



# Resilience and Wellbeing Group



PAEDIATRIC INTENSIVE CARE UNIT

Resilience & Wellbeing

The PICU Resilience & Wellbeing Group is made up of staff from all roles & levels. Our priorities include ensuring our staff are well supported so everyone can achieve their potential as individuals as well as a team.

### We Are Sociable

We organise a range of different activities outside of work that are inclusive



### We Talk

We have access to a Clinical Psychologist to help us reflect on the emotional impact of our experiences

### We Are A Team

We organise days for the whole team to work together outside of PICU which allows us to break down barriers as well as improving our team working and leadership skills



### We Celebrate

We celebrate our achievements and milestones both in and out of work. We recognise that everyone has something unique to contribute to our successes and embrace individuality



### We Evolve

We are continuously looking for new ways of supporting staff and improving patient care.



What Matters to You?



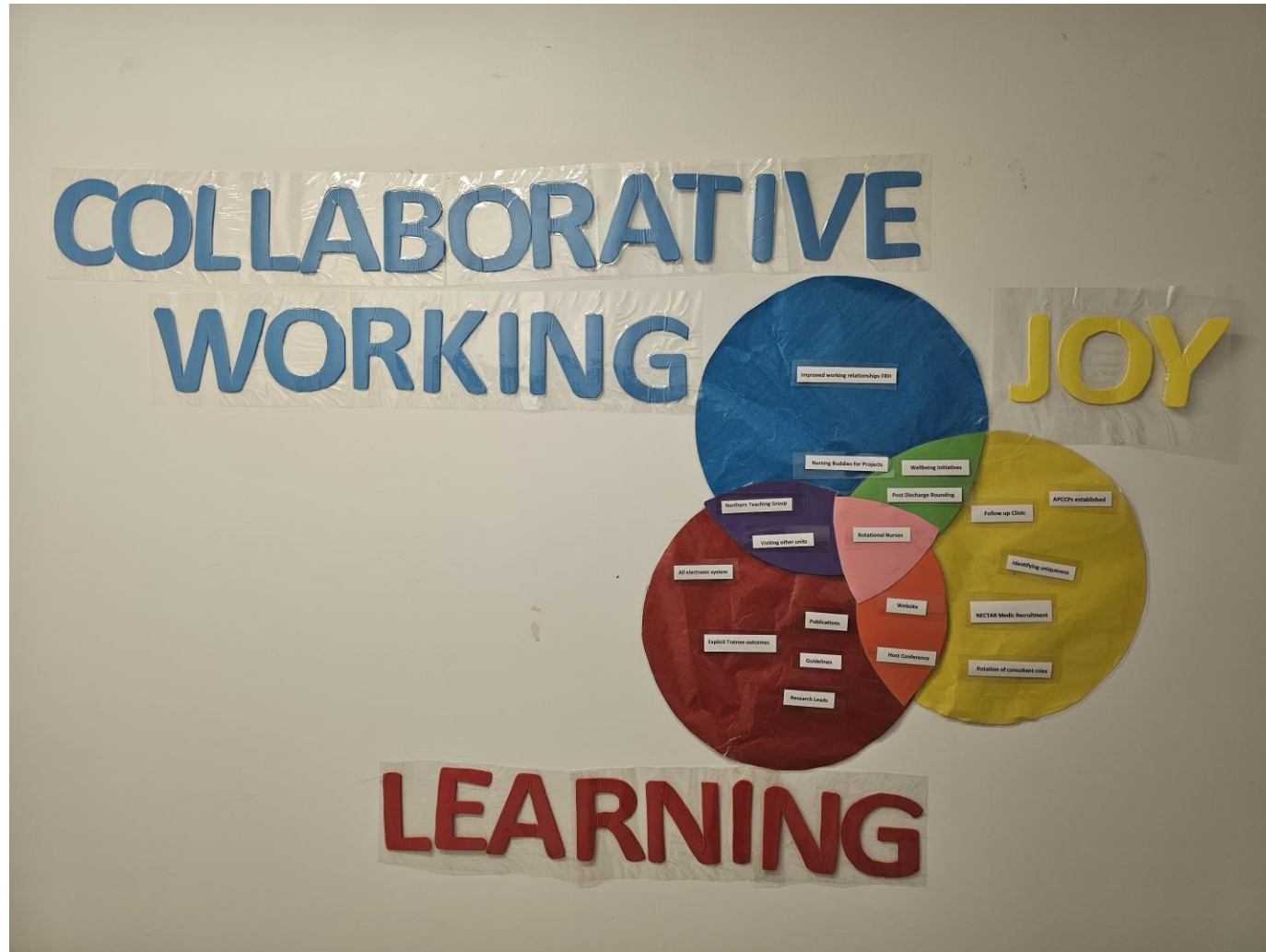
# Collaborative Working



# Washing Line



# Vision for Excellence



# Realities of PICU and SWELL

- Lack of R and D
- Mad, sad, glad
- Introduction of PNAs and Pyschologist
- Leadership
- Staff turnover





# Picu Patient Makes A Splash!

- Even in times of poor resilience our amazing picu team all went the extra mile to give a patient and their family the best experience
- Staff engaged in early rehab on ventilation for the best patient outcome
- Demonstrates how palliative care can be given well
- What a great achievement highlighting extraordinary team-work, care and compassion from the staff in picu leading to a boost in their own resilience and wellbeing. One positive is all it takes!