

What is Tea Trolley Training?

'Tea trolley training' originated at the Royal United Hospital, Bath and is a novel method of providing multidisciplinary team training in the workplace. Short, succinct 'bite-sized' teaching sessions are brought to staff during their normal working day (or even night), with the subsequent reward of tea and cake!^{1,2}

The training method works well for learning and practising practical skills, guideline updates and refreshing key knowledge. It has been used across the hospital including operating theatres, the intensive care unit (ICU), delivery suite, Post Anaesthesia Care Unit (PACU) and the hospital wards.

There are many perceived advantages to this type of teaching. It is quick and easy to organise with minimal associated cost. In addition, it is non-threatening and highly adaptable to suit different learning styles and learners across the MDT – it works just as well for student nurses as professors! Lastly, it is a fun and interactive teaching method which has had very positive feedback.

More information can be found here:

https://www.rcoa.ac.uk/sites/default/files/documents/2019-10/19-145-Kelly_table.pdf

A two-minute video showing how tea trolley works can be found here (scroll down):

https://www.ruh.nhs.uk/For_Clinicians/departments_ruh/Anaesthesia/Training.asp?menu_id=3

How does Tea Trolley Training work?

The key is in **choosing the project** – choose something that can be taught in 5-10 minutes, for example: a specific airway skill, a new guideline or hospital protocol. A list of projects that this has worked well for in our experience can be found in the RCoA Bulletin article above.

Then **make a plan** – when and where will the teaching happen, advertise, consider what training models or other laminated aids might be needed.

Make up a training folder – include a laminated one-sheet teaching tool, an attendance register, blank feedback forms and handouts (or a QR code where staff can download a handout). Copies of the teaching tool work well as handouts.

Recruit the faculty – in operating theatres, you need two faculty to travel around the theatre suite together. It is ideal if one of those faculty is an anaesthetist who can take over patient care in theatre during the training when needed. In ICU and PACU, only one faculty member is needed to deliver teaching but two faculty members makes it more fun!

Deliver the teaching – we use a standard metal theatre trolley to transport the teaching materials on the top and the rewards – tea and cake/chocolates! – on the bottom. Target theatres with a stable patient mid-op - one anaesthetist takes over care of the patient in theatre, while the other delivers the teaching to the list anaesthetist and assistant in the anaesthetic room. Rewards are provided immediately afterwards.

Review teaching progress – keep records of those trained and ensure feedback forms are completed while refreshments are served: consider using pre- and post-training confidence scores. Offer certificates for CPD folders. Consider writing your training project up as an abstract for a national and/or regional conference.

References

1. Corbett L, Davies A, McDonald M, Kelly F, Jordan L (2020). 'Bath Tea Trolley' Training; Part 1. Royal College of Anaesthetists Bulletin; **119**; 28-30
2. O'Farrell G, McDonald M, Kelly FE. 'Tea trolley' difficult airway training. *Anaesthesia* 2015; **70**: 104