

Creating a focus on Wellbeing in Critical Care

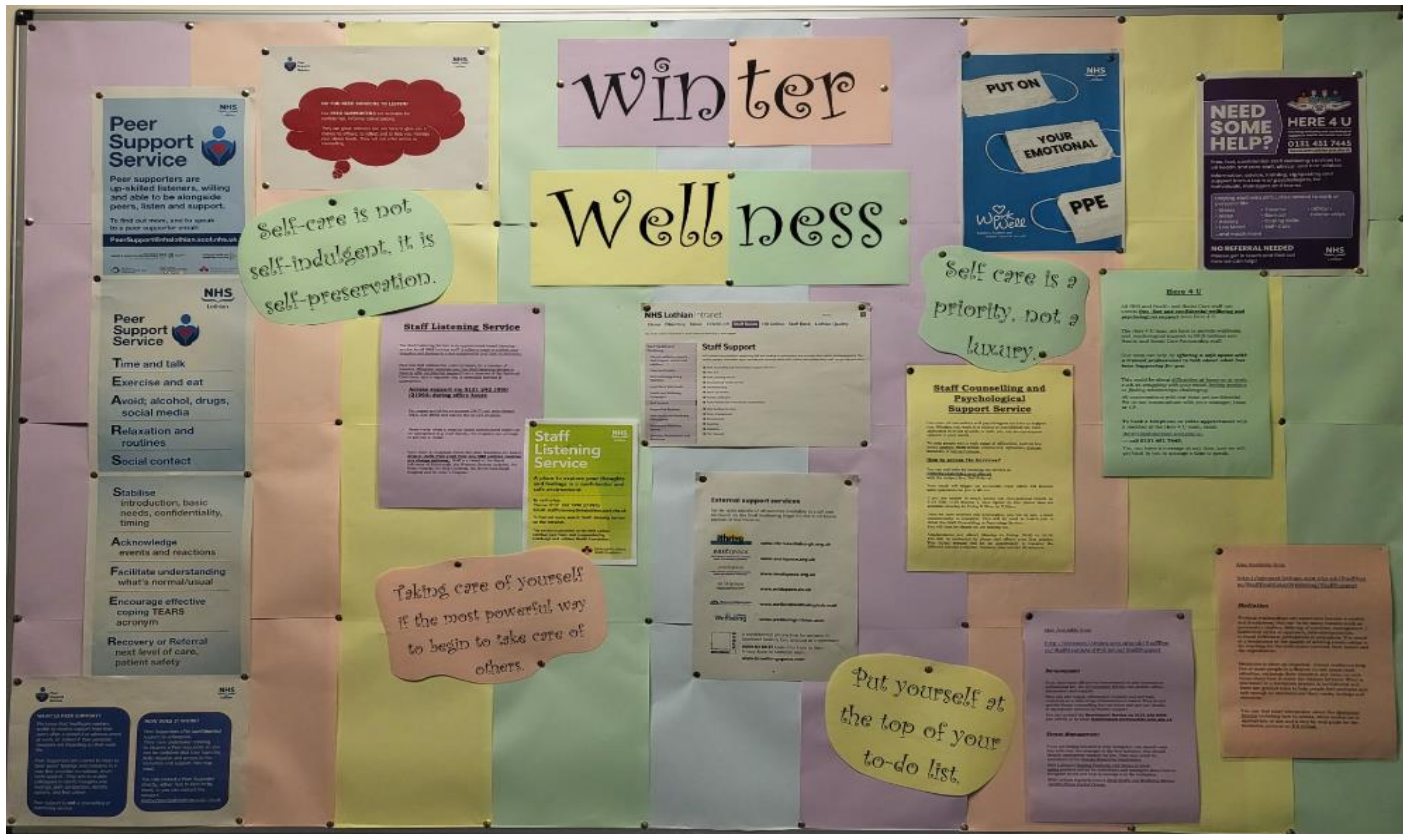
Sarah Lewis DCN
Steve Walls SCN

Making people feel Valued, Respected and Supported

- **How it all started**
- **How it's going**
- **What's next?**



How it all Started – Sarah & Steve



Easter Wellness Competition

How many Eggs in the Jar??



What makes a good shift?



Staff Wellbeing in ITU matters

There has been so much positive feedback about the **Winter Wellness (now Spring Wellness) Board** that we would like to offer staff some face-to-face support throughout Summer



Whats on offer?!

A quiet space to come and enjoy a cuppa & cake.



An opportunity to meet the RIE Work Well team, Inga & Jetta
A chance to share your thoughts/ideas about what would help you to feel your best throughout a 12-hr-shift.

We know it is not always easy.



When?

Four Thursdays throughout June.

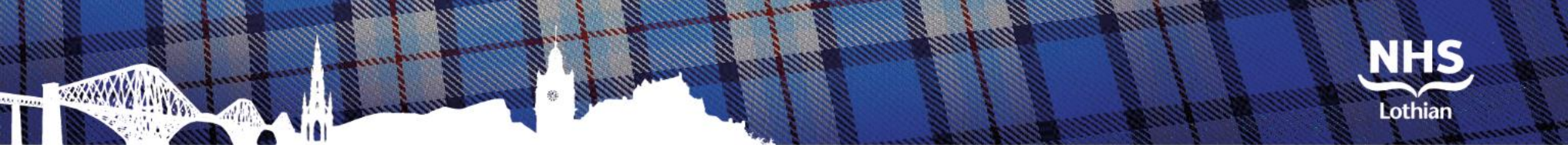
- 1st June
- 8th June
- 15th June
- 29th June

2.30pm - 4.30pm (drop-in sessions) in **Staff Room Base D**
Totally voluntary but we would love to hear what matters to you

What did we do?

Picked common themes from feedback to tackle -

- **Senior Staff Away Day**
- **Staff rooms re-vamped (in process)**
- **Debrief encouraged & Home time Huddles introduced**
- **Store rooms re-vamped**
- **New stock room person , ward assistant & equipment person**
- **New computers/printers**
- **Education Team involvement**
- **More staff in HDU**



Wellness Workshop

Critical Care

Wellness Workshop

Thursday 26th Oct & Thursday 9th Nov
08:45 to 17:00

Edinburgh Training & Conference Venue,
16 St Mary's Street, Edinburgh,
EH1 1SU

- Get together with colleagues
- Explore what 'wellness' is to you
- See how we can support each other better
- Learn what support is available to us in NHS Lothian
- Visits from Guest Speakers

Teas, coffees and lunch provided
Any queries, contact Sarah Lewis or Steve Walls

08.45 - 09.00

Welcome – Tea, Coffee & Refreshments

09.00 – 09.45

Local Work Well Team

09.45 – 10.45

Staff Support – Caroline McDowall

10.45 – 11.00

Here4U – Carole Haxton (26th) Rebecca Pryde (9th)

11.00 – 11.15

Tea, Coffee & Refreshments

11.15 – 11.45

Occupational Health – Alison McClintick

11.45 – 12.15

Peer Support – Anna Cox (26th via Teams)(9th in person)

12.15 – 12.30

Positive Learning – Rachel Nassar

12.30 – 12.50

Theatres – Dr Deirdre Conway (26th)/Home time Huddle - Sarah Lewis (9th)

12.50 – 13.30

Lunch

13.30 – 14.30

Spiritual Care – Peter Fairbrother and Rosie Magee

14.30 – 14.45

Home time Huddle – Sarah Lewis (26th)/Theatres – Dr Deirdre Conway (9th)

14.45 - 15.00

Tea/Coffee/Refreshments

15.00 – 16.30

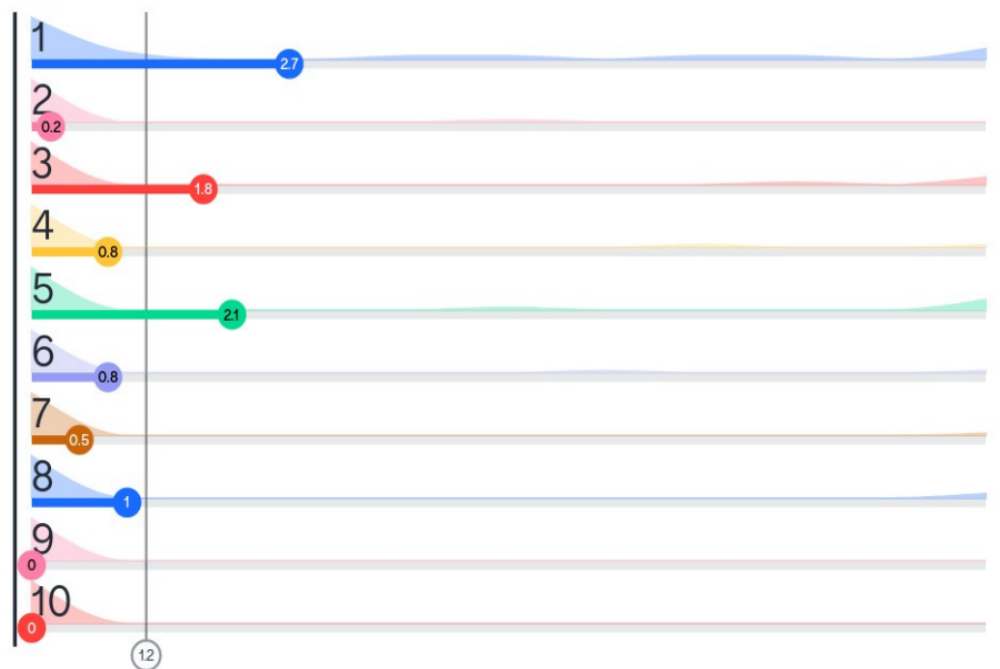
Acute Nursing Strategy – Jane McNulty



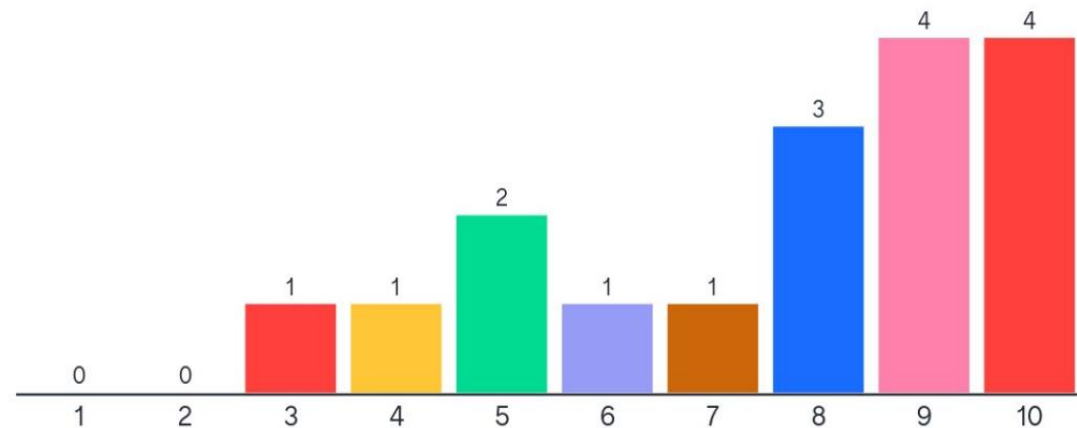


Before and after

On a scale of 1-10 how confident are you about what is available to support your/your colleagues wellbeing by NHSL



On a scale of 1-10 how confident are you about what is available to support your/your colleagues wellbeing by NHSL





Feedback

How relevant is this to your day to day work

[More Details](#) [Insights](#)

Very Relevant	33
somewhat relevant	11
Not at all	0



Do you think what you have learned today will influence your practice as a Team Lead/NIC

[More Details](#)

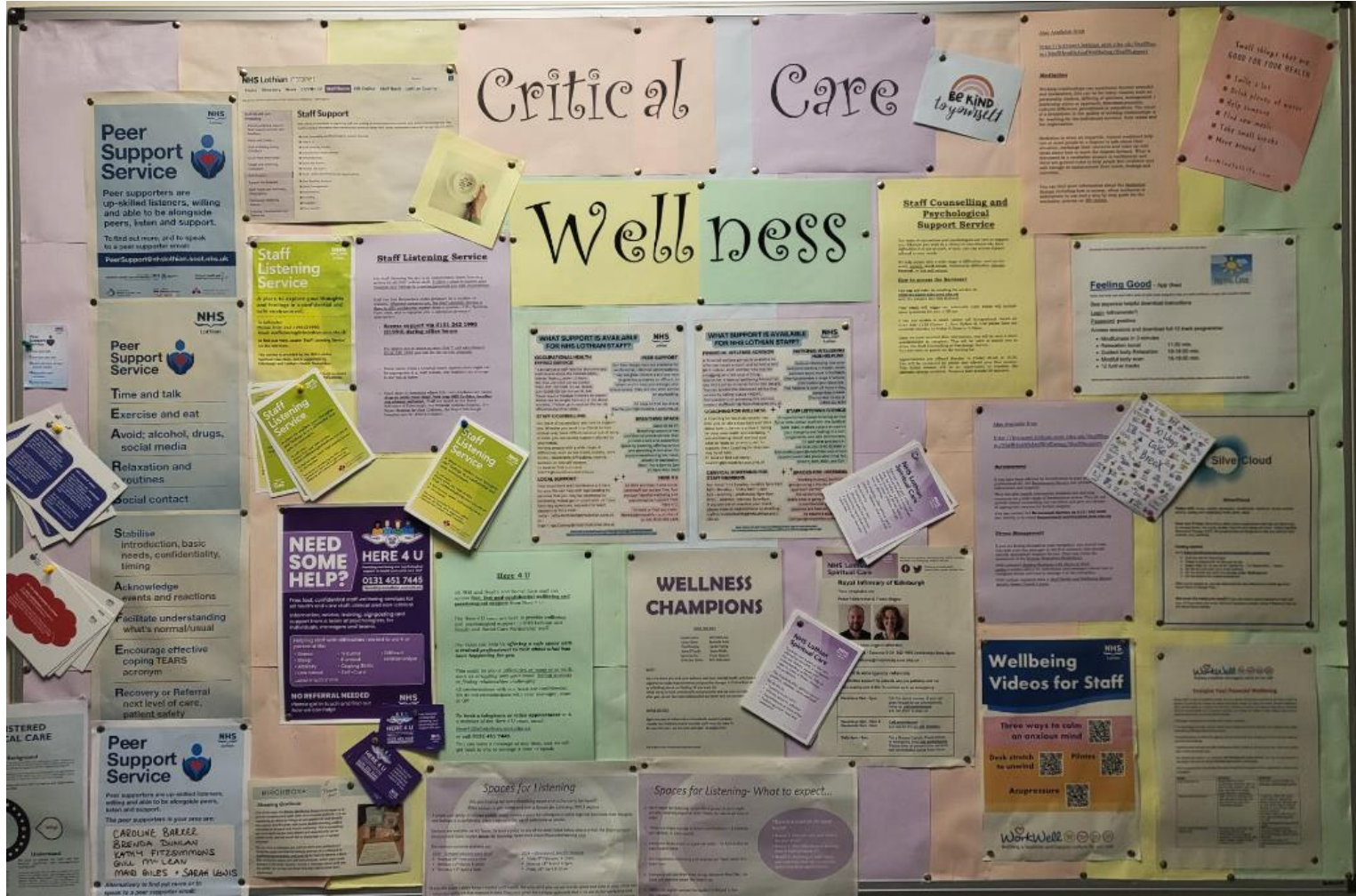
Yes	42
Maybe	1
No	2



Would you recommend this day to colleagues?

[More Details](#) [Insights](#)

Yes	41
No	0
Maybe	4



What's Next?



WHY?

We care about you and your wellness and your mental health, and have come together to make improvements and positive changes in Critical Care and get us all talking about our feelings (if you want to).

What we do is hard, emotionally and physically and we want to help you look after you, so we can keep looking after our team and our patients.

WHAT WE DO?

Sign-post you to information of available support services
Update the Wellness board (outside staff room for base A)
Be here for you - we are new and open to suggestions