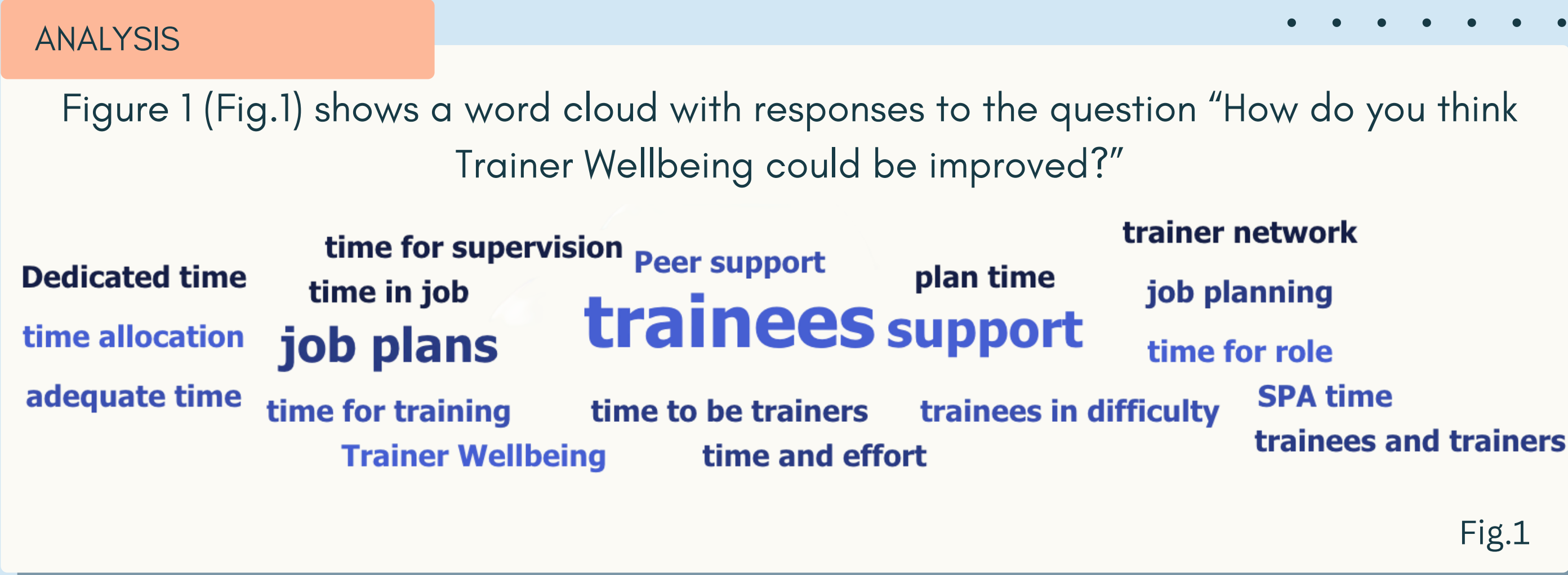
We wanted to better understand how we could promote the well-being of our trainers in NHS Lothian, while ensuring that training capacity continues to meet the needs of resident doctors and medical students.

METHODOLOGY

We surveyed NHS Lothian trainers to explore their roles, available support, and ideas for improving wellbeing. Responses were collected at a local trainer event and via email, then thematically analysed to identify key themes.

RESULTS

184 trainers responded. The most valued solution was protected time for training duties, alongside a stronger community, peer support, faculty development, and greater recognition of the role.



CONCLUSION

There are opportunities to improve the wellbeing of Trainers. By implementing a multifaceted strategy focused on trainer support, community, value and development, NHS Lothian aims to break the cycle of burnout and improve both the trainer experience and the quality of training for resident doctors.