

HOW WELL IS YOUR WORKPLACE

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Background Information: While the Cleveland Clinic has its own Wellness Institute, our Post Anesthesia Care Unit (PACU) Wellness Committee felt it was important to promote wellness on a smaller scale. Areas we focused on:

- Prevention of injuries (hand, arm, back)
- Ergonomics of workstations
- Promotion of healthy eating habits and exercise
- Stress reduction

Objectives of Project: The Wellness Committee wanted to improve the health and safety of our staff and decrease stress of frontline caregivers in PACU.

Process of Implementation: In the past year, we implemented:

- Hydration stations – designation of areas in the workplace for hydrating
- An ergonomic review- staff were evaluated and educated on proper use of chairs, foot rests, and computer placement
- Education of the use of turn and position aids
- Coordination of monthly wellness activities including:
 - Yoga
 - Hiking
 - Kayaking
 - Tobogganing
 - Roller skating
 - Step and plank challenges
- Promotion of healthy eating:
 - Salsa contest
 - Healthy dessert contest
 - Smoothie bar
 - Holiday tea tasting

Statement of Successful Practice: The events sponsored by the Wellness Committee were well-received by the staff. The hydration station is used daily. The ergonomic changes that were made improved posture and decreased fatigue of our staff. Proper use of turn and position aids decreased the incidence of workplace injuries. Planned activities were enjoyed by staff and their family members. Education of healthy nutrition was provided to staff and contributed to healthier eating habits.

Implications for Advancing the Practice of Perianesthesia Nursing: The wellness of team members is crucial to providing critical perianesthesia care to our patients. Promotion of self-care benefits all.