

**MAKING TIME FOR SELF AND OTHERS IN PERIANESTHESIA:  
THE FOCUS IS ON US**

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Memorial Sloan Kettering Hospital recently adopted The Relationship Based Care Model as our Nursing Professional Practice Model. The three key relationships at the core of this model are: care of the patient and family, care of colleagues and care of self. In the M2 Perianesthesia Unit, the staff had developed a strong relationship with patients and families through many new initiatives. It was time to focus on the relationship with self and colleagues. As health care professionals, we realized the importance of committing to a healthy lifestyle and the power of teamwork. We decided to focus on eating right, exercising and reducing stress as a team. Our approach to improvement was multifaceted. A weight loss competition was started for all who chose to participate. The team leader shared healthy recipes, scheduled nutrition lectures and held weekly weigh in sessions. Some staff participated as a team in Cycle for Survival, while others took advantage of stress management programs. Finally, we were awarded money from a special recognition fund which was used to have spring social.

As a result of our focus on the care of self and others, there was a total loss of over 300 lbs. with the winner of the competition losing a total of 55 pounds. There was a sense of fun, renewed energy and teamwork across all age groups and levels.

As perianesthesia staff, we realized it is imperative to take care of ourselves and others in order to provide the best possible care to our patients.