

# Improving Awareness of Staff Wellbeing in a Paediatric Haematology/Oncology Unit

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**Purpose:** The Covid pandemic has impacted our lives personally and professionally; wellbeing of healthcare staff is a key priority. Our trust has an invigorated focus on wellbeing. Our aim was to increase awareness of, and engagement in, wellbeing, in order to embed it within our department.

## Our Wellbeing Journey

Sept 2020

Dec 2020

Wellbeing emails

"Celebrate the Small Things" board

"HALT"\* box to encourage breaks

Christmas celebration of staff

\*Hungry, Angry, Late, Tired

## Results

31

Weekly wellbeing emails, sent to;

75

Members of staff;

29

Responses to our emails (as a marker of engagement);

27

Messages on our celebration board

27

Members of staff celebrated at Christmas

## Themes Covered by Weekly Emails

Civility<sup>2</sup>

Gratitude

Finding Joy

Mental health resources

Humour

Valuing colleagues

Excellence reporting<sup>1</sup>

## Methods

- We undertook a number of small PDSA projects, aiming to increase the importance of wellbeing.
- An online survey requesting feedback was undertaken.

## Feedback on our Project

- "Simply knowing that there is someone (some people) who care about us and want to make this a more positive environment ☺ also, the content is great!"
- "I think it is great to raise the wellbeing agenda, such an important and overlooked area."

## Survey Results

15%

- Overall response rate

72%

- Found emails "very" or "extremely useful"

63%

- Found emails right frequency

## Conclusions

Wellbeing is multi-faceted and difficult to measure; we have reported indicators of engagement. Although the response rate to the survey was low, feedback was overall positive; social response bias was likely a confounding factor. Overall the project has been well received and raised awareness of the importance of staff wellbeing.

References: 1. Kelly N, Blake S, Plunkett A  
Learning from excellence in healthcare: a new approach to incident reporting. *Archives of Disease in Childhood* 2016;**101**:788-791.  
2. [www.civilitysaveslives.com](http://www.civilitysaveslives.com)