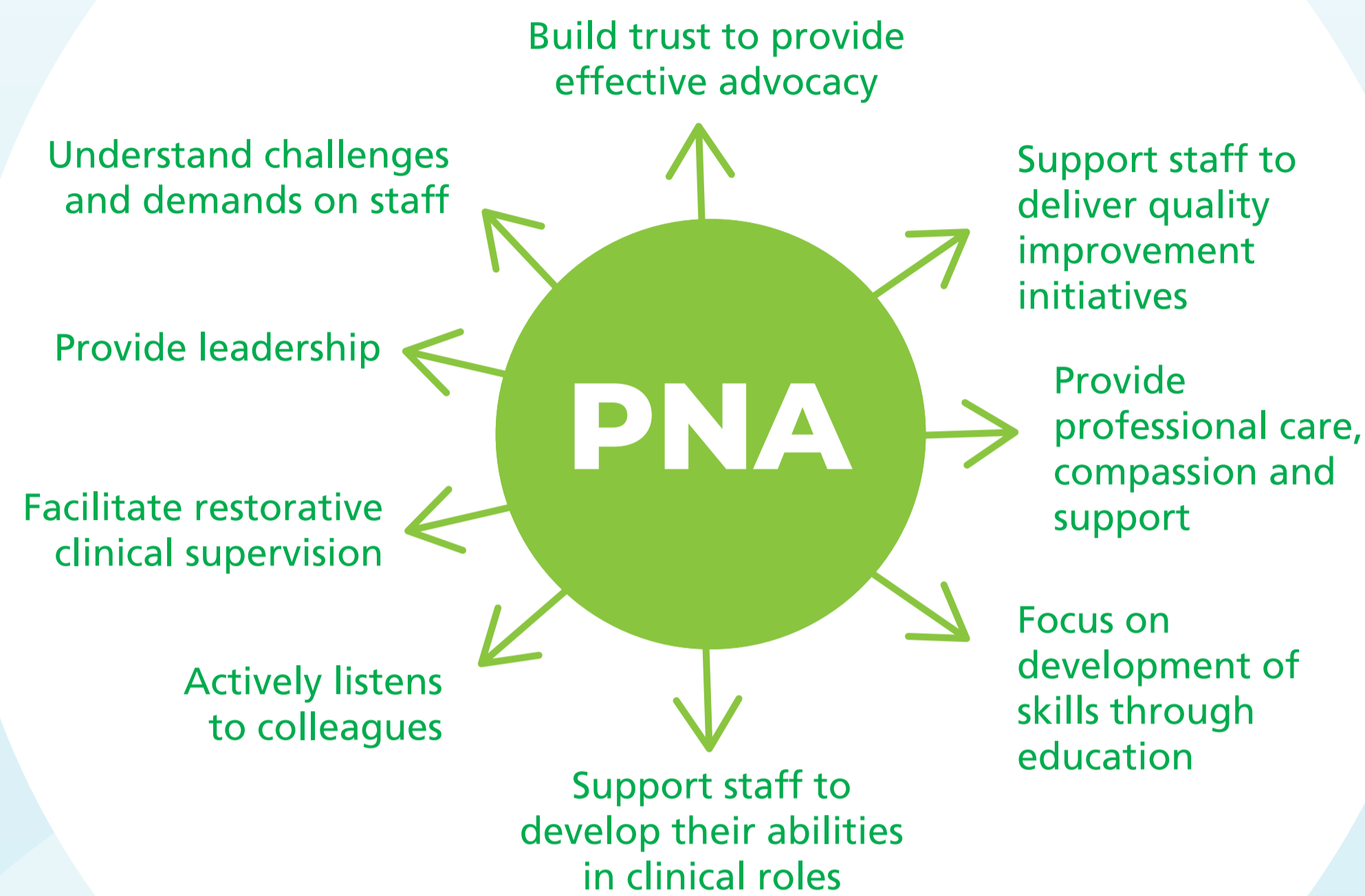


DEVELOPMENT OF THE PROFESSIONAL NURSE ADVOCATE WITHIN CRITICAL CARE



A-EQUIP MODEL

Advocating for education and quality improvement



EMAIL FOR 1:1

pna@northumbria-healthcare.nhs.uk



BENEFITS

- MDT relationships
- Physical and emotional wellbeing
- Valued
- Reduction in stress
- Reduction in burnout
- Improves job satisfaction
- Improves staff retention

BARRIERS

- Attitudes of participants
- Availability of PNA
- Time and space
- Buy in from management

PNAS ARE NOW RECOGNISED AS A CQC REQUIREMENT WITHIN ACUTE TRUSTS

COVID - 19 HAS HIGHLIGHTED THE NEED FOR PNAs IN UK

MENTAL HEALTH OF STAFF WORKING IN INTENSIVE CARE DURING COVID-19 - UK STUDY

Conclusion:

- 6% reported severe depression
- 40% reported PTSD
- 11% reported severe anxiety
- 7% reported substance misuse
- 13% reported frequent thoughts of suicide or self harm
- Doctors reported better mental health than nurses**

709 Participants - Jan 2021

THE CORONAVIRUS DISEASE 2019 PANDEMIC'S EFFECT ON CRITICAL CARE RESOURCES AND HEALTH CARE PROVIDERS - GLOBAL STUDY

Conclusion:

- Emotional distress and burnout
- Experiencing poor communication from supervisors
- Reporting shortages of ITU nurses
- Worse effects on nurses
- Worse effects on females

2700 participants from 77 countries
April 2020 - May 2020



RESTORATIVE CLINICAL SUPERVISION

- Safe space
- Group contract formulated
- Check in
- Discuss themes/issues
- Action plan
- Check out
- Rostered time
- Staff should not return to work after
- 1:1 sessions available
- Confidential and non judgemental
- Reflective processes

Role models

All staff offered 3 restorative clinical supervision sessions a year

Building resilience

Each RCS session 2 hours

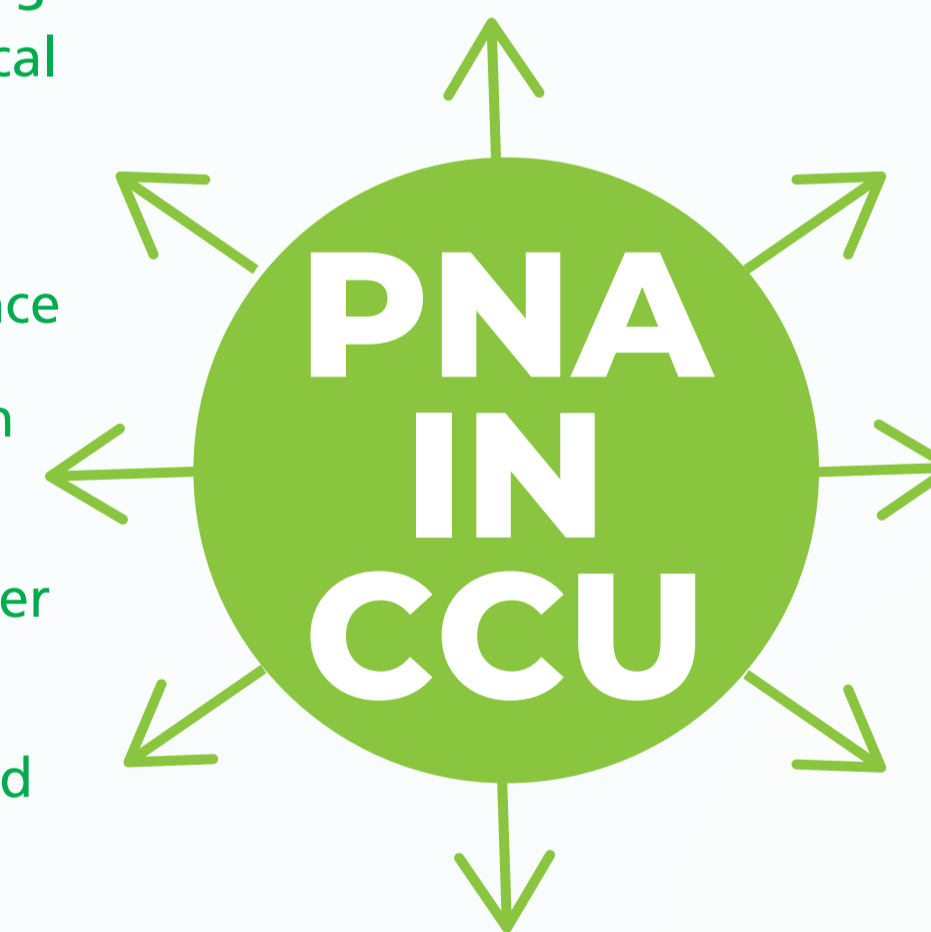
Max of 8 staff per group

Mixed bands and experience in groups

Leadership

4 PNAs within unit

Listed as quality improvement project



Protected time

Referrals for 1:1

Teaching on unit about PNA role

National PNA WhatsApp group

Support for staff

Questionnaires pre + post implementation

Audit process May 21 - May 22

Supporting new PNAs in training in future

Build relationships with PNAs in NHCT

Session facilitators PNAs link with a regional group with no ECCN

