THE CREATION OF THE OXFORD HEART CENTRE STAFF WELL-BEING TEAM

AIM: TO SUPPORT STAFF WELL-BEING IN THE OXFORD HEART CENTRE (OHC) THROUGH THE PERSONAL, PROFESSIONAL & MORAL STRESS OF THE PANDEMIC.

GOALS:
1. IMPROVE PHYSICAL SAFETY
2. IMPROVE PSYCHOLOGICAL SAFETY
3. ENFORCE TEAMS TO INTEGRATE WELL-BEING & PSYCHOLOGICAL SUPPORT INTO THEIR DAILY PRACTICE

STRESS & OVERHEAT ON OHC
1. DAILY WELL-BEING HUDDLES INCLUDING:
   - SMART MINDFRAME PRACTICE
   - SHARING EXAMPLES OF GOOD PRACTICE

STRESS OF MEDICAL STUDENTS FACILITATING PATIENT-RELATIVE COMMUNICATION
2. PEER SUPPORT GROUP FACILITATED BY PSYCHOLOGISTS

MORAL DISTRESS OF NURSES ON OHC
3. STANDING NON-STANDARDS FROM ADULT ICU FOR NURSES IN PANDEMIC

STRESS OF RELATIVES SUPPORT TEAM
4. PEER SUPPORT GROUP FACILITATED BY PSYCHOLOGISTS

REDEPLOYMENT OF STAFF
5. ORIENTATION PACK
6. SHARING STANDARDS ISSUE MASKING TIME FOR CO-LOUE-CODED TROPE TO MAKE IT EASIER TO IDENTIFY DIFFERENT STAFF GROUPS IN PPE

RECRUITMENT OF PHYSICALLY HEALING TEAMS
7. CREATION OF PHYSIOLOGY HEALING TEAM
8. OHC STAFF WELL-BEING TEAM CITED IN THE C OXFO S THE Puture OF C RONOMY REPORT
9. RECRUITMENT OF PHYSIOLOGY WELL-BEING LEAD
10. RECRUITMENT OF PHYSIOLOGY WELL-BEING TEAM

CURRENT TEAM:
8 NURSES, 4 DOCTORS
3 PHYSIOLOGISTS, 1 ADMINISTRATOR, 1 DOCTOR
3 PSYCHOLOGISTS

ANXIETY REGARDING NDA PPE ‘BASE LEVEL’ EMBRACE GUIDELINES
1. COLLABORATION WITH INFECTION CONTROL TO PRODUCE EXPLANATORY PHTCH.
2. OVERHEAT OF NURSES UNABLE TO HANDLE RELATIVES’ PHONE CALLS DUE TO LONG STAFFING NUMERICALS.
3. JUNIOR DOCTORS COMMUNITY TO MAKING DAILY PTECIC CALLS TO RELATIVES OF EACH PATIENT.
4. LOCAL DISTRESS OF NURSES UNABLE TO SUPPORT NEW STRATEGIES FROM OVERSEAS.
5. APPEAL TO STAFFING STRATEGIES TO GIVE SUPPORT.

ANNUAL MEETINGS FOR WHOLE TEAM
1. IDENTIFY & DEFINITE COMMUNITY ISSUES WORKING OHC &イベント ACCROSS OHC.
2. ESCAPE TO SENIOR LEADERSHIP & ADVOCATE
3. FORTNIGHTLY MEETINGS FOR CORE TEAM

THE FUTURE:
1. REGULAR RUNNIN
2. EMBRACING OUR WORK FOR THE LONG TERM

LUCIA BODICKOVA, FRANCESCA CALZARI, KIM CANNING, JEN COLE, LAUREN DAVIS, TIM DEUT, LUCINDA DIXON, EMMA EVANS, MEGAN FOSTER, KATE GREEN, CHARLOTTE HUNNINGS, BEN MARTIN, GRACE NEWCOMBE-JONES, KEVIN MCLEAN, ROSY OWEN, JENNY RAYNER, VERONICA RUSSO, EMILY ROSSELL, PATRICIA SERRANO, TRACY SIMPSON, SARAH WATTS, GUIN WEBSTER, AMY WYATT & JO LIM

AS IN BRIEF: “THANKS TO THE OXFORD DEPARTMENT OF PSYCHOLOGICAL MEDICINE & ALL THOSE WHO HAVE HELPED US ON OUR WAY!"