

## KEY POINTS

Trainers and trainees are highly receptive to the concept of mental skills training, believing it can improve surgical outcomes.

The vast majority would like further training in this area

These results suggest further research is warranted

## Introduction

Anxiety among surgeons is increasingly recognised as important for both wellbeing and surgical outcomes. Mental skills training (MST) may allow an individual to remain focussed, and deal with unwanted emotions in stressful situations.

Such techniques are commonly used in sport to aid performance and have more recently been shown to help foundation trainees in stressful situations. They are not routinely taught in postgraduate surgical training.

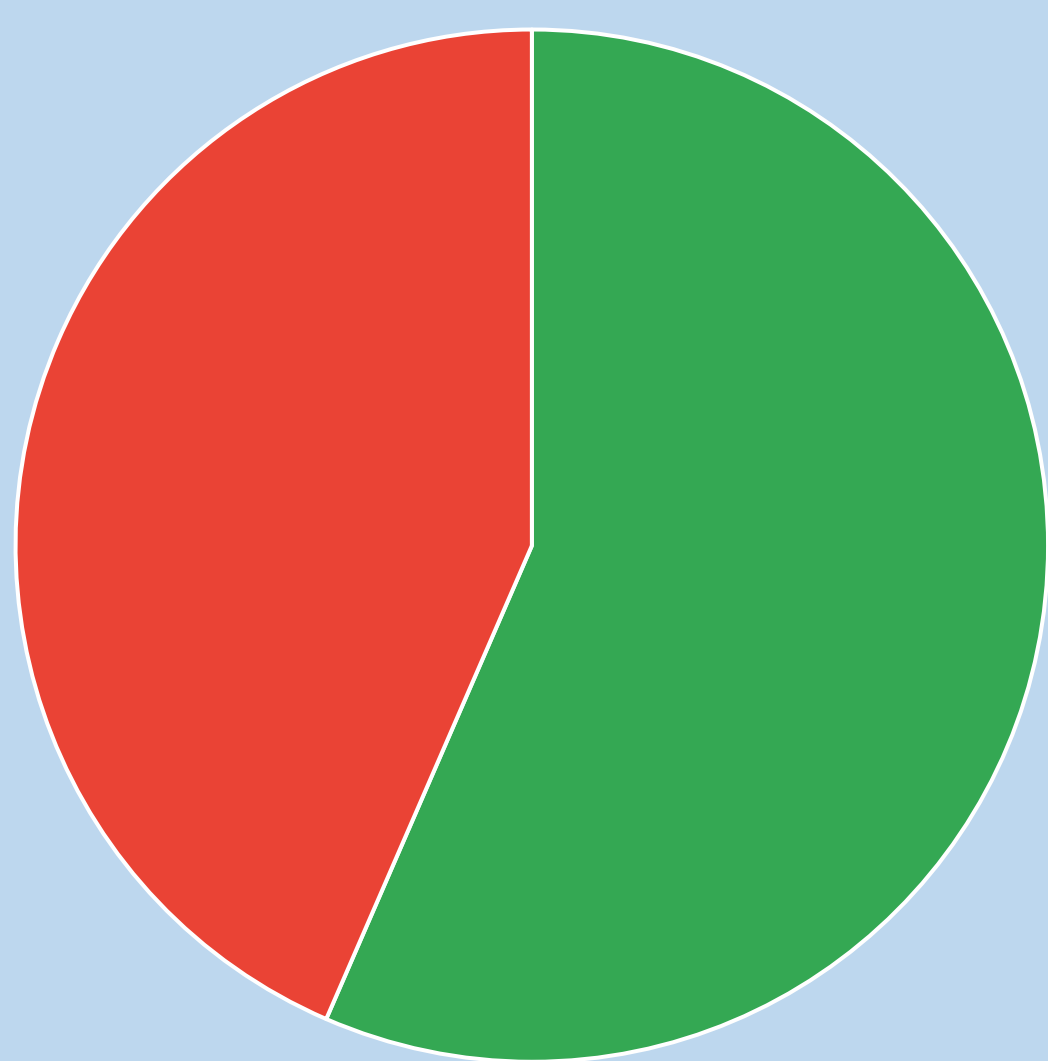
## Methods



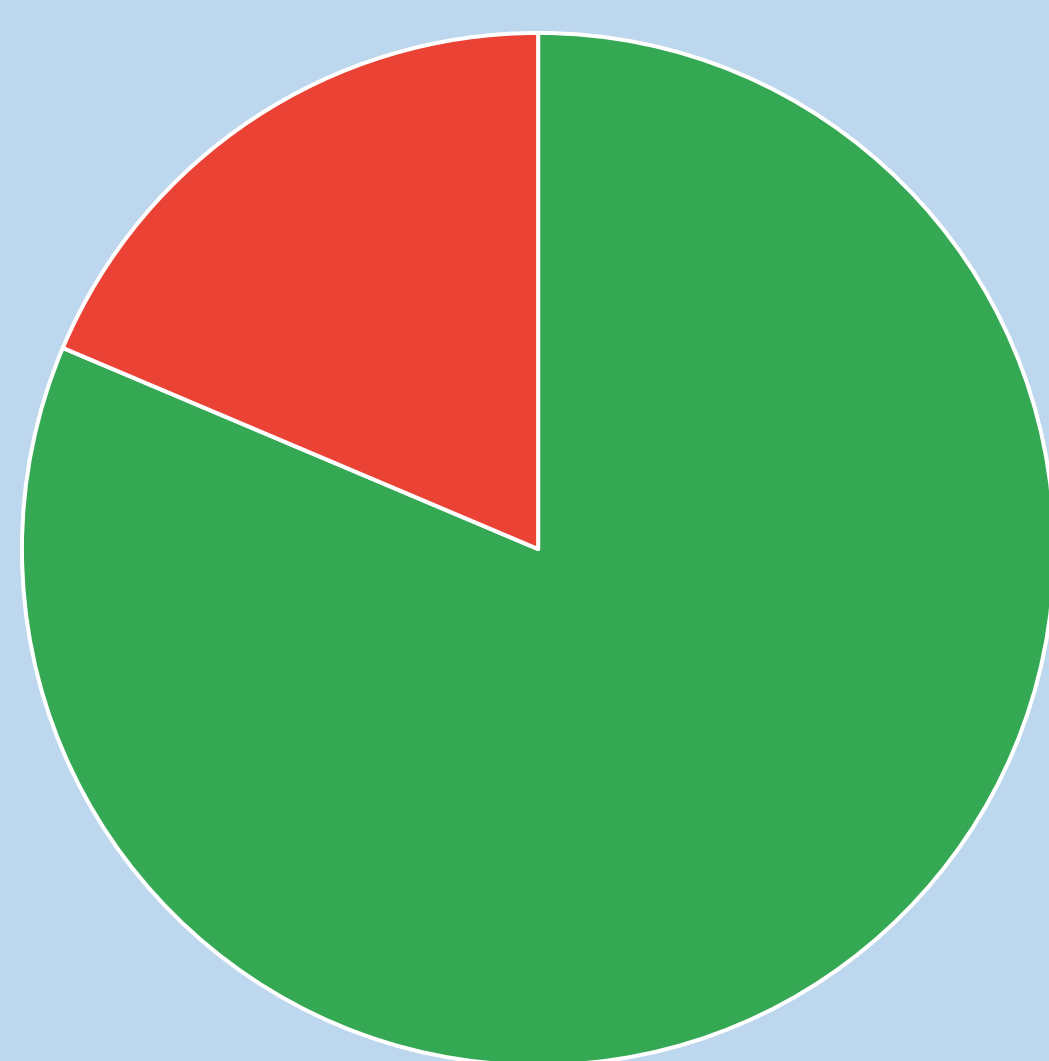
**12** question survey on attitudes to mental skills training was developed with ethical approval.

Electronic survey was distributed to UK orthopaedic surgeons via email, social media and WhatsApp groups. Participation was voluntary and not incentivised.

I have previously heard of mental skills and/or metacognition



I have previously had training in mental skills and/or metacognition

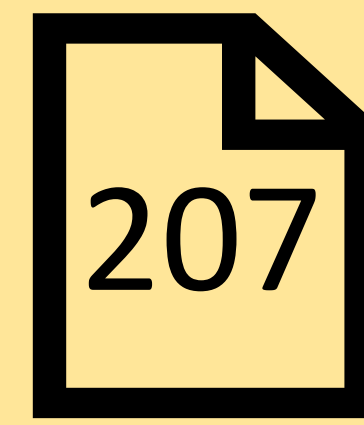


Just **6.3%** felt mental skills could not be taught

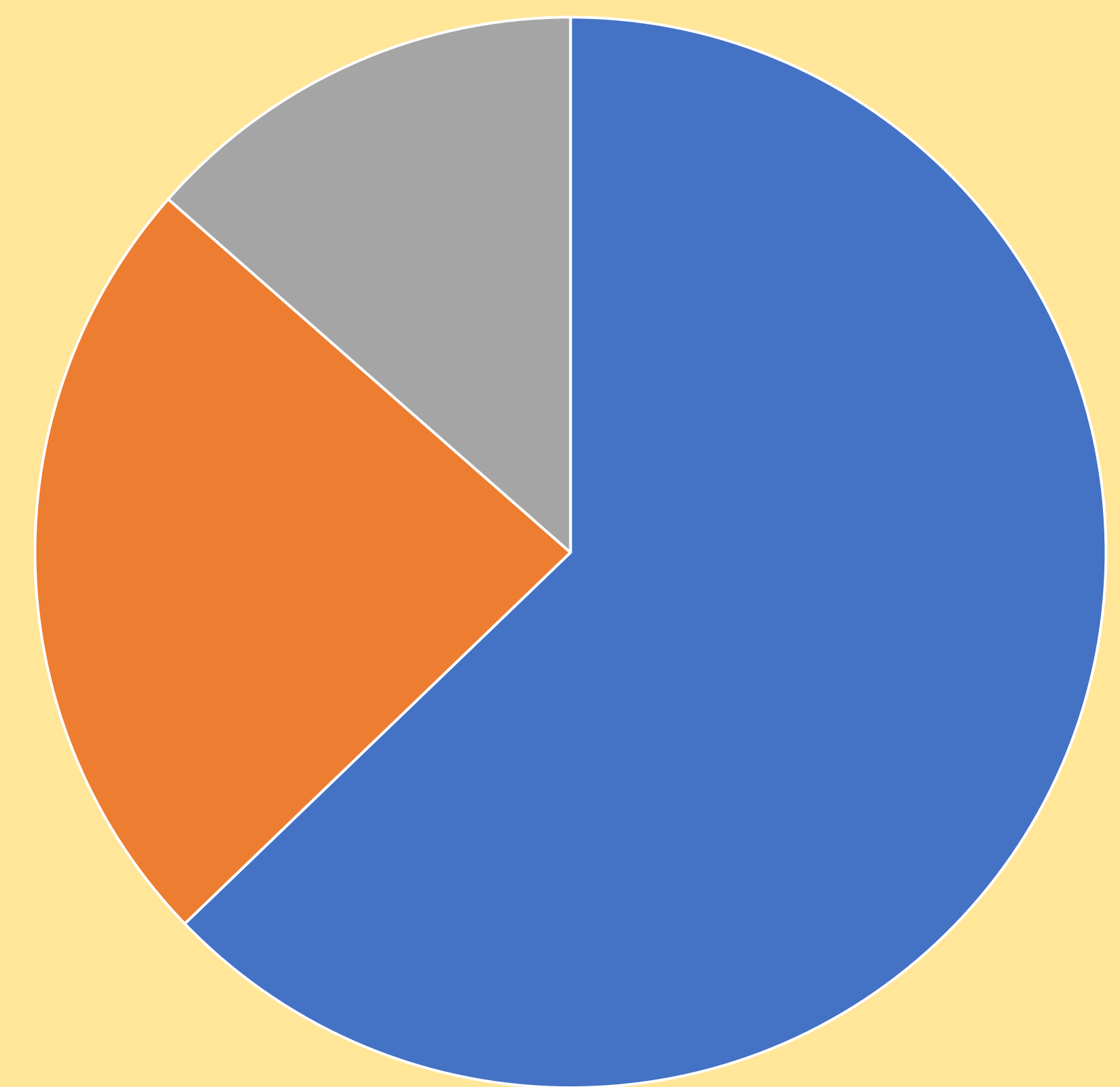
**93%** believed everyone should receive mental skills training

**91%** felt MST should be first introduced pre-registrar training

## Results



207 Responses



■ Consultant ■ Registrar ST3-8 ■ Other

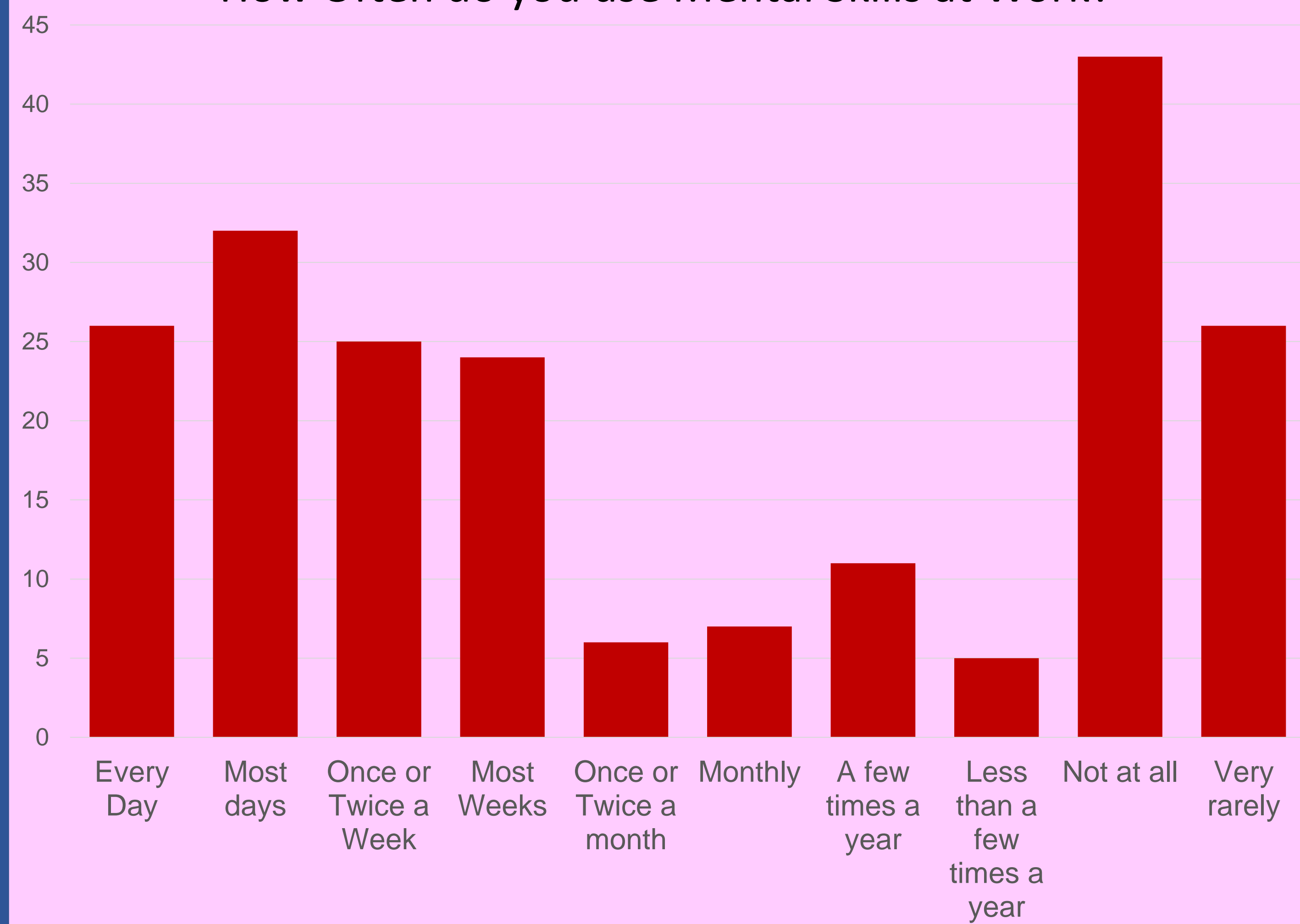
**29%** Were confident in the use of mental skills

**94%** Felt good mental skills = good patient outcomes

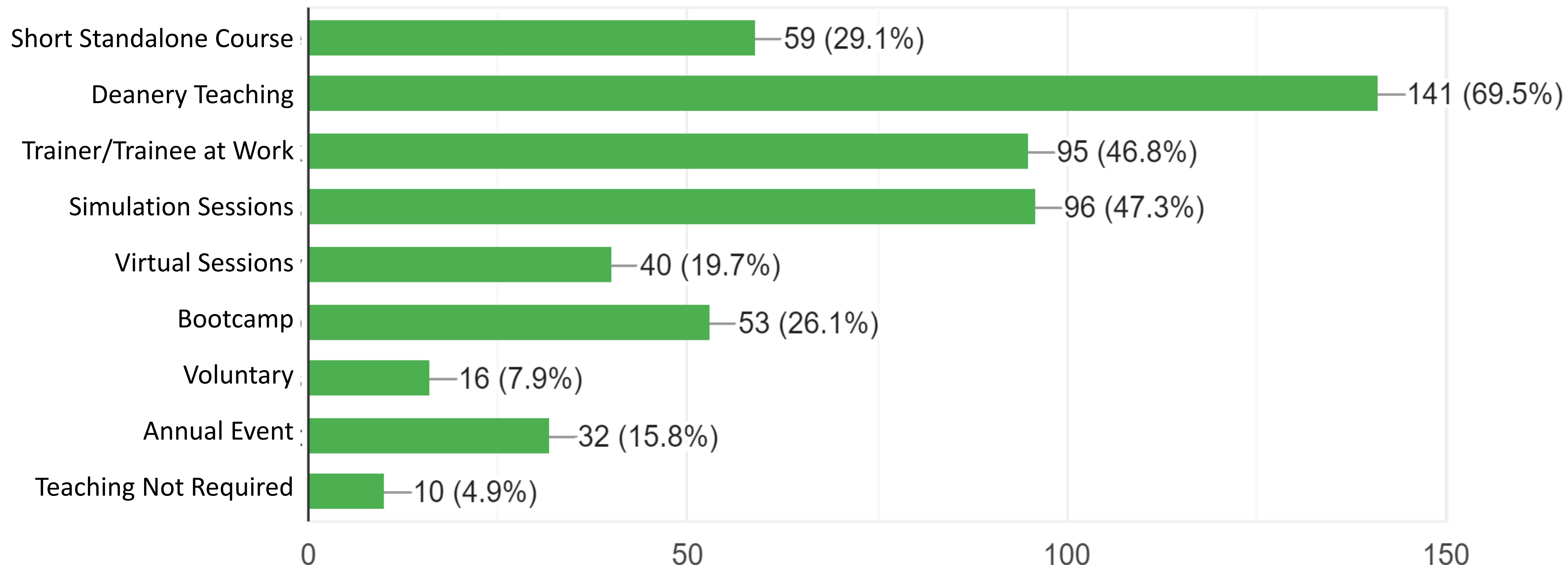
**94%** Felt mental skills training was useful in additional to technical skills training

**95%** Wanted more mental skills training

## How Often do you use Mental Skills at Work?



## How Should Mental Skills Be Taught?



Abstract

