

## **Wellness at Work**

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**Abstract Background Information:** Post Covid 19 pandemic, many healthcare workers, particularly nurses, have experienced burnout and loss of connection. Providing wellness opportunities to bedside nurses has been beneficial to enhance work satisfaction, team building, and overall wellbeing.

**Objectives of Project:** To address burnout and stress through wellness opportunities at work and multidisciplinary connection in the community.

**Process of Implementation:** Holly applied for a wellness grant and was awarded funding through MGB and grant money used for yoga equipment. Leadership team provided monthly opportunities for yoga and guided meditation. Signups for at work sessions with coordination for patient assignment coverage.

Monthly book club across disciplines with information board displayed in the break room with sign-ups and shared photos. PACU book club was born on Instagram for photo sharing and information on upcoming events

### **Statement of Successful Practice:**

- Yoga and meditation sessions proven to alleviate stress and reset the mind as evidenced by Survey Monkey by Holly and by full signups for each session.
- Book Club provides joy and connection as evidenced by over one year of attendance with continued interest.

### **Implications for Advancing the Practice of Perianesthesia Nursing:**

- improved PACU staff mental health in a high stress environment
- Improve job satisfaction and retainment of staff through connection of staff outside the walls of the hospital