

Using Creative writing to promote reflective practice in HIV Nursing care

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Speaker Name	Statement
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**LET ME TELL
YOU A STORY...**

The Genesis and rationale for the MA creative/reflective writing project

- Neoliberal reforms challenging healthcare
- Quality agenda – Care Quality Commission & Francis report.
- Changes to CPD requirements for nurses – NMC revalidation and reflective accounts
- A way to capture and reflect on experiences of HIV nursing: to “tell the story” using creative writing.

Exploring the theory.

- Narrative Medicine is:

“medicine practiced with the narrative competencies to recognise absorb, interpret and be moved by the stories of illness”

(Charon 2006)

- Reflecting, using creative writing in particular, more than discussion or clinical supervision, promotes narrative competence.

Why creative writing in healthcare?

“writing stories, poetry and drama about medical and health care practice can foster critical reflection upon experience, roles, values and knowledge”

Bolton, 2005

“ narrative and poetic writing can be a straightforward, enjoyable enquiry into practice..... Medicine is wrapped in written words..”

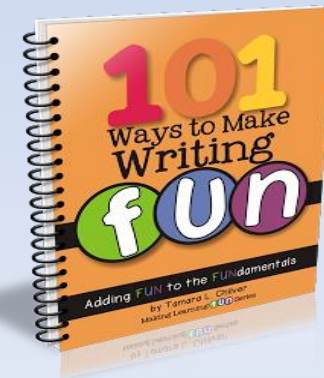
Hutt, 2006

“good clinician writers observe details missed by good observant clinicians”

Charon, 2004

Exploring the literature – what does the evidence suggest?

- Encourages empathy & compassion
- Encourages reflection through memorable experiences from clinical practice
- Provides opportunities to say what needs to be said but can't be written in the notes!
- Promotes personal and professional development
- Its enjoyable and brings pleasure – an anti-dote to the stresses of modern day healthcare



Meeting the theorist who inspired me!!

Dr. Rita Charon at the medical humanities conference 2016



About reflection & reflexivity...

- Should encourage us to: question ourselves and others, consider moral dilemmas, take responsibility for our actions and manage uncertainty
- It should empower us to challenge ourselves, our organisations, governing bodies and beyond.
- It should **NOT** be prescriptive but personal.
- Using creative writing is a powerful, dynamic and liberating way to achieve this.

MA Project – design, deliver and evaluate creative writing workshops

- Creative writing class at Morley college
- Networked with like minded people/projects – became immersed in other clinician writer's work and began to write.....
- Searched for resources – e.g. national poetry library
- The Art of Nursing poetry and literature RCN centenary event

Evaluation

- *“.....words spilled freely from my pen without much thought. I know I am a creative person and have so far felt my creative side must be left at home.....but how wrong I am because it should accompany me each day as I meet my lovely patients.it will help me learn and grow and be a better practitioner.”*
- *“.....it allows staff time to think about their own response to a difficult job in a safe way. My letter to myself was a really revealing and uplifting experience.....”*
- *“.....found it liberating. Never thought that I could write in another way that freed the imagination.....free the mind and value our compassion for the patients...”*

Summary and last words....

- Writing can be used to demonstrate quality of care e.g. CQC visits & revalidation.
- Writing brings: new insights, compassion, pleasure, confidence and courage.
- Writing isn't "fluffy" there is an evidence base & all clinicians should be encouraged to try.
- Myself and my colleague have become regular clinician writers – it has enhanced our HIV nursing care and has given us tremendous insights and pleasure.