



Phelps Hospital

Weekly Nursing Newsletter

April 10, 2020



We have been treating COVID-19 patients here at Phelps Hospital for about 1 month. The staff have been amazing in caring for our community during this crisis. Everyone (within the hospital and community) recognizes how hard you are working to take care of all our patients.

- Local first responders paid a special tribute to our staff on April 7th. Local fire and police departments and EMS agencies drove through the hospital grounds for 1 hour during change of shift to salute and show their gratitude to our staff.
- A short segment of the song “Here Comes the Sun” plays on the overhead paging system for each successful extubation and each COVID discharge that takes place.
- Girl Scout Troop 1542 sent many “Thank You” cards to the hospital staff this week. All of the cards are posted on the wall outside the cafeteria.
- There are pictures in some of the elevators of cards and signs that were sent to the hospital by local children.
- Cloth masks were made by family, friends, and employees for the staff.
- Many team members have been identified and deployed to fill important needs on our units that are caring for the COVID patients. This includes many staff from the perioperative team and other areas. This action has been very helpful for the unit staff and the transition has been smooth.
- Some new traveling and flex staff nurses have gone through orientation this week and will be transitioning to the units. Many have come here from other parts of the country and are glad to be here and help our wonderful staff.

Relaxation room: The Boardroom on the C-Level has been transformed into a “**Relaxation Room**” that is open all day (except 11p-12a for cleaning). This room has reclining chairs, snacks, a relaxing video, and soothing music playing in a low lit relaxing atmosphere. It is open for anyone who would like some time away during their shift.

Available videos for staff:

- Our friends at NHPP have shared this short clip, “Managing Patient Covid-19 Fear,” presented by Dr. Stephen Beeson to help us communicate with our patients experiencing fear of the coronavirus.
- There are 4 other videos that you may be interested in:
- “Managing Fear and Anxiety - Finding Fear:” <https://practicinglexcellence-1.wistia.com/medias/kb2fjdwawe>
- “Managing Fear and Anxiety -Responding to Patient Fear:” <https://practicinglexcellence-1.wistia.com/medias/chjntv6dda>
- “Listening Tip - What Worries you the Most?”<https://practicinglexcellence-1.wistia.com/medias/6ff16dnt47>

- “Tapping Hope Tip - Hope Cures” <https://practicinglexcellence-1.wistia.com/medias/p8fpdmocf>
- Here are other videos with Supportive Tips for Self-Care, selected especially for the COVID-19 Crisis.

Self Care during COVID-19
Our Darkest Teacher
Learning How You Mourn

<https://practicinglexcellence-1.wistia.com/medias/1xybb6njog>
<https://practicinglexcellence-1.wistia.com/medias/8htvw5k9hy>
<https://practicinglexcellence-1.wistia.com/medias/ku8mtn3dor>

- **Northwell’s Emotional Support Resource Center** is here to provide assistance and reassurance to you and your loved ones during the COVID-19 pandemic. Experts trained in emotional well-being will answer questions, provide resources, or just listen. Call the 24/7 Emotional Support Resource Center at 516-344-4155. This service is free and 100% confidential. Your information will not be shared with your manager, colleagues or Northwell’s human resources.

Food Service: There will be a complimentary meal for those staff working on Easter Sunday.

On Saturday (4/11), the PROMOBILE Kitchen food truck will be outside the Auditorium, 2-4pm to provide grab and go meals at no cost to employees.

We welcome any solutions, ideas, suggestions, shout outs, etc. that may be assisting you to get your job done and get through your shift. We also welcome any mentions of “Humanism Stories” that you saw taking place in the hospital with any department. Please send any information to Alicia Mulvena, amulvena@northwell.edu.

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