



Phelps Hospital Weekly Nursing Newsletter May 8th, 2020



Happy Nurses Week to all the wonderful nurses that work here at Phelps.

We have been treating COVID-19 patients here at Phelps Hospital for over 8 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 and each other.

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.

Emotional Support Resources Now Available:

To provide assistance and reassurance to you and your loved ones during the COVID-19 pandemic

Tranquility Tent - Mon. - Fri. 11:30 AM – 2 PM

Relaxation Room - Mon. - Fri. 6 – 8 PM

An Employee Assistance Program Representative will be present during these times along with wellness resources. Resources are also available 24 hours a day at: 516-344-4155

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.

Employee Well Being:

Nicole Leo-Randazzo, MS, CASAC, (Northwell employee) sent links to meditations for Healthcare Workers to listen to prior to a workday and to aide in sleep or relaxation. She notes that the facilitator has worked in cancer centers, with supporting AIDS patient, and in healthcare organizations.

<https://therapeuticityoga.com/product/meditation-for-healthcare-workers-preparing-for-work-in-the-time-of-covid-19/>

<https://therapeuticityoga.com/product/meditation-for-healthcare-workers-preparing-for-sleep-in-the-time-of-covid-19/>

<https://therapeuticityoga.com/product/protection-healing-from-viruses-in-the-time-of-covid-19/>

Isolation Gown: The current isolation gown from Northwell is a white fluid resistant isolation gown. They come individually prepackaged in a plastic bag. You will secure the gown at the waist with the separate belt which is enclosed in the bag.

This newsletter is compiled, edited, and distributed by: Alicia Mulvena (Organizational Development). If you would like to submit information for publication please contact: Alicia Mulvena, amulvena@northwell.edu, or ext. 3165

Well-being Resource Guide

A guide to help team members recharge their mind, body and soul

Purpose Healthcare professionals often work through high stress and emotionally charged events during a crisis and can experience challenging outcomes despite their best efforts. This guide is intended to inform you of the numerous programs available to aid in your physical, emotional, spiritual and mental well-being and recovery.

The Basics

#1 Emotional Support Resource Center

- ✓ A free, confidential resource center that is fully equipped to provide assistance and reassurance to you and your loved ones. Experts trained in emotional well-being will answer questions, provide resources, or just listen. Call our 24/7 Emotional Support Resource Center at 516-344-4155.

#2 Employee Wellness Intranet Page

- ✓ The Employee Wellness intranet page is available 24/7 and has been refreshed with new content to address resources that are available and especially helpful during COVID-19.

#3 Employee & Family Assistance Program (EAP)

- ✓ A free, confidential counseling service for Northwell Health employees and their benefit-eligible family members. This program offers short-term, goal directed coaching and counseling designed to help you resolve problems that have an impact on your work and/or home life. Schedule an appointment: (877) 327-4968

#4 Team Lavender

- ✓ An interdisciplinary group of professionals that support our team members in time of crisis, stress or trauma. The team is comprised of social workers, chaplains, nurses, patient experience leaders and holistic integrative therapists.



Physical

- ✓ **myHealthyBody**
A personalized exercise program designed to address the prevention of injury and improve team members' overall strength.
- ✓ **My Wellness**
Get the boost you need to live better each day, whether that's taking long walks, tracking your nutrition, sleeping better, or mindfulness training. Visit myWellness online or download the Virgin Pulse app to get started.
- ✓ **Workforce Safety**
The mission is to ensure a safe work environment and act as advocates for team members. For more info, please contact (516) 472-3460



Emotional

- ✓ **myJoyable**
A digital behavioral health resource designed to help our team members with everything from day-to-day stress to more challenging behavioral health experiences.

Additional Resources



Spiritual

- ✓ **Chaplaincy Services**
Chaplains help create a sacred space for people of all faiths and cultural beliefs to find hope and meaning in stressful, life-changing moments. You can schedule a confidential phone conversation with a chaplain, where you can talk about whatever is weighing on your heart. Reach out at 516-344-4158.
- ✓ **Center for Wellness & Integrative Medicine**
CWIM is offering free virtual classes for all team members and community members including, but not limited to yoga Pilates, guided meditation, etc.



Mental

- ✓ **SBIRT (In This Together)**
A virtual space/forum to provide support in effort to mitigate burnout by furnishing productive pauses in one's day. Reset & Stretch classes available Monday-Saturday 8am, 11am, 2pm, 5pm, and 8pm & Mindfulness Exercises available 11:30am, 2:30pm and 5:30pm. Join via Zoom (meeting ID: 3446759477, password: northwell).