



SAM Wellbeing QI Competition

The wellbeing of healthcare professionals — including doctors, nurses, pharmacists and allied health professionals (AHPs) — is critical to delivering safe, high-quality patient care.

SAM invites members to submit a 400-word Project Report describing a Quality Improvement Project (QIP) or intervention implemented within Acute Medicine that supports the wellbeing and flourishing of the multidisciplinary workforce.



[Click here to apply](#)



Submissions should follow the standard QIP format:

- Introduction & Aim – why this project
- Methods – what did you do
- Results – what did you find
- Discussion – what does it mean
- The Equality Impact Assessment of your project



Examples might include:

- Structured wellbeing programs (e.g., mindfulness sessions, peer support groups for all staff groups)
- Innovative rota designs to improve work-life balance for staff
- Environmental changes (e.g., rest spaces accessible to all staff)
- Digital tools for stress management or workload optimization
- Inter-professional initiatives fostering team cohesion and psychological safety



Important information

- To allow sufficient time for implementation and evaluation, submissions will be open for 6 months.
- Entries will be judged by a SAM-appointed panel using an agreed marking scheme.
- At least one member of the QI team must be a doctor.
- The winners will receive a cash prize and have their work showcased at the SAM conference and on the SAM website.



**1st Prize –
£1500**



**2nd Prize –
£1000**



**3rd Prize –
£500**



Deadline for Submissions: 31st August 2027