How do we support resilience activities at UVA?

Mobile Resiliency Proposal
PNSO Nursing Cabinet
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Who are we?

Compassionate Care Initiative

**Mission** To foster resilience in the healthcare workforce

**Ambassadors** are champions of the mission

Clinical Ambassadors
Student Ambassadors
Faculty Ambassadors

**Website**
http://compassion.nursing.virginia.edu/
Rationale for Proposal

- To bring a moment of respite and reflection to busy team members
- To raise awareness of resilience-related activities
- To support the UVA Nursing Professional Practice Model
- To support the strategic plan objective to “strengthen our model of relationship-based care.”
Self-Care Cart

A simple cart that will travel throughout the hospital to educate and engage employees in creative and mindfulness practices.

Timing of rounds will be related to CCI activities and events – to inform and promote.
Cargo

Participatory art projects
CCI promotional materials
Music
Bubbles
Treats

Feeling overwhelmed, unsettled, irritated, distracted, judgmental or critical (of self or others)?

- Stop, pause
- Take a few slow, deep breaths and Tune in
- Open and Observe, notice what’s on your mind and what’s happening
- Proceed with awareness, kindness (toward self and others), and wise action (or wise inaction)
Route

**Destinations**
Floors 2-8 Acute & ICU
Procedure areas
PCC clinics

**Drivers**
CCI ambassadors
Magnet Champions
Other PNSO members?

**Timing**
Based on upcoming events and
Medical Center needs
Logistics

**Launch** September 2015
- Resilience as Shared Governance Topic for September

**Funding** CCI budgeting $500

**Storage** Cart kept in Central, locked location

**Evaluation** method will be determined
- Paper vs IPAD

Questions for Cabinet

- What questions/concerns do you have?
- What value do you see in these activities?
- Can you identify a committee/group who might want to participate in promoting resilience activities, specifically CCI Cart Rounds?