

Enhancing Practice

2022 Conference

*20:20 Vision – Transforming Our Future
Through Person-Centred Practices*

WEDNESDAY 6 – FRIDAY 8 APRIL 2022
SAGE HOTEL WOLLONGONG, NSW AUSTRALIA

#enhancingpractice2022

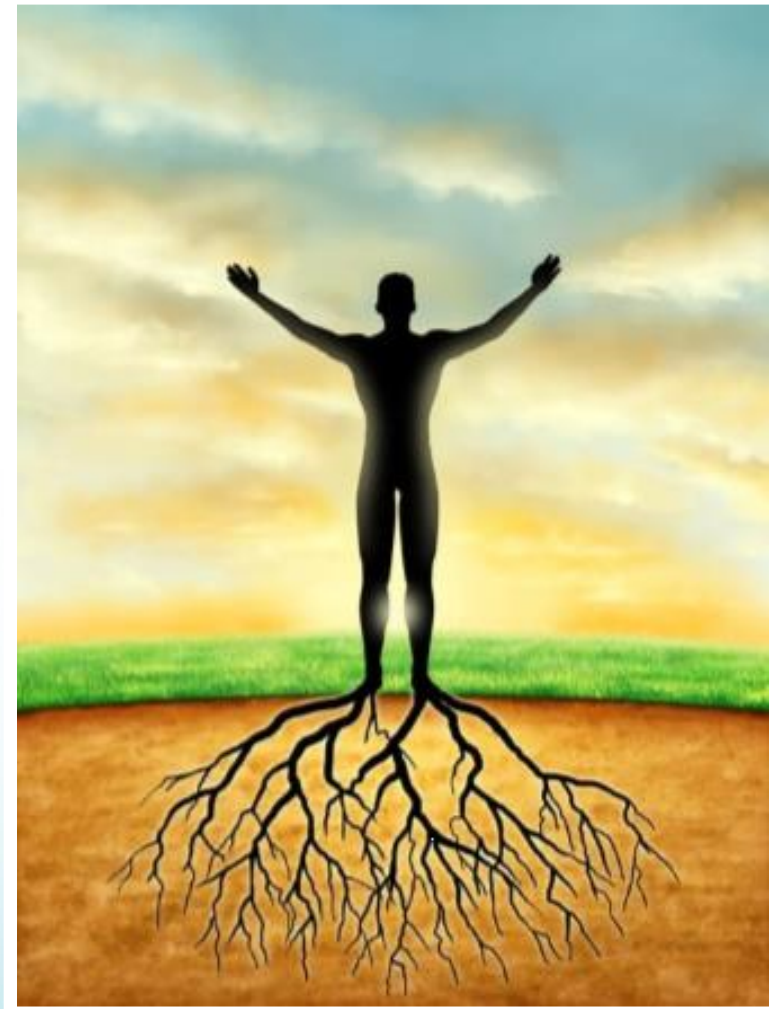


working together
to develop practice



IMAGINE supporting staff wellbeing: A better future is within reach

Prepared by Jackie Donsante & Padmini Pai
ISLHD



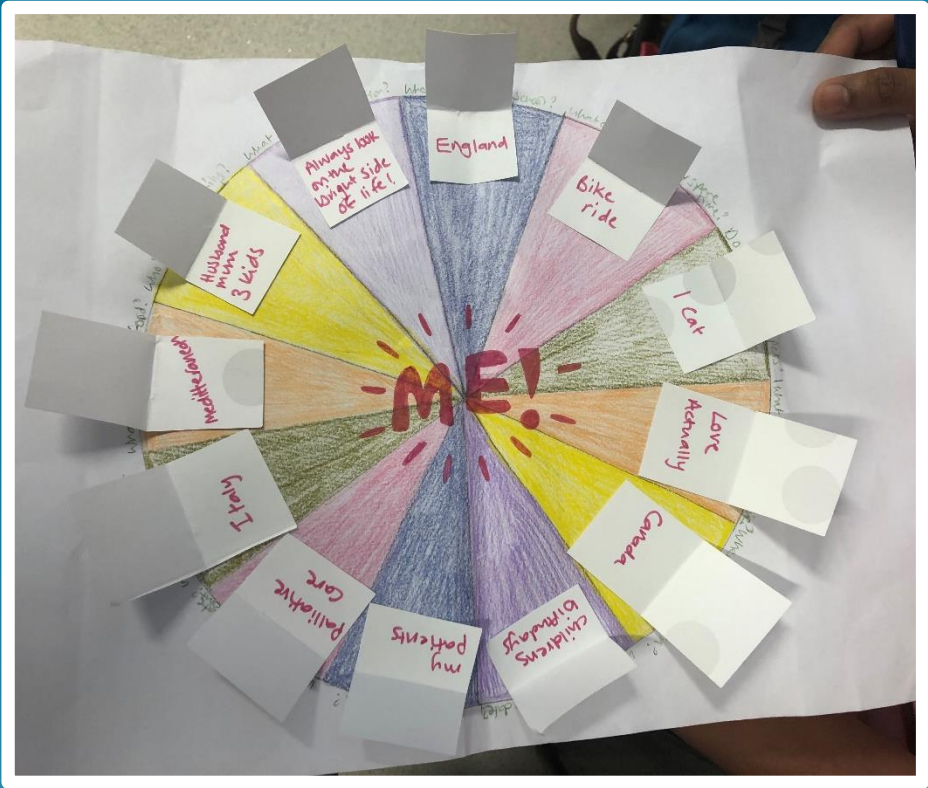
Background

IMAGINE was a six week well-being program of 1 hour sessions over six weeks with multidisciplinary participants conducted in 2019

2018 - 23 participants in pilot program

2019 - 232 participants in 27 programs across
8 hospitals and 2 community settings

Facilitators workshop



Outcomes

232 participants

172 completed pre and post surveys

6.11% ↑ Workplace engagement

5.6% ↑ Workplace wellbeing

4.69% ↑ Job satisfaction



Key themes

Impact for the individual:

Joy vs guilt

Safe space for wellbeing

Connecting with peers



Key themes

Integrating self care strategies at home and work

Enhanced ability to reflect and manage work and home stressors

Sharing self-care strategies at work and home

References

Almeida S, Bowden A, Bloomfield J, Besty J and Wilson V. Caring for the carers in a public health district: A wellbeing initiative to support healthcare professionals. (2020) Faculty of Business and Law – Papers .5
<https://ro.uow.edu.au/balopapers/5>

Franklin A, Tobin M, Almeida S, Donsante J, Pai P, Riley-Henderson A and Wilson V. (2018) Imagining a better future: the outcomes of the Wellness Wednesday self-care program for healthcare staff. Enhancing Practice Conference 2018: Leading and Facilitating within Practice Development in Healthcare.

Smallwood N, Karimi L, Bismark M *et al* *High levels of psychological distress among Australian frontline healthcare workers during Covid-19 pandemic: a cross-sectional survey. General Psychiatry* 2021;
<https://dx.doi.org/10.1136/gpsych-2021-100577>

Wilson V, Donsante J, Pai P, Franklin A, Bowden A and Almeida S. Building workforce well-being capability: The findings of a wellness self-care programme. *J Nurs Manag.* 2021;00:1-10. <https://doi.org/10.1111/janm.13280>

IMAGINE & BEYOND

Your turn...



www.enhancingpractice.com.au
#enhancingpractice2022



iPDc

working together
to develop practice

