



Service Priorities and Programmes
Electronic Presentations

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Care for the Carers – Psychological Energy Refill in the Busy Workplace

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Introduction

Nursing colleagues are facing stress and tired because of demanding, busy and heavy workload in caring patients every day, practically in this challenging world. We intend to make our ward a better place to work and create a caring spirit for staff in our ward. The green element with humor message attempt to refill the psychological energy to our lovely staff.

Objectives

1.To improve staff motivation and relaxing in work with concept of care for carer. 2. To improve staff sense of belongings with concept of prescription with heart.

Methodology

1.Initiate & implant green element in male and female staff toilets, MO room toilet & Ward Manager room toilet. 2.Place the green plant which will not easily attract insects in staff toilets. 3.Stick “relax bear” notice to invite whole team to help in “feeding” water for the plant periodically to improve team work spirit . 4.Locate relaxing aromatherapy in the toilets to promote staff relaxation & staff health 5.Place a solar / general charger MP3 with relaxing / motivating music / songs to promote staff relaxation and motivation during busy work 6.All cleansing agent, hand cream, hand rub are gathered in a container to keep clean and tidy 7.Refill psychological energy with “relax bear” messages: -Take it easy...A contented mind is a perpetual feast -Laugh! The world will laugh with you! -Don't worry, be happy! -Everything is gonna be alright! -Please keep here clean! Gentle in flushing! Make sure everything was flushed away! Including all the bothers!

Result

1.The whole team is willing to share responsibilities to “feed” water for the plant and to charge the MP3 whenever necessary. 2.The team showed satisfaction with the implementation of staff green toilet project and expressed a sense of staff oasis with relaxation in the toilet during busy work of daily operation. 3.Satisfaction survey was given to 10 staff of APN, RNs, PCAs and OPAs, all staff rated at least “satisfactory” for

the project and their average score for the project is 9.5/10.