

Promoting Wellness at a Children's Hospital: A Supportive Initiative for Healthcare Professionals in Response to COVID-19 Challenges and Beyond

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Background

- ❖ During the height of the COVID-19 pandemic, our pediatric unit converted to an adult COVID unit and remained staffed by pediatric practitioners.
- ❖ Burnout, compassion fatigue, and moral distress replaced the joy, laughter, and high spirits that once filled the halls of our children's hospital.
- ❖ Staff wellness and wellbeing became an imminent priority.
- ❖ A review of literature supported the effects of meditation and mindfulness practices during times of crises on health care workers' health and wellbeing.
- ❖ The purpose of this poster is to describe the implementation, design, and outcomes of our unit's wellness initiative.

Mary's Wellness Corner

To make a difference in someone's life, you don't have to be brilliant, rich, beautiful, or perfect. You just have to care!!

Featured in May 2024 Monthly Newsletter

Design

In 2020, a work group comprised of Unit Based Education Coordinators, physicians, and physician assistants came together with a goal to bring wellness to CHAM.

- ❖ Unit Wellness Board
 - ❖ List of self-care resources
 - ❖ List of institutional resources
 - ❖ List of mindfulness activities
- ❖ Daily Wellness Moment at Interdisciplinary Unit Huddle
 - ❖ Inspirational quotes
 - ❖ Short mindfulness activities



- ❖ Mary's Wellness Corner in Monthly Newsletter
 - ❖ Inspirational messages
- ❖ Wellness Check-Ins
 - ❖ Check-ins with co-workers



Outcomes

- ❖ 5+ Years of Wellness
 - ❖ Attention to wellness became the cultural norm
- ❖ Expansion of Wellness Initiative
 - ❖ Wellness moments at daily hospital wide safety briefs
- ❖ Shifted Perceptions
 - ❖ Walking away during wellness moments → Leading daily wellness moments
- ❖ Positive Staff Reactions
 - ❖ "Today is going to be rough; give us something good" – RN prior to unit huddle
 - ❖ "I took over the wellness moments for you while you were out" – NA
 - ❖ "I am having a bad day today because I missed the wellness this morning" – RN

Conclusions & Implications

- ❖ Incorporating wellness into the everyday life of nurses and providers is easy and not time-consuming.
- ❖ Wellness moments can foster a healthier, supportive work environment and promote staff wellbeing in challenging times and beyond.
- ❖ Incorporating wellness can have implications on nursing research and may promote retention in nursing.

Like our staff,
this wellness initiative is still going strong!



References

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