

# Wellbeing Month: As part of the Critical Care Restoration Rainbow

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**Introduction:** Trauma is a common experience of staff working in critical care and their experience of Covid-19 highlighted the need to monitor and support staff wellbeing. NHS England prioritised wellbeing as part of 2023-2024 operational planning to create a safe, proactive and empowering culture. As part of an initiative designed to restore services post pandemic, a month was designated to focus on staff wellbeing in critical care, this formed part of the restoration rainbow.

**Aim:** To increase awareness and the importance of staff wellbeing and promote all the activities and interventions that are available from both NUH critical care and the Trust.

**Methods:** Throughout December the Critical care wellbeing team (and other MDT members) promoted staff support and wellbeing, designing a resource board to help with signposting as well as asking the staff what wellbeing meant to them. Resource leaflets were created and signposting to support networks both in and out of trust.

## Interventions:

Mindfulness sessions  
Therapy dog's visits  
Bauble messages from and to the team  
Quiz's (around healthy eating)  
Pamper hampers and hugs in mugs awarded  
Increased chaplaincy and clinical psychology visibility  
Daily "check-in to the team in each Critical care area  
And much more!!



**Outcome:** The subjective nature of wellbeing is hard to quantify. However verbal and written feedback was very positive. Staff appreciated the treats, gifts and prizes but most importantly being heard.

The feedback, suggestions and ideas were collected and taken into consideration to improve the process long term.

**Conclusion:** Staff wellbeing is paramount to delivering safe effective care to our patients and the spotlight shone on this during December. By completing the wellbeing month we highlighted the effectiveness of quick wins to improve staff morale and were able to collect the feedback from the team about what is important to them. It also highlighted services that are required longer term both within critical care and the wider trust to support our staff.

## REFERENCES

NHS England, 2023/24 priorities and operational planning guidance Version 1.1 2023