

Dear all

Looking after each other

The loss of a friend and colleague has hit many of us hard, particularly the theatre staff, amongst whom Eduardo had many friends. This follows on from another challenging week in Intensive Care with patients dying despite our best efforts.

We (Rachel Walpole, Tei Sheraton and Jill Curtis) are leading the department's Wellbeing Team and we wanted to take this opportunity to remind you that we are here to support you and to help you support each other and the wider teams that we work in.

Any of the 3 of us can be contacted at any time by mobile phone, whether you want to talk or just be pointed in the right direction, or to let us know that you are concerned about a colleague. Francis is also available and has considerable knowledge of burnout prevention strategies.

There are a number of support options available for us to offer, and if the colleague is non-anaesthetic we can also refer them to their own support network. If anyone has any ideas of how we can improve morale, or other ways of providing psychological or practical support, we welcome your suggestions.

Rachel Walpole
Tei Sheraton
Jill Curtis
Francis Subash

As you are probably aware, the Trust Well-being service has a helpline. The Psychologists tell me that callers have sometimes chosen to remain anonymous and that this is fine.

Trust Well-being Support for all Staff:

Tel 01633 238292

Clinicalpsychologyreferrals.abb@wales.nhs.uk

In addition the following on-line resources may be helpful or of interest:

- COVID 19: voices from the front line (<https://anaesthetists.org/Home/Resources-publications/COVID-19-guidance/COVID-19-voices-from-the-front-line>)
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- Welsh anaesthetic SpRs Dr Kathleen Shelley and Dr Ellie Powell have developed an on-line resource to help us all support each other and our local communities (<https://keepwellNHS.com>)

- Vital Signs in Anaesthesia. A guide for anaesthetists seeking help and advice during the COVID crisis. This document also contains useful advice for others who find themselves working outside their comfort zone. (<https://rmbf.org/wp-content/uploads/2020/04/rmbf-aoa-vital-signs-in-anaesthesia.pdf>)

It's a challenging time but hopefully we can support each other.

With very kind regards.
Rachel, Tei and Jill