**PTU-87 SUPPORTING THE TEAM TO SUPPORT PATIENTS' WITH
INTESTINAL FAILURE: WHAT CAN TEAM FORMULATION
SESSIONS OFFER?**

Sarah Kelly, Sophie Wilkes*. *Salford Royal Hospital, Salford, UK*

10.1136/gutjnl-2021-BSG.387

Introduction Intestinal failure (IF) can have profound physical and psychosocial consequences on patients' quality of life, as well as on the healthcare economy (Allan & Lal, 2018). Ensuring that staff feel well supported to manage the emotional impact of their work is vital in ensuring patients receive consistently high quality care (CQC, 2013). Team formulation sessions are a form of supervision, which encourages members of multi-disciplinary teams to talk about, understand and process emotions they experience within their work (Johnstone et al., 2015). They have been shown to improve service effectiveness (Onyett, 2007), increase staff understanding of patients' psychological difficulties and behaviour, and increase staff confidence in managing distress (Beardmore & Elford, 2016).

Methods The aims were to: 1) offer team formulation sessions to a multi-disciplinary team within an Intestinal Failure Unit (IFU) and 2) evaluate the effectiveness of the sessions using both quantitative and qualitative methodology (content analysis). A series of weekly sessions of 30-45 minutes duration were offered and facilitated by a Clinical Psychologist. Sessions were open to all staff members. After five weekly sessions,

staff were asked to complete a questionnaire to gain feedback and ascertain future need.

Results All 11 staff members who attended a session and completed the evaluation said they would highly recommend the session to a colleague and expressed a wish to attend further sessions. When asked to rate how helpful the sessions had been with regards to helping them manage the personal and emotional impact of their work (on a five point Likert scale from (1) extremely unhelpful to (5) extremely helpful), the mean was 4.6 (range 3-5). 38% expressed wish for further weekly sessions; 32% reported preference for fortnightly sessions and 30% expressed request for monthly sessions. The content analysis revealed four themes regarding the reasons for the helpfulness of the session: 1) praise for the session, 2) thinking and working psychologically, 3) sharing and learning ideas from each other and 4) safe space to process emotions. Three themes were generated for suggestions for improvement: 1) ensure time is protected, 2) larger group of staff members in attendance and 3) the session to be structured.

Conclusions Staff members rated the session as '*extremely helpful*' on average. There were several recommendations for future formulation sessions in an IF setting: 1) provide staff members with information about the session, 2) staff members to continue to have approval from their managers to attend, 3) ensure time is protected and scheduled on rotas, and 4) develop a contract to agree the structure and content of the session, which is reviewed after a 6 month period.