



# Learning activity evaluation

**Midlothian Hospital at Home Event**



**NHS Lothian  
Charity**

# The event

## Midlothian Hospital at Home Event

**In May 2024, 22 staff from the Hospital at Home Department in Midlothian attended a wellbeing and development day. Funded by NHS Lothian Charity and organised by senior managers, staff had the opportunity to learn new skills, network with other staff, take part in team building activities and take time to think about their own health and wellbeing – including trekking with Alpacas!**

Staff commented by attending the day they were able to :

- Reflect on current practice
- Develop and/or learn new skills
- Have the opportunity to team build in a non-clinical setting
- Relax and have fun!!

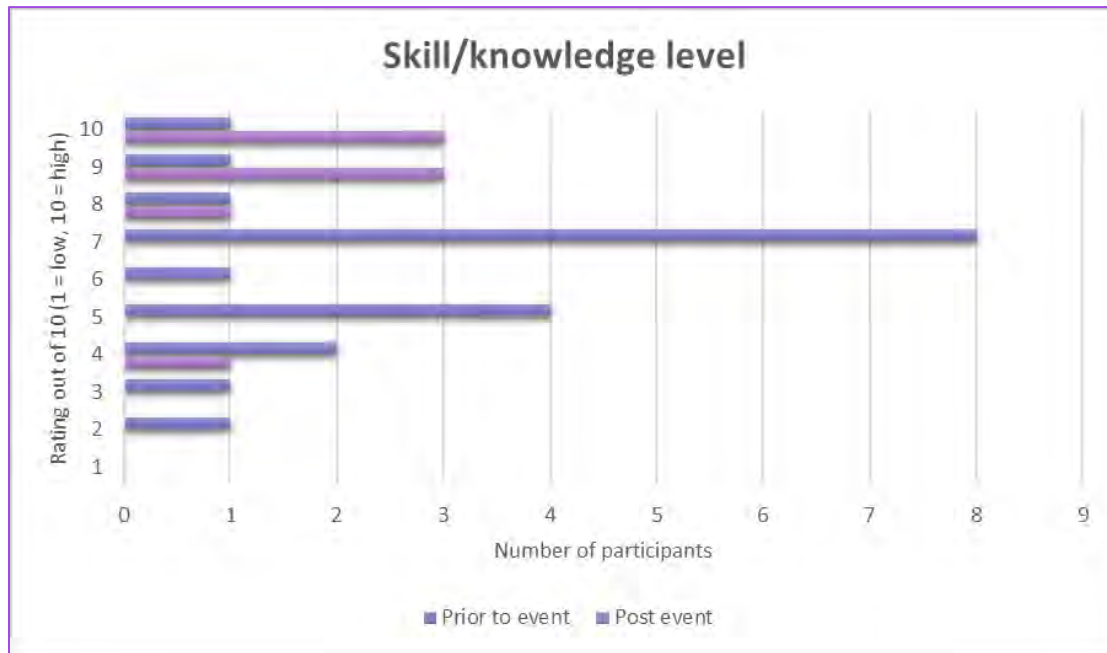


Really good to have time away as a team to discuss where we are and where we are going."



# Outcome

**Staff have improved skills and knowledge in the topics covered at the event.**



Staff rated their skills and knowledge out of 10 (1 = low, 10 = high), On AVERAGE staff rated:

**6**  
Prior to attending the event



**8**  
After attending the event



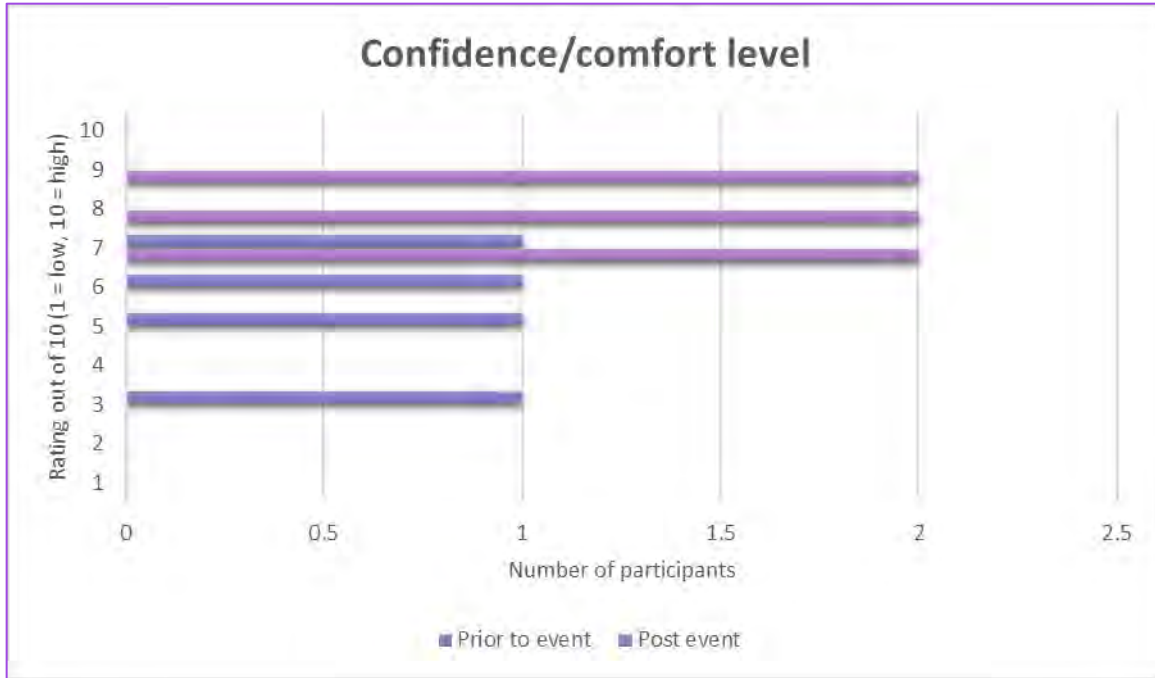
The subject was of something I have been used to doing, this has continued to improve my knowledge and confidence."



Gained more knowledge and I feel it is important to know."

# Outcome

**Staff have improved comfort and confidence in the topics covered at the event.**



Staff rated their comfort and confidence out of 10 (1 = low, 10 = high). On AVERAGE staff rated:

**7**  
Prior to attending the event

**9**  
After attending the event



"This has helped staff to be more confident and well versed in doing their responsibilities and role as a nurse."



"With more knowledge on the topics, I feel like my confidence will increase."



# Outcomes

## 100%

**of staff agreed the event made a positive difference on their team/department practice.**



Knowing team colleagues better improves working together."

## 80%

**of staff agreed the event made a positive difference on their individual practice.**



It's absolutely helpful in my clinical practice."



## 80%

**of staff agreed the event made a positive difference to their health and wellbeing.**



Spending time with the Alpacas makes you feel happier and less stressed."

# Outcome

## Staff have an improved sense of team



Having time out of clinical work helps the team bond, reassess team progress and future and allows for level playing field as not thinking about grades and levels of staff but just bringing all staff together. I think this will improve the wellbeing of the team as we have built memories of the day."



Personal and team growth, personal and team learning will improve team ethos of high quality holistic patient care."



The value we all bring and share as a team, how we have different knowledge base and experience."



The team building was of great value."



Reasonable level of knowledge but not had the opportunity before to work together as a whole team on the topic. "

# **By attending the Midlothian Hospital at Home Event;**

- **Staff have improved skills and knowledge in topics covered at the event, and made a positive difference on their own and their teams practice**
- **Staff have improved comfort and confidence in topics covered at the event**
- **Staff agreed the fun and relaxed elements of the day had a positive impact on their health and wellbeing**
- **The team building elements of the event were particularly impactful for staff**

**In  
summary**

Thank you to all staff that participated in the survey.  
More information about NHS Lothian Charity can be found here  
<https://nhslothiancharity.org/>