



Phelps Hospital Weekly Nursing Newsletter May 1st, 2020



We have been treating COVID-19 patients here at Phelps Hospital for over 7 weeks. 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.

Northwell Now: the weekly newsletter from the health system is sent to every employee's email on Fridays. There is information about many programs and services that are available to all employees.

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. **There has been positive feedback from staff who have used the room.**

Tranquility Tent: In addition to the Relaxation Room, there is now a **Tranquility Tent** located in the circle outside the MRI entrance. This is a space to unwind, relax, and refuel, the tent allows sunlight and fresh air. The hours of operation as of now are 1-8pm, this is subject to change. There are activities available to “rest your mind” and hopefully help you feel a bit more tranquil; snacks and drinks also available. The available activities in this area are continually evolving and next week we will be receiving materials from Northwell to expand events offered.

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 Human Resources.

Northwell Center for Wellness & Integrative Medicine (CWIM): FREE

This Northwell facility offers free virtual classes for all team members and community member, including yoga, Pilates, and guided meditation. Through a collaboration with Employee wellness, CWIM is offering free virtual classes throughout the crisis. Here is the link:

<https://clients.mindbodyonline.com/classic/mainclass?studioid=34910&tg=&vt=&lvl=&stype=&view=&trn=0&page=&catid=&prodid=&date=5%2f1%2f2020&classid=0&prodGroupId=&sSU=&optForwardingLink=&qParam=&justloggedin=&nLgIn=&pMode=0&loc=1>

Mask Manager: Mask Manager has moved to the Main ICU Visitor Lounge.

To contact: Call Vocera and ask for Mask Manager.

How to Wear the Blue (Impervious) Gown -

The blue (impervious) gown will be placed over the yellow (isolation) gown when there is a risk of blood or body fluid including aerosolizing procedures such as intubation/extubation. Discard the impervious gown after use. Retain the isolation gown.

How to Request a Blue (Impervious) Gown -

The staff member must provide his/her name to the Mask Manager when requesting a blue gown, similar to the process of obtaining an N95 mask.

Nursing Website: a COVID-19 RESPONSE Page was added to reflect a time-line of activities to capture and highlight support services for our front line heroes.

Phelps Grocery Store: there are essential items available for purchase at the Riverview Café (cafeteria). This may save you a trip to the supermarket on your way home from work.



**SAVE YOURSELF A TRIP TO THE SUPERMARKET
PICK UP ESSENTIALS TO BRING HOME
FOR THE CONVENIENCE OF ALL TEAM MEMBERS**

SAMPLE ITEMS-SUBJECT TO AVAILABILITY

MILK	BERRIES	PASTA
EGGS	GRAPES	QUINOA
CHEESE	CUCUMBERS	DRIED BEANS
BUTTER	TOMATOES	SOUPS TO GO
DELI TURKEY	CARROTS	PREPARED MEALS
BREAD	CANNED FISH	DISH SOAP
FLOUR	JASMINE RICE	TOILET PAPER!!

**ITEMS SOLD AT WHOLESALE COST
BROUGHT TO YOU BY FOOD & NUTRITION**



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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