

# Share your Fab Stuff!

We want to make sure your fantastic work is celebrated, and that the learning isn't forgotten.

We've drafted this template to help you structure your story. It's designed to help others put your learning into practice. Try and complete every field if you can, but *don't worry if you can't*. When you have completed the template, delete these instructions and **SAVE AS A PDF**, upload it, together with any attachments, to

<https://fabnhsstuff.net/login?ral=https://fabnhsstuff.net/upload-your-fab-stuff>

## Title of innovation / initiative

- *NHS Firebreak*

## Problem

- *Since the NHS was created it has provided free healthcare, supported research made possible only by the dedicated staff that work within it. In some respects it has become a victim of its own success, innovation and more complex interventions have increased clinical activity, demand and costs. This has led to longer waiting times, an increase in patient dis-satisfaction and a decrease in staff wellbeing, leading to issues with recruitment and retention. In recent years the term firefighting has been adopted to describe the current state of the NHS, every day in work I hear the term firefighting, were just firefighting.*

## Aim

- *Used by firefighters, a firebreak is created to stop the fire from spreading giving them time, to think, and plan to proactively prevent further damage. The NHS cannot simply continue to fight the flames of increased demands and a disempowered workforce, we need a firebreak to stop time, to allow individuals to breath, to think and to create more time and capacity within the confines of current resources. The overarching aim was to then facilitate change, improve outcomes for staff and patients and in the long term impact on recruitment and retention.*

## Plan

- *I created the NHS firebreak working on the principle of "just an hour" and four simple questions*
  1. *Is there something that takes a significant chunk of your time, does it need to be done and are you the right person to do it?*
  2. *Are there things that you do that are duplicated by others, and who is best placed to do it?*
  3. *What one change to the way you work would make the biggest difference?*
  4. *What is your main learning, upskilling or development need that would enable you to improve patient outcomes and job satisfaction?*

*These questions are designed to start the individual on their journey to consider what matters to them, why do they do something, how do they do it, does it need to be done, is there a better, smarter way to do it and what do they need to make the change?*

*The answers form the foundations to the toolkit and establish the firebreak, the other elements of the toolkit, structured audit, population engagement and maximising resources can now be introduced to proactively move forward towards sustainability.*

