**NHS Education for Scotland**

**Transcript of ‘Responding to the Sudden Death of a Doctor in Training - Case Study: Deanery Educator’ Film**

I was involved in responding to the sudden death of a trainee in my role as Lead Educator in a Deanery. They were one of our core trainees who was progressing through the training program. I wasn't worried about them at all, until one day they were found collapsed at a desk at work. The trainee was taken to the hospital's A&E, however really sadly, they weren't able to be resuscitated and they died later that day.

We don't know why or how they had died, and we were aware that rumours might start, if they hadn't already, so we had to be careful and intentional about how the news would be communicated.

It was very sad and shocking, however, my immediate purpose was in a leadership role which meant making decisions about what to do next. After taking a moment to think through what I was going to say and do, I sat down with the junior doctors to explain what happened, what support we were offering to them, including time off, one-to-one support, and taking time to consider the impact of the news of the death of one of their colleagues.

We held a debrief and they all stated how well supported they felt. It felt like I had coped and responded to the death of the trainee as well as I could have. I also spoke to the staff in the hospital who had been involved in the resuscitation, to thank them for their support and help, and also to check in with them as to how they were.

I was supporting others, but no one offered me any support. I felt that people assumed I was okay and there was therefore a judgment about my own coping skills, which were largely presumed.

I wonder if we need to ensure that everyone in the team is supported, as those in leadership roles may also be struggling to overcome their grief and fear about what has happened.

The film was produced in May 2022 and can be found at [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk/) or [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk/) or https://vimeo.com/711659571

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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