

Adapted SLT tea-trolley training

on a level 2 LNU

What is SLT tea-trolley training?

- SLT is Speech & Language Therapy
- Tea-trolley training originated at RUH
- Bite-size training (5-10 mins) brought to staff, students & parents
- Single subject
- Reward of tea and cake!
- Training items on top shelf and edible goodies on bottom shelf

How did we adapt it?

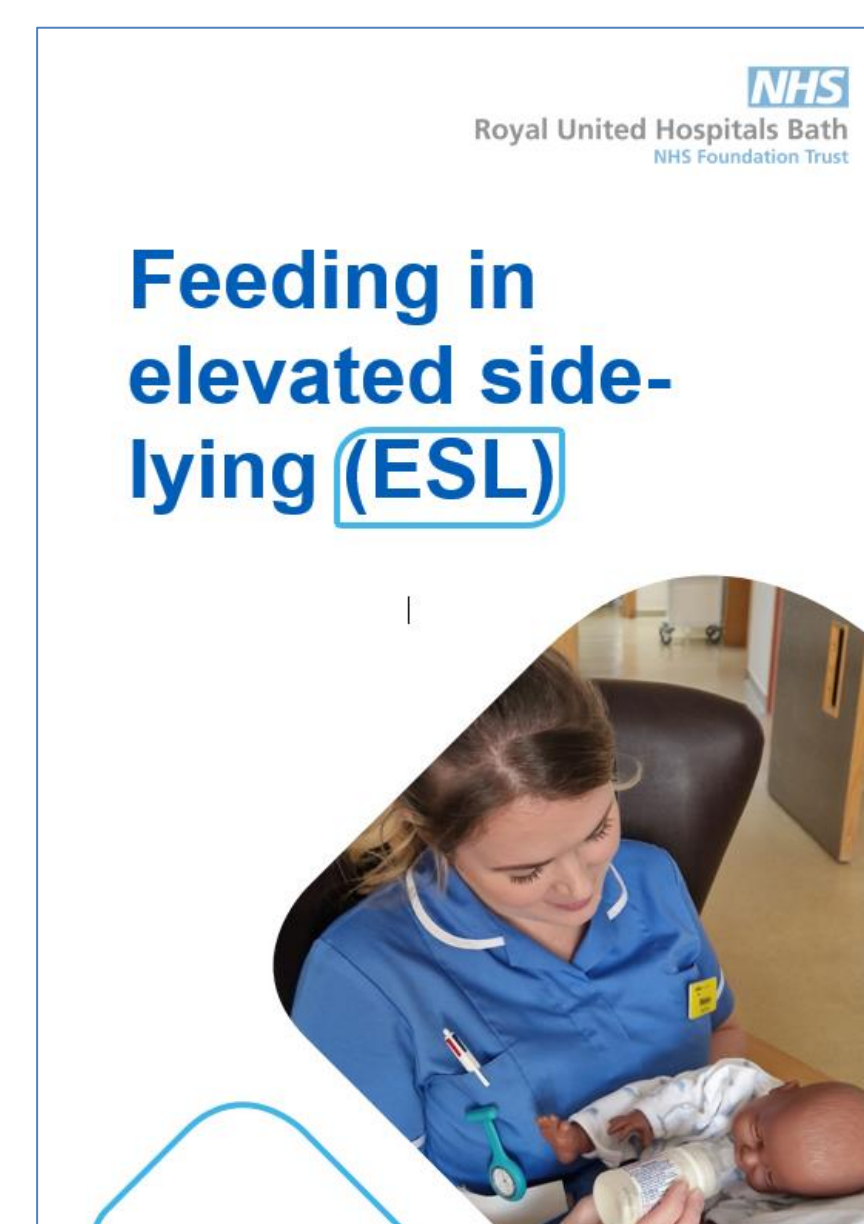
- Uses equipment already available on the unit
- The equipment wasn't just to show but was used in a practical session
- Edible rewards were in the staffroom, rather than on the trolley
- Leaflets given to staff to take away as pocket-sized reminders

Advantages

- Can be taught at cotside
- Has an MDT focus
- Very quick way of teaching something which can be put into practice immediately
- Adaptable/flexible to fit the needs of a busy unit and its staff
- Flexible to caseload – unit and SLT caseloads
- Short
- Reaches a high number of staff in a short time period
- Includes student nurses & midwives & student nannies

Disadvantages

- Very easy to drop it if unit is busy; needed senior staff buy-in



Subjects covered

- Elevated side-lying
- Pacing
- Feeding cues and readiness - done jointly with nurse



Subjects planned

- Early communication
- Impact of teat flow rates on feeding (where parents have made an informed decision not to breastfeed)

Feedback from staff & students

- Love the specificity
- Love having a take-away leaflet
- Appreciate the training coming to them
- Enjoy the practicality
- Rate highly not having to plan to attend training
- Helps them provide better care
- Practice Educators value the attendance register kept by SLT
- Short enough to include staff on night duty
- "I've learned such a lot in a short time – thank you!"

Feedback from parents

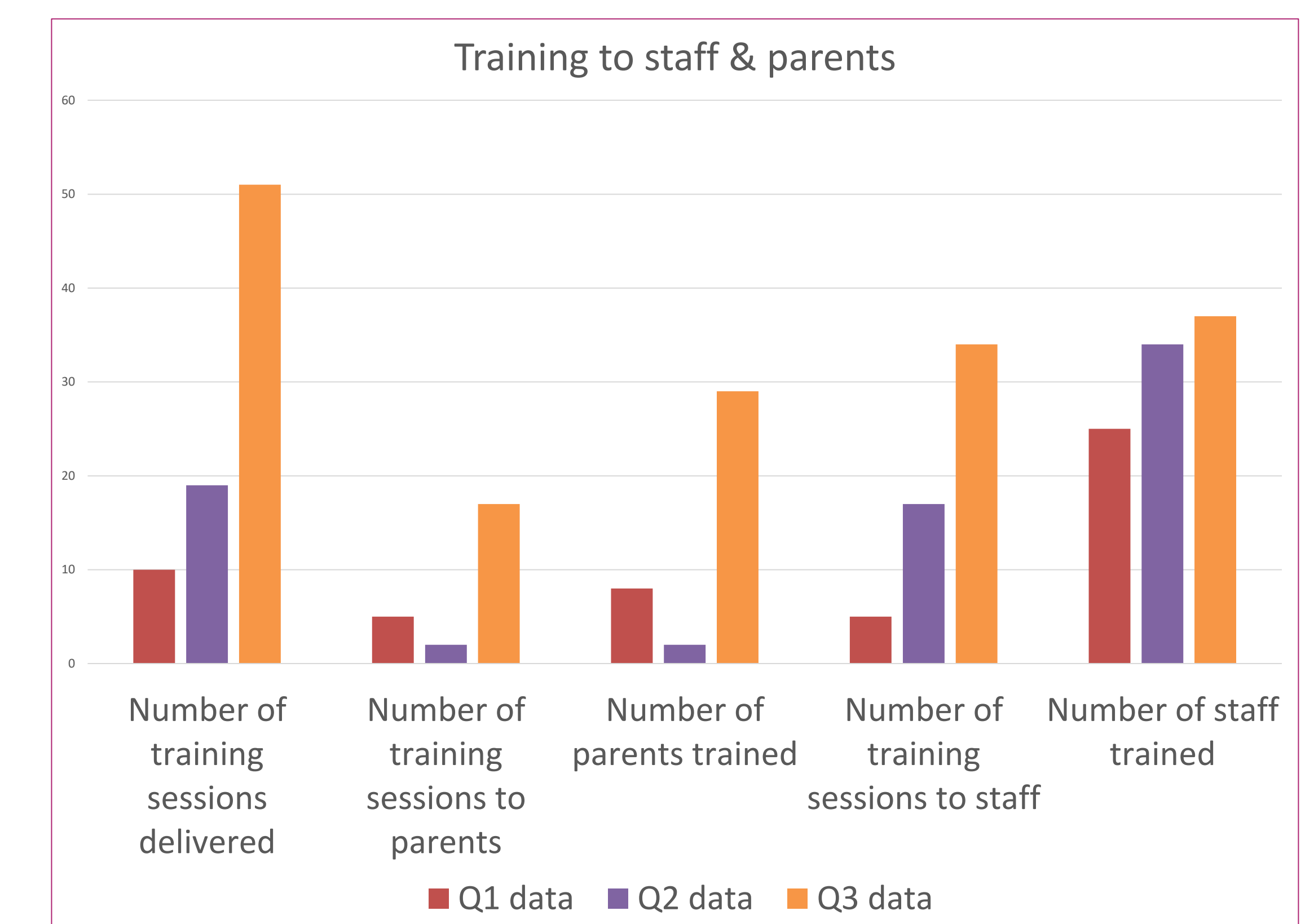
- Very practical
- Love being able to practise immediately with their baby
- Value the written information so they don't have to remember everything
- "Why don't all parents know about this? It's so good!"



Training sessions 1

Graph shows, for each quarter

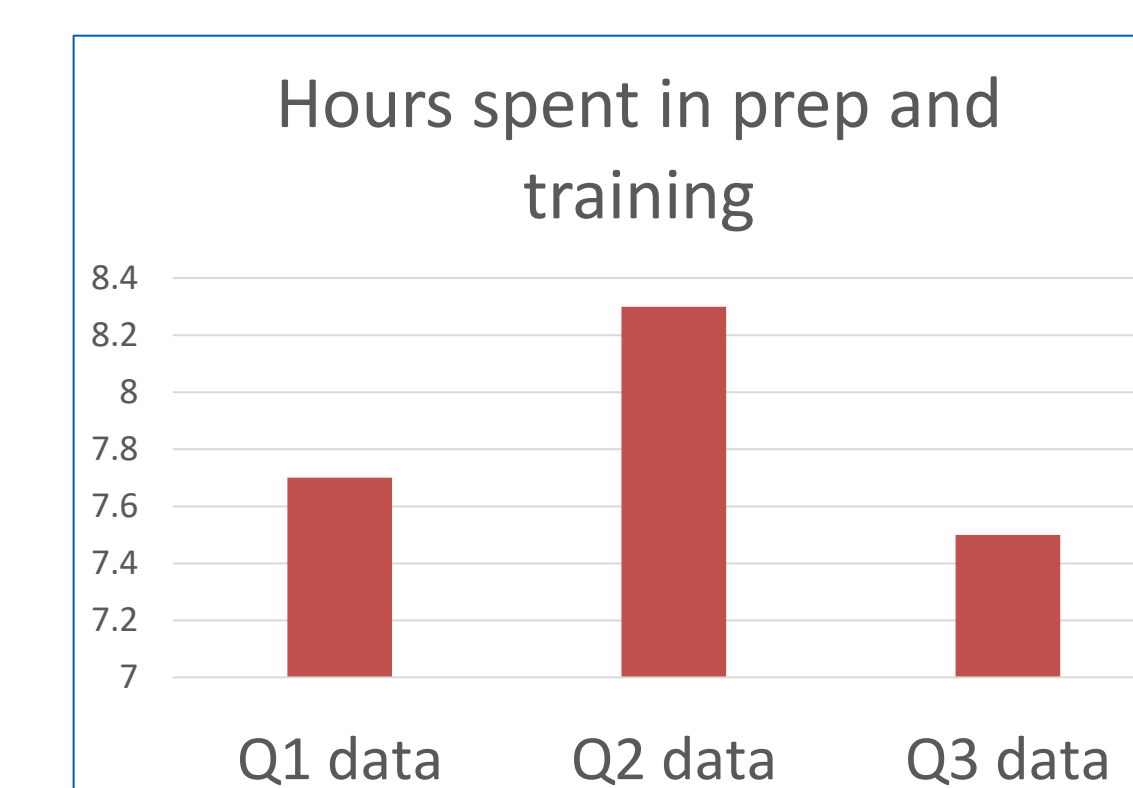
- number of training sessions
- number of training sessions delivered to parents
- number of parents trained
- number of training sessions delivered to staff
- number of staff trained



Training sessions 2

Graph shows

- time spent planning & training in each quarter: higher amount in Q2 because of joint work with nurse



Time spent planning in the future will be significantly reduced because these times included writing and producing the leaflets, which are now in wide use

Conclusion

Tea-trolley training is an effective and efficient way of teaching discrete subject matter

The people we work with

The people we care for

Bibliography:

Jordan, L., McDonald, M. & Kelly, F (2018). Combining the day job with time for training and tea. The BMJ opinion. Available online at: <https://blogs.bmj.com/bmj/2018/07/23/combining-the-day-job-with-time-for-training-and-tea/>. [Accessed: 25.1.24]
Royal United Hospital Bath (2019). TTT2: What tea trolley training is and how it works. Available online at: [Microsoft Word - TTT2 What tea trolley training is and how it works word doc.docx \(ruh.nhs.uk\)](https://www.ruh.nhs.uk/what-tea-trolley-training-is-and-how-it-works-word-doc.docx) [Accessed: 23.1.24]

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