

Going Home Checklist Activity

Situation



- Burnout throughout the healthcare industry is on the rise
- Patients thrive when physicians/staff thrive
- COVID-19 has exacerbated the conditions faced by our workforce

Background



- Factors exacerbating burnout are magnified by COVID-19
- Our workforce is exhausted as staff relentlessly responds to changes
- COVID-19 vaccine supply has been an obstacle to our work

Assessment



- Personnel suffer from exhaustion, depression, stress, and anxiety
- Workload, workforce shortages, moral injury, suicidality, and PTSD are all causes for concern

Recommendation



- Help personnel process the complexity of the work and leave work at work long enough to rest and recharge
- Encourage leaders/managers to conduct the Going Home Checklist Huddle Activity at the start, change, and end of shift

Going Home Checklist Activity

Who

- All personnel who give of themselves to help others

What

- A guided 'huddle' activity to reflect on ways we contribute at work and on strategies to safeguard our own wellbeing

When

- During existing huddles at the start, change, and end of shift (and at other meetings as appropriate)

Where

- Any place two or more colleagues come together

Why

- To help each other care of our own wellbeing – emotional, physical, mental, and spiritual – so we can be there for those relying on us in and out of the workplace

How

- By reserving time during team huddles for the Going Home Checklist activity to appreciate what works, what matters, and to give/get support personnel need to leave work at work long enough to rest, recharge, and prepare to give again!

Going Home Checklist

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift, reflect on it and then let it go
- Be proud of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave: are they OK?
- Are you OK? Let someone support you
- Now go **Rest and Recharge**

Thank you!

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