

Heart Health

Supporting a compassionate workplace



What is the Heart of Health Program?

The Heart of Health is a program that supports staff wellness and compassionate care.

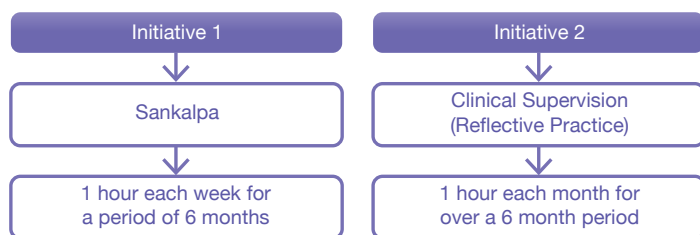
Why are we piloting this program?

As Nurses' and Midwives we recognise that caring for patients is very rewarding work. However, at times it can be really challenging and stressful. There are some days when we feel that we have given our all and yet we wish that we could have done more for our patients and their families.

Research has found that focusing on staff wellness, supporting resilience and helping staff develop effective coping strategies can be some of the most meaningful ways to ensure a compassionate environment for both patients their families and staff.

The Heart of Health program has been developed to support staff to generate and maintain personal resources that will help support wellness and compassionate care.

Heart of Health Pilot

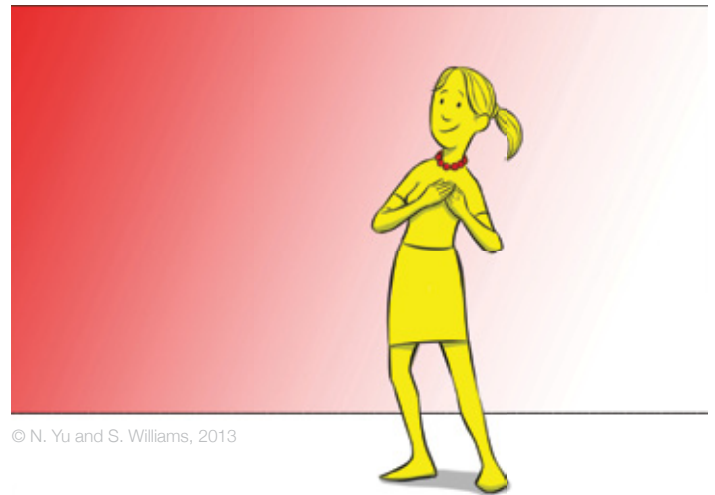


Sankalpa (which means 'Deep Resolve')

The purpose of Sankalpa is to develop mindfulness, compassion, self-compassion, and relaxation/stress reduction skills. The reason for developing these skills is to support:

- Staff wellness
- Compassionate, patient and family-centred, respectful care
- Positive workplaces

This module will be led by an experienced facilitator who will guide the staff through a series of meditation sessions informed by research.



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Clinical Super-Vision (Reflective Practice)

Clinical Super-Vision is a relationship that enables clinicians to experience emotional support, learning and growth and the maintenance of safe and quality care.

This module will be led by an experienced facilitator. These forums will provide an environment in which staff can share stories and feelings about providing care to patients and their families.

For more information please do not hesitate to contact

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<http://www.slhd.nsw.gov.au/Nursing>

