

Wellbeing support for GP registrars: misaligned perspectives and experiences of GP supervisors and GP registrars.

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Background

GP registrars require access to wellbeing support throughout their training. GP supervisors may be well positioned to provide wellbeing support; however, the responsibilities associated with this role lack clarity.

Aim

To explore the perspectives and experiences of GP supervisors and GP registrars as providers and recipients of wellbeing support in GP training.

Method

Consenting GP supervisors and GP registrars anonymously completed an online survey about their sociodemographics, attitudes, perceived norms, barriers, and wellbeing support experiences (5-point Likert-type scales from 'strongly disagree' to 'strongly agree').

Results

A total of 94 GP supervisors (age = 54±11 years, 60% women) and 27 GP registrars (age = 35±9 years, 74% women) participated between Sept 2022 - Jan 2023. There was good representation across all Australian States/Territories and metropolitan/non-metropolitan locations. Almost all GP supervisors (95%) were willing to provide wellbeing support; however, only 48% of GP registrars were willing to seek it from them. GP supervisors held more positive attitudes as providers of wellbeing support than GP registrars held as recipients (3.79±0.47 vs 3.59±0.45, respectively; $p < .05$) but both agreed that GP supervisors were responsible for it (4.19±0.39 vs 4.01±0.45, respectively; $p > .05$). GP supervisors perceived significantly greater pressure from valued colleagues to provide wellbeing support than GP registrars perceived from their peers to seek it from them (3.71±0.64 vs 3.33±0.74, respectively; $p < .05$). GP supervisors had significantly greater confidence in their capacity to provide wellbeing support than GP registrars had of them (3.80±0.48 vs 3.31±0.86, respectively; $p < .01$).

Discussion

GP supervisors were willing to provide wellbeing support to GP registrars, but most GP registrars were reluctant to seek it from them, possibly due to perceived barriers. Research is needed to explore areas of misalignment related to wellbeing support to ensure that high quality support is available in GP training.

Key messages

- GP supervisors are more willing to provide wellbeing support than GP registrars are to seek it from them.
- There is normative pressure to provide wellbeing support in GP training, but not to seek it.
- GP supervisors have greater confidence in their capacity to provide wellbeing support than GP registrars have of them.

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