

Team Building in the PACU

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Background Information: In the perioperative environment teamwork is essential. Nurses rely on each other to care for critical patients during a very vulnerable time. Strong working relationship encompassing trust and socioemotional support provides a cohesiveness for nurses to deliver safe quality care. During the covid 19 pandemic our team, like many others, was disrupted. As our environments changed and became increasingly chaotic our team members were split apart and redeployed to other parts of the hospital. This impacted our team in profound ways. Returning to our new normal, many staff members have moved on and new staff members have been welcomed in. We found that a number of seasoned staff disengaged from work, impacting the support we depend on. New staff were struggling to establish a connection with their peers. Socialization and distancing rules limited interaction during downtime and leading to isolation at work when we needed this time for support and to bond.

Objectives of Project: With a large turnover the objective of this project is to engage staff in a fun healthy activity to spark friendly competition and interaction. This is to promote unity between all shifts and team members.

Process of Implementation:

Activities were developed with engagement in mind. Some examples are:

Walking challenge

Push up challenge

Seasonal board that includes wellness tips, recipes, weight training, self-care suggestions ect.

Book Club

Adornments

Mediation challenge

Secret Santa

Virtual yoga classes during times of social distancing

Pet board

Statement of Successful Practice: The Perianesthesia PACU team, supported by clinical leaders, engaged in successful team building both in the PACU and outside of the workplace.

Implications for Advancing the Practice of Perianesthesia Nursing: Teams are essential in healthcare for many reasons. A sense of common purpose and a shared belief in the working goals are essential in providing excellent patient care. Promoting a healthy lifestyle both in and outside the workplace benefits the individual and in turn the team. The wellbeing of a team is associated with open and trustful relationships. Activities that enhance these relationships can be carried over to the everyday work environment.

