

# RCT – Randomised Coffee Trial



**a national wellbeing initiative –coordinated from NHS Fife!**

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**Problem:** Palliative medicine trainees are spread out across Scotland and face unique work pressures. Since the pandemic, trainees have unable to access face-to-face peer support at training days– Some are the only trainee on their site, others have never met another palliative medicine trainee!

**Challenge:** We need a non-hierarchical, democratic, serendipitous intervention that affords little intrusion to day-job!

**Solution:** The Randomised Coffee Trial adapted by a Fife trainee from a successful scheme in Scottish Government

**Results: Over 40 coffees so far!**

*I have really enjoyed the opportunity to reconnect with people and get to know people better from the wider trainee body*

*So good, made me smile...*

*...always feel better after a "random coffee"...*

**Aim:** Get to know each other better & improve well-being

**Population:** Scottish Palliative Medicine Trainees (in and out-of-programme)

**Method:** Participating trainees randomly matched with another trainee each month. Trainee schedules one 20-30 minute virtual coffee break with their coffee partner during that month... via Telephone, Zoom, Teams, Facetime...

**Why not try this out in your own team?!**

