

13 Long Share Wellness Space for Staff and Family Members

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Overview

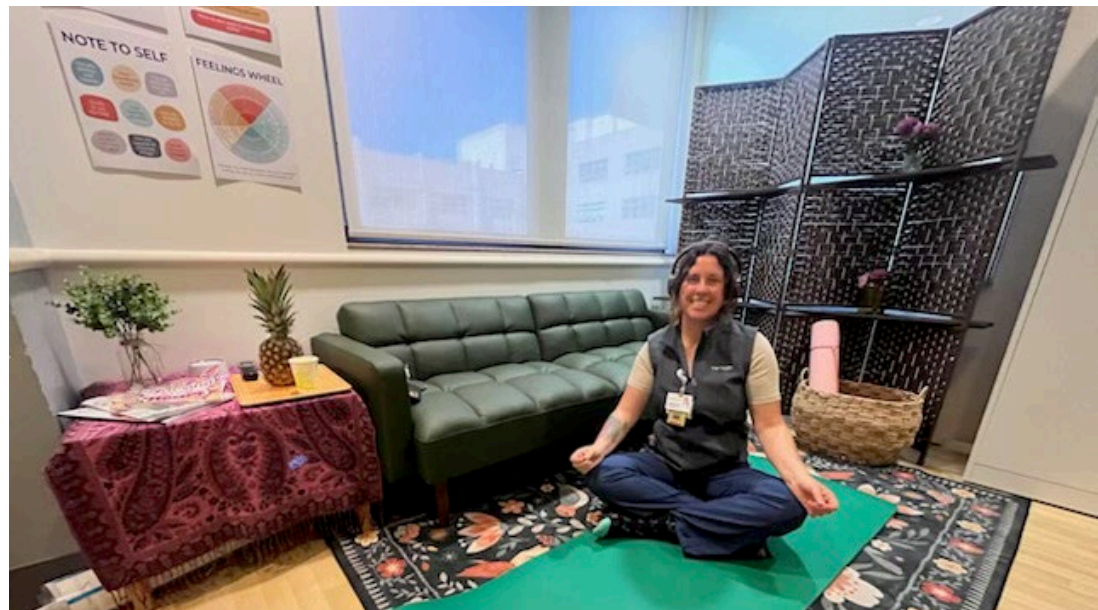
The Shared Wellness Room will be a program where staff and family can experience improved levels of wellness and benefit while at the hospital.

Data Snapshot

Provide a look at the relevant data/success metrics of your project

Resources

List any website resources here



Project Details

The Wellness Space for Staff and Family provides a space to relax and to improve wellness. Prior to the grant, staff did not have anywhere to go to relax and rest in a quiet place. Family members when having a tough time did not have a safe space to recollect their thoughts. The intention of the wellness space was to give others a room to be with themselves, connect with their body and de-stress. The room was supplied with a comfortable couch to rest after a busy shift. We also included tools to improve the body such as : a neck massager, theragun, foam roller, yoga mat and a tips sheet demonstrating stretches and yoga moves. The room also included a essential oil diffuser, sound machine and blue tooth headphones.

Project Challenges

The room was quite successful with limited challenges. The only challenge that we have observed is only having one key to access the room. Currently, our managers are in the process of providing a second to the room. Another is low usage of the room. Some staff still take their break in the break room where it is noisy and have yet to experience the wellness space.

Lessons Learned

We did a pre and post survey to assess the needs for wellness and to see if the room improved wellness amongst staff. 7 out of the 16 participants answered that the room helped a little with their wellness and the other 9 participants replied with that their wellness improved a lot by using the room. The wellness team will continue to encourage staff to use room and show staff where to sign up so they can use the room.



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