



## Interventions for Staff Wellbeing in Paediatric Intensive Care



<https://www.swell-staff.com/>

Exploring the experiences of healthcare staff working in PICU using a “Mad-Sad-Glad” reflective wellbeing intervention: Part of a National Collaborative Project.



**PICU**  
**Royal Hospital for Children**  
**Glasgow**  
**Scotland**

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# Introduction

- PICU staff trained on Mad-Sad-Glad sessions and how to implement
- Interventions commenced 13/03/23
- Face-to-face session held once every 2-3 weeks
- Different facilitators per session: 1 psychologist & 1 facilitator
- Aimed sample sizes of max 10 dependent on unit acuity
- Mixed attendance

Nursing Students

Band 2s

Band 5s

Band 6s

Band 7s

CNE

Physio Students

Physiotherapists

Ward Clerks

Clinical Fellows



# Barriers



Delayed start – R&D Approval



Difficulty explaining what Mad-Sad-Glad is



Logistics: difficult to release staff to attend



Venue issues - finding space



# Successes



Quick and easy to run



Supported by psychology team



Flexibility of sessions



Inclusivity



# Data collection



Sessions held between March – May



6 sessions held so far



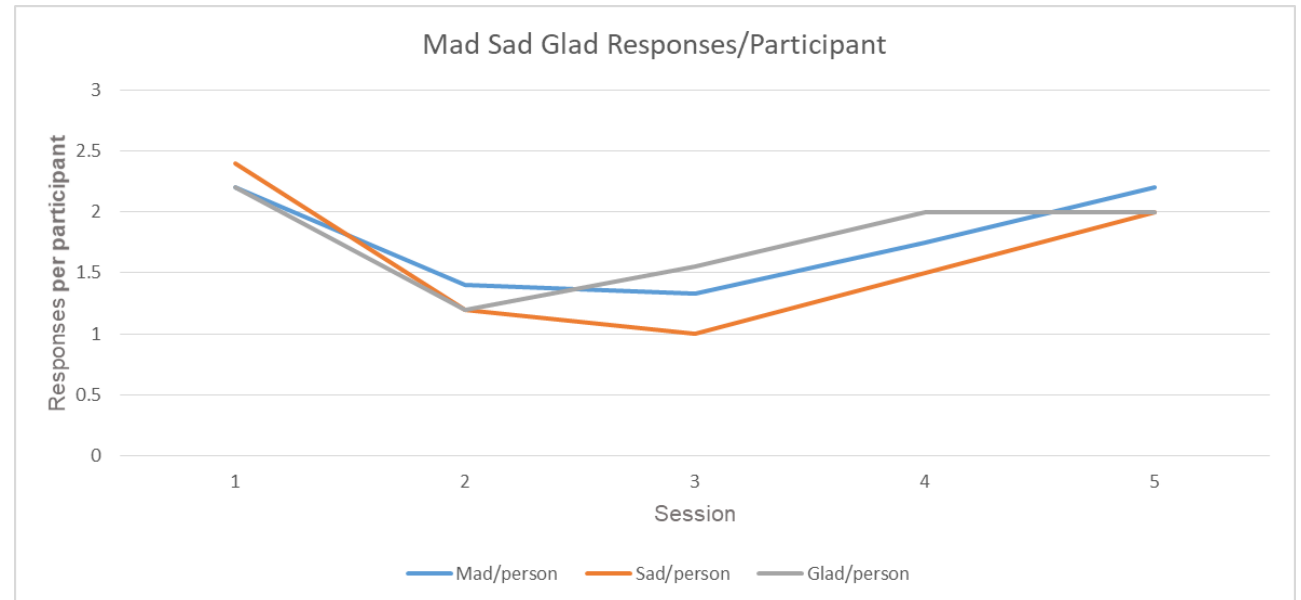
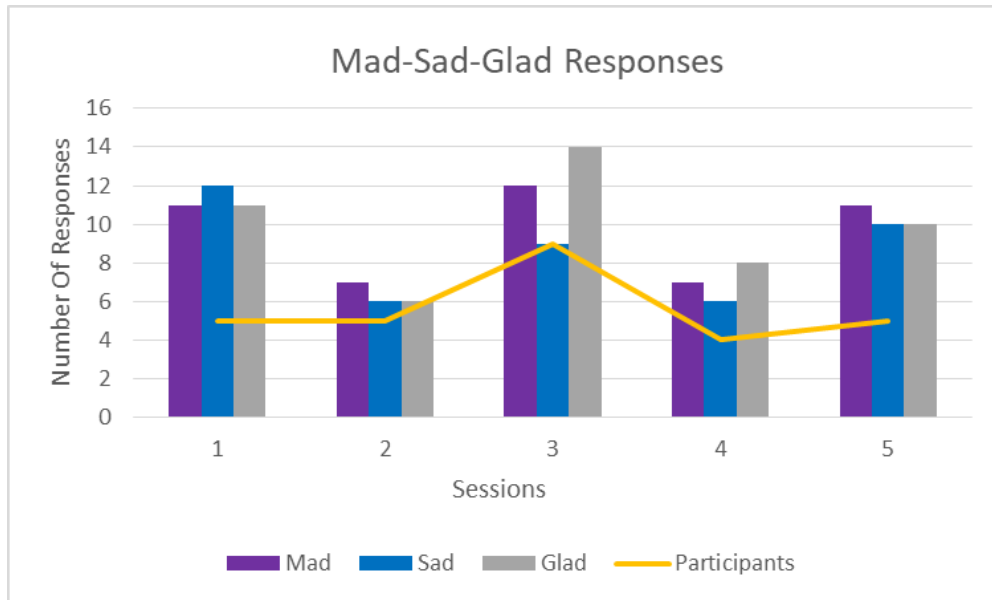
Min/Max participants: 4-9



2 facilitators per session for 5/6



# Results



# Key themes

## Mad

- Lack of respect/Incivility
- Poor Staffing

## Sad

- Communication
- Time pressures

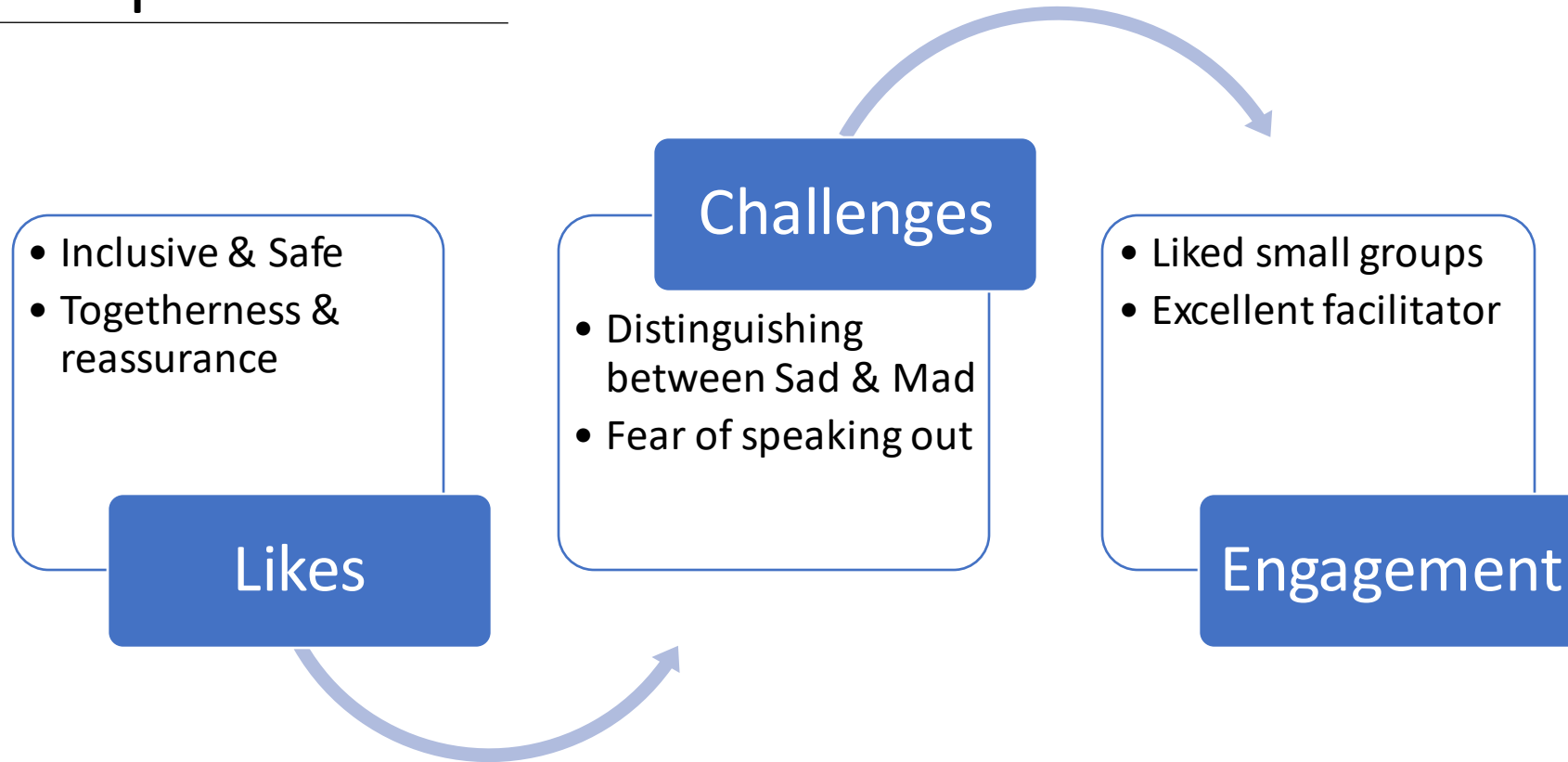
## Glad

- Colleagues & Teamwork
- Job satisfaction





# User Experience



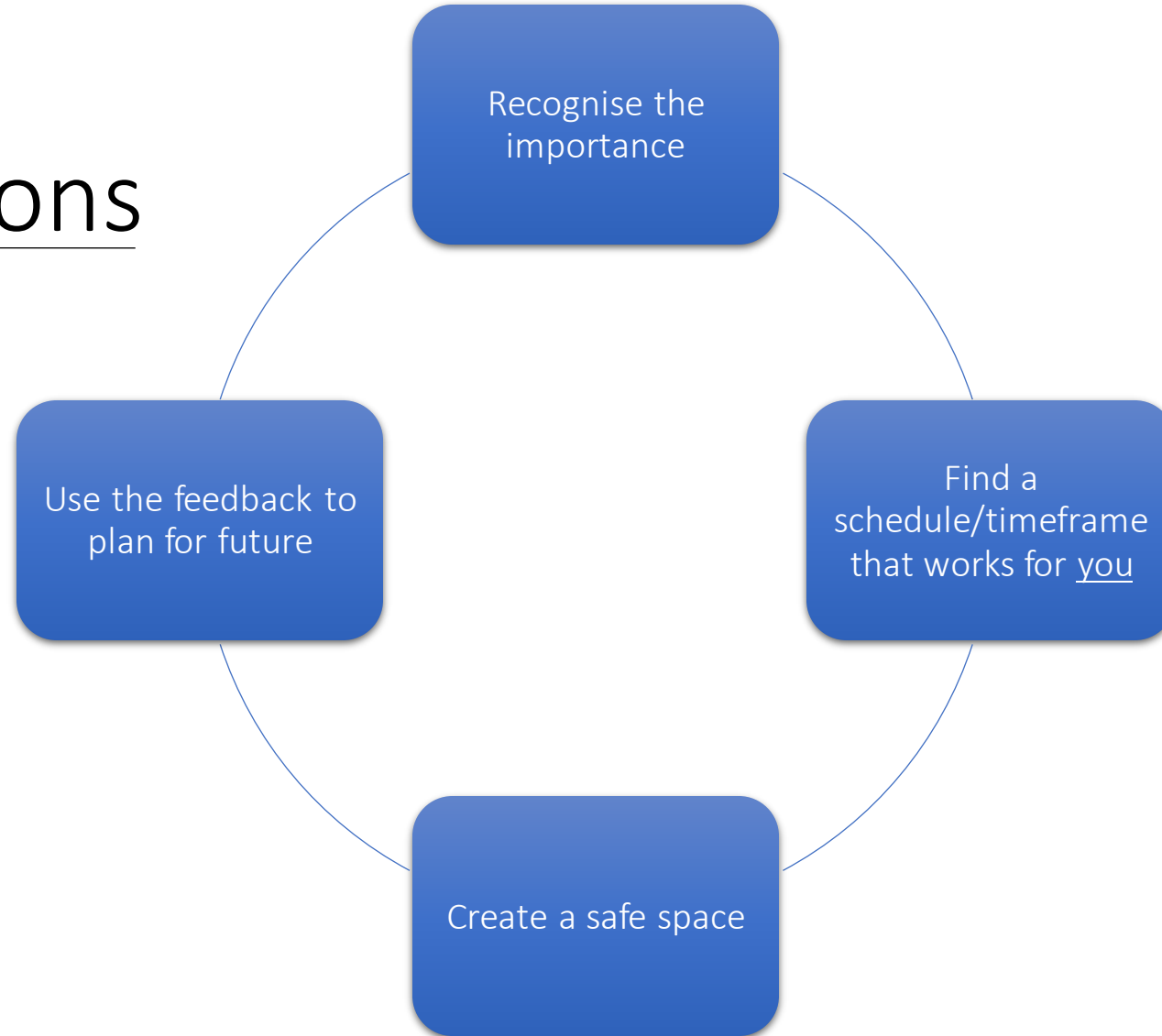
# Final Thought

" We feel more positive leaving the session as it made us feel we are not the only ones feeling the way we do at work, especially in these difficult times "

- Anonymous



# Summary & Recommendations



# References and acknowledgments

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