



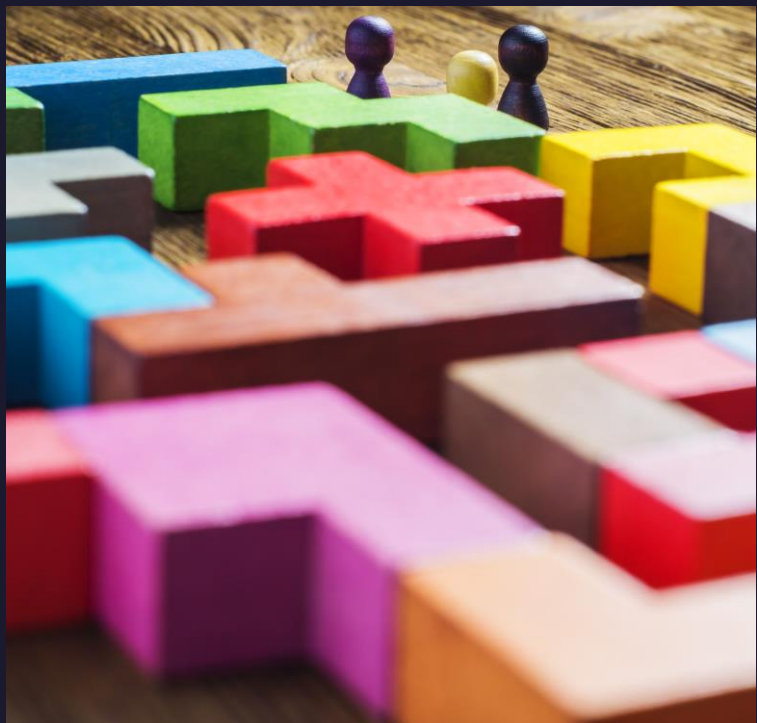
Facing the Future: Re-Building Our Intensive Care Team

Joanna Mann:
Professional Development
Sister, Critical Care PNA,
ITU Follow Up Lead.

University Hospitals
Birmingham NHS Trust:
Heartlands and Good
Hope Sites.



The Journey....

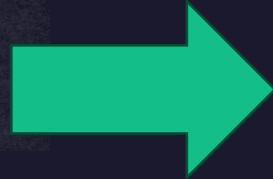


BACCN – True Colours Well-Being Award

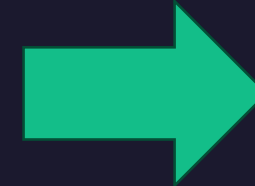


£2100 and
BACCN Unit
Membership
Funding for
10 people
worth £400

September
2023



Planning of Team
Building Project:
September to
March 2024



Completion of
Project and
Write Up to
BACCN:

July 2024

Planning the Team Building Project:



Hotel Costs:

£2735



Total Cost of Project:
£3013

↑ £278

Additional Outlay Costs for Resources:

BAICN
British Association
of Critical Care Nurses

Grant Funding:
£ 2100

 School of
**Nursing, AHPs
and Midwifery**
Belong • Grow • Contribute

School of Nursing Grant:
£1082

Practicalities

- 11 Dates between April and July.
- Rostering staff for study time.
- Programme of Day.
- Data collection.
- Review

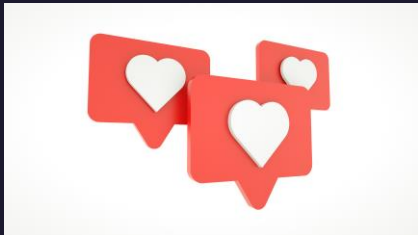




Team Building Project:

144 Staff, in their **clinical teams**- Matron to Healthcare Support Worker with **6 hours** study time.

Focus - Well-Being, Restoration and Building Connections.

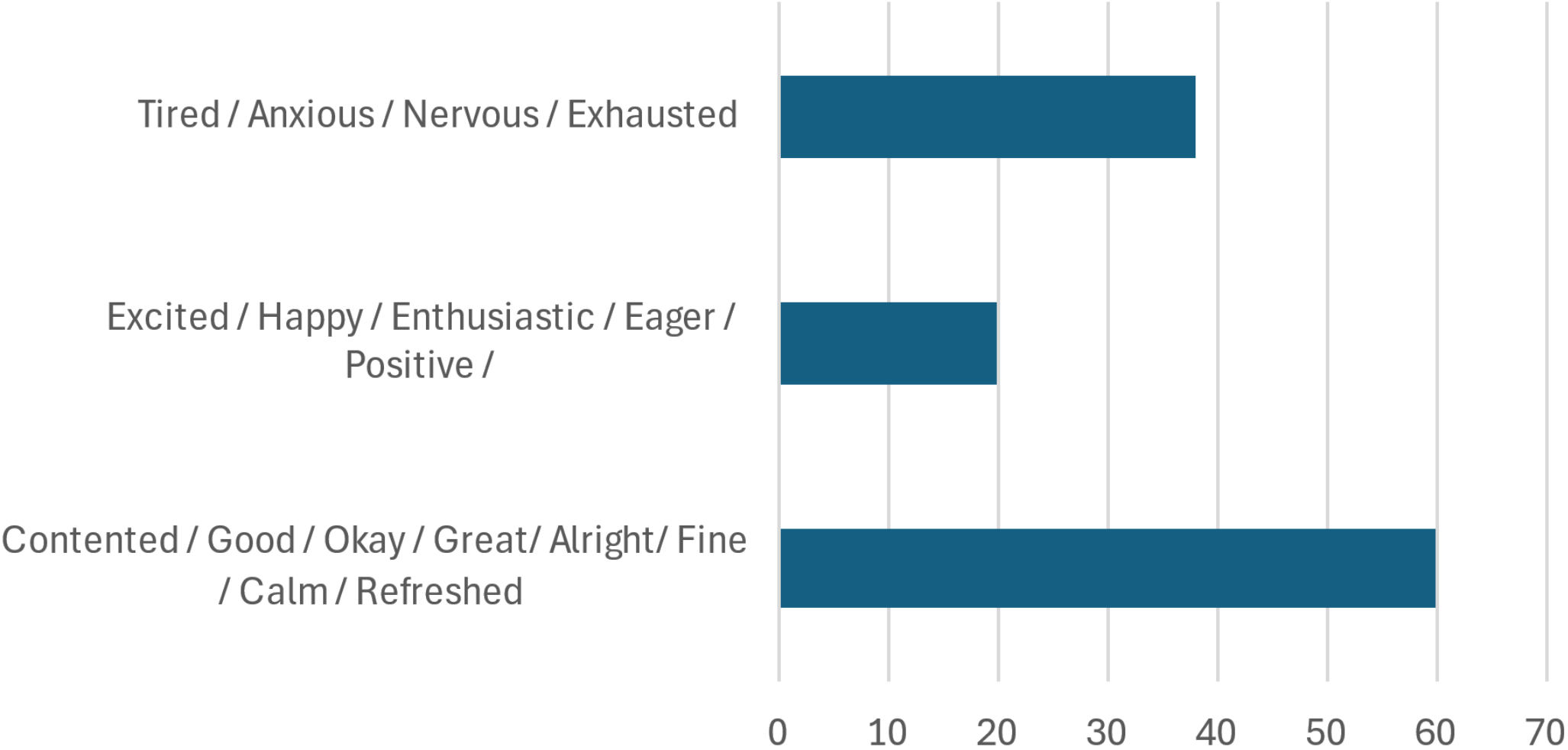


Morning Session	Afternoon session
Pre-Questionnaire & Staff Raffle Tickets	Band 7 Project Work
Year in Review 2023-2024	Restorative Clinical Supervision
Patient Feedback Video – Coffee Mornings	Music Quiz
Trust ‘Support Services Session’	Closing Questionnaire and Prize Winner
‘Lost at Sea’ Communication Activity	Well-Being Walk

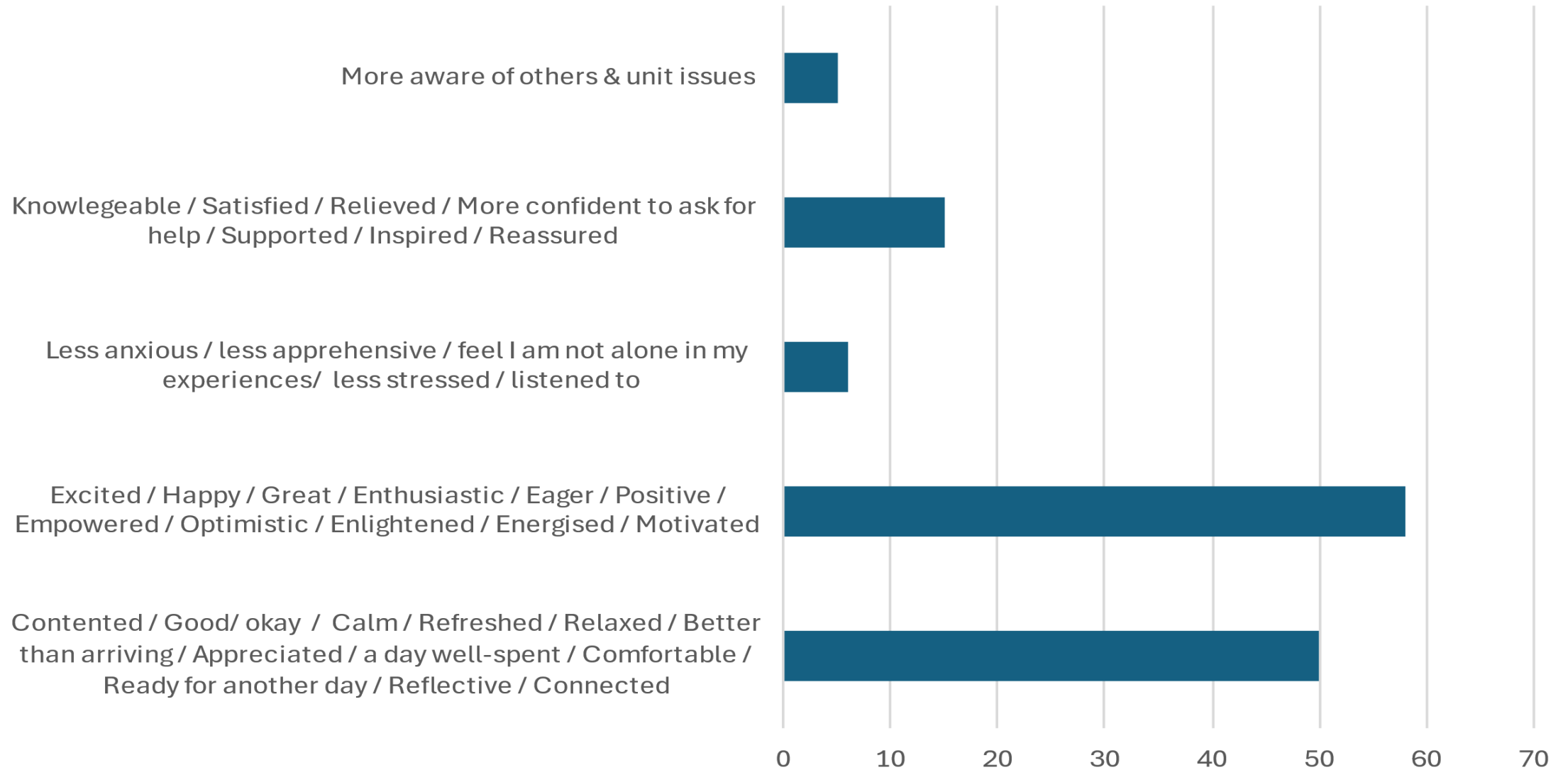


Results: 118 responses: 82% of attendees

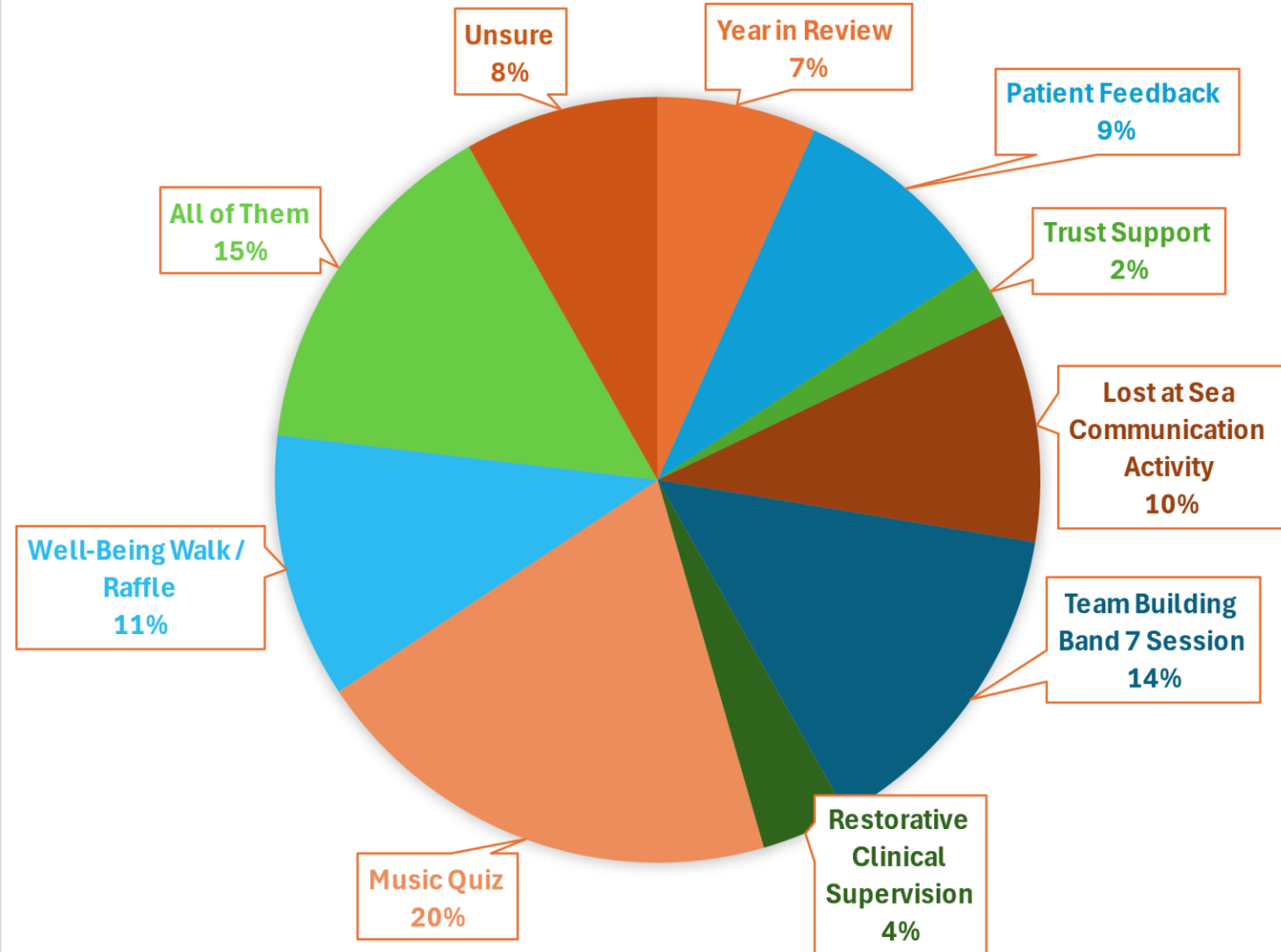
How do you feel this morning?



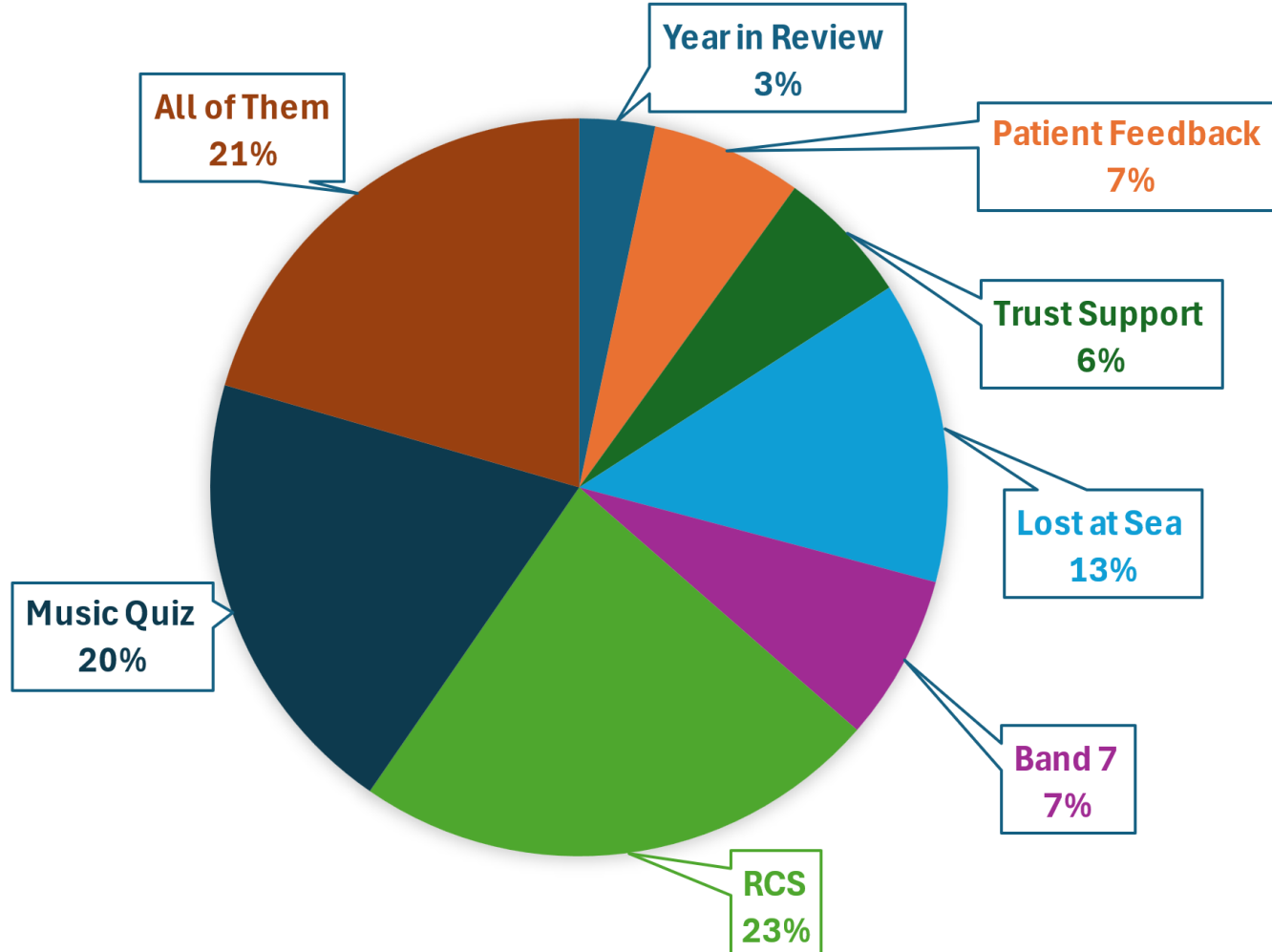
How do you feel leaving today?



WHAT SESSIONS ARE YOU MOST LOOKING FORWARD TO TODAY?



WHICH SESSIONS HAVE YOU ENJOYED THE MOST?



Well-being is a top priority:

- 'PNA Clinics' Monthly / RCS sessions 3 monthly
- **Appreciation of Department Projects - Band 7**
Projects, Follow Up Service, PNA Service.
- **Embracing the benefits of a Team Building day:**
 - increasing team cohesion across all grades of staff
 - getting to know individuals within teams better
 - using a range of activities across the day to engage staff.

Take Home Messages about any PNA Project and setting up a PNA Service:

- Be Brave and Bold to step into unknown.....
- Make a plan and discuss with managers / colleagues – gather a Team of Support
- Make time to listen to staff – gather themes
- GO FOR IT!!!!!!! Look for opportunities and apply for grants. See what is out there.

If you don't try, you will never know.....

Thank You

Email: Joanna.mann@uhb.nhs.uk



@JoJo11857

