



Tai Chi

for building resilience

Julie Chinn,¹ Duncan Platt,¹ Shaun Kara,² Samantha Scallan,³ Johnny Lyon-Maris⁴

^[1]GP Programme Director; ^[2]Tai Chi Instructor; ^[3]Wessex GP Education Research Lead; ^[4]Associate GP Dean

Overview

Over recent years, interest has been growing in how GPs can protect their own well-being and build resilience in the face of the challenges of everyday clinical practice. The impact of well-being on the clinical care given to patients and working relationships in the primary care team is now being recognised as an important factor in clinician health, and strategies to build resilience are developing.

This poster describes an educational session designed to support GP resilience by introducing participants to the practice of Tai Chi, and how they might use it to use it to self manage against stress.

Session overview

The Tai Chi session was part of a larger two-day CPD workshop for GPs focusing on wellbeing and strategies for building resilience. There were 10 participants.

The session comprised:

- an overview of the history of Tai Chi, the principles and how it might be helpful; and
- learning movements and a simple guided practice – Chi Kung.



Post-session support was provided by a vodcast, which demonstrated a short 10 minute practice that could be completed every day.

Evaluation and feedback

The session was evaluated on the day using a feedback sheet (scaled responses [1-5] to questions and free text).

The session was rated highly, with all scoring it 4 or above. Comments included:

- "... a very helpful series of exercises /moves which I can do myself on a daily basis to relieve muscle tension and improve posture /core strength."
- "New knowledge, new skills. Rediscovered some muscles."
- "Really enjoyed the practical nature of the session."
- "Chi Kung exercise .. I plan to practise every day."
- "Useful short sequence that could be used daily."

Conclusion

The session was well received and participants reported being open to trying the exercises in their daily routines.