You are not alone; we are all in this together and face similar challenges and changes.

We are all living out of our comfort zones and you, like others, will be asked to take difficult decisions, for which there are no obvious or ‘right’ answers. As a Trust we pride ourselves on team working and there is always supervision available irrespective of your role or seniority. We would encourage you to use more supervision at this time.

You will be used to making these decisions in other circumstances – you are able to consider the pros and cons and the risks of clinical practice, it just feels different at present. You have the skills to do this.

One main change is that we are all considering the right thing for populations and groups of patients in addition to the right thing for the individual in front of us.

Remembering to include views of all those involved will help, but may also present challenge.

Support is always available, both within and out of hours.

Talking this through will help and we need to help each other think.

The ethics group in the trust want to learn from the decisions that you are making in order that we take the learning that will come from working these situations through – so let us know so that we can share this with others and gradually we will all feel more able to make these difficult decisions.