

# Wobble Room

## *Fall Trauma Nursing Conference*

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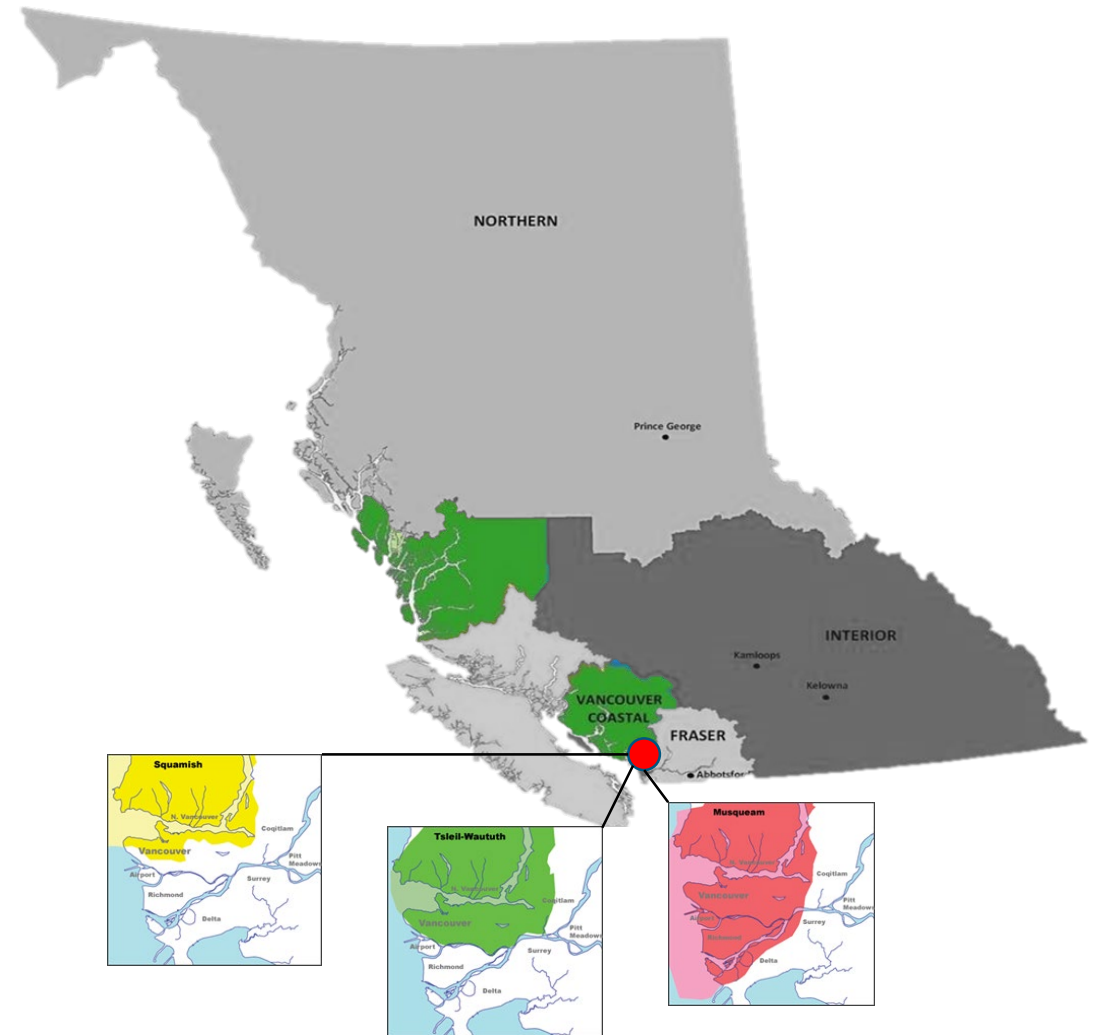
October 2023



# Land Acknowledgement

**We wish to acknowledge that the land on which we live, work, and play is the traditional and unceded territory of the Coast Salish Peoples, including the Musqueam, Squamish, and Tsleil-Waututh Nations.**

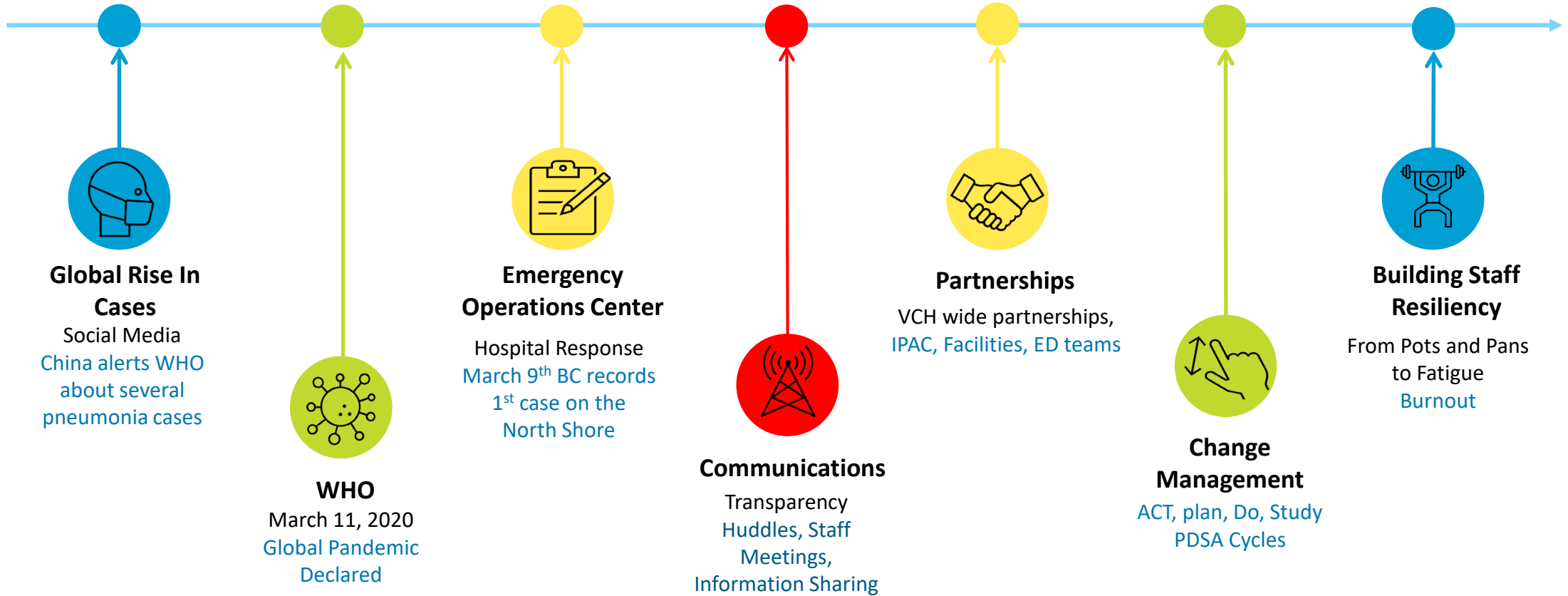
Vancouver Coastal Health is committed to delivering exceptional care to 1.2 million people, including the First Nations, Métis and Inuit in our region, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.



# Introductions



# Timeline of the Pandemic

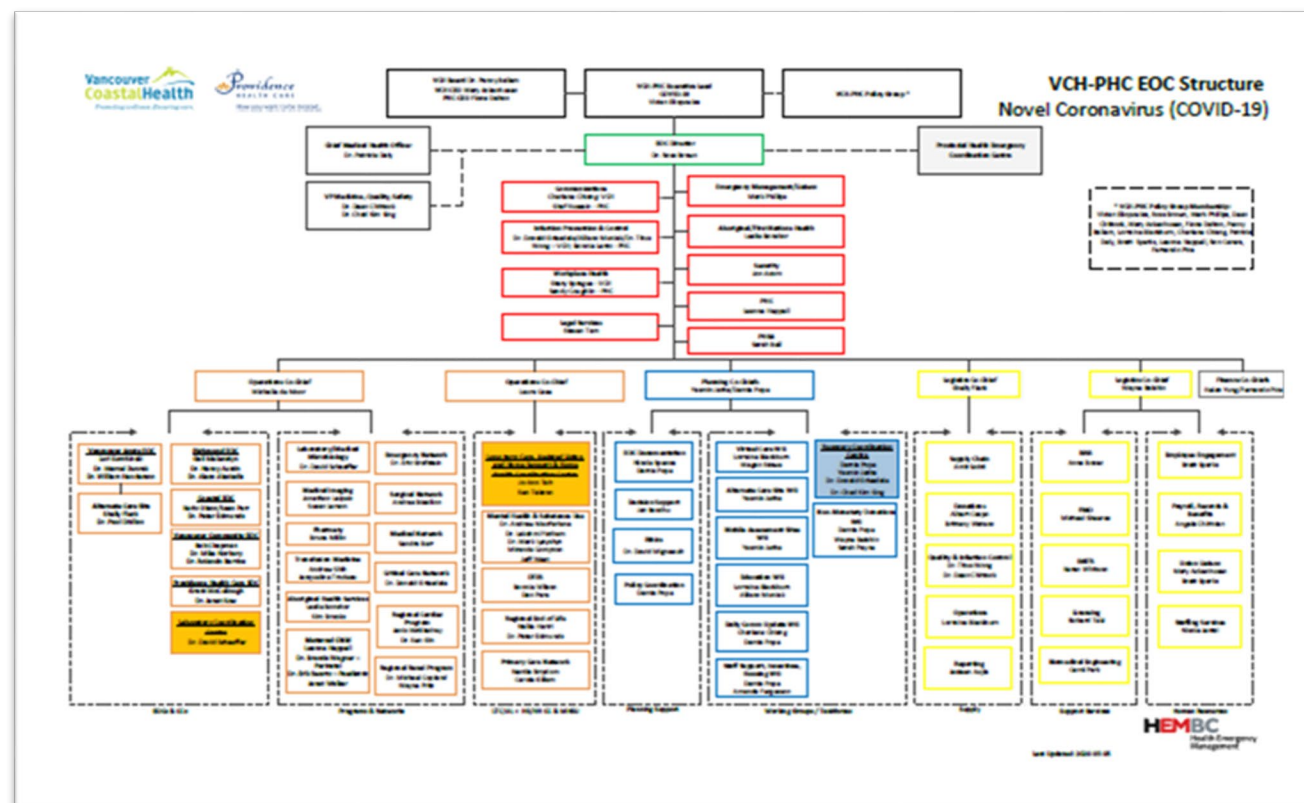
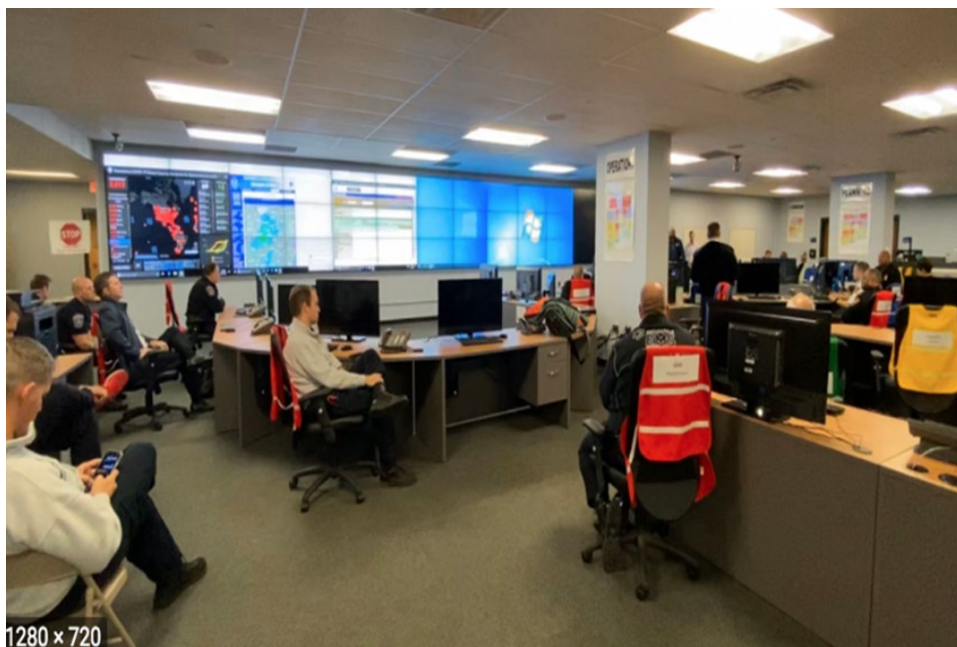


# Overview

- 1. Background and leadership through the COVID-19 Pandemic**
- 2. Wobble Room in the ED**
- 3. Key takeaways**



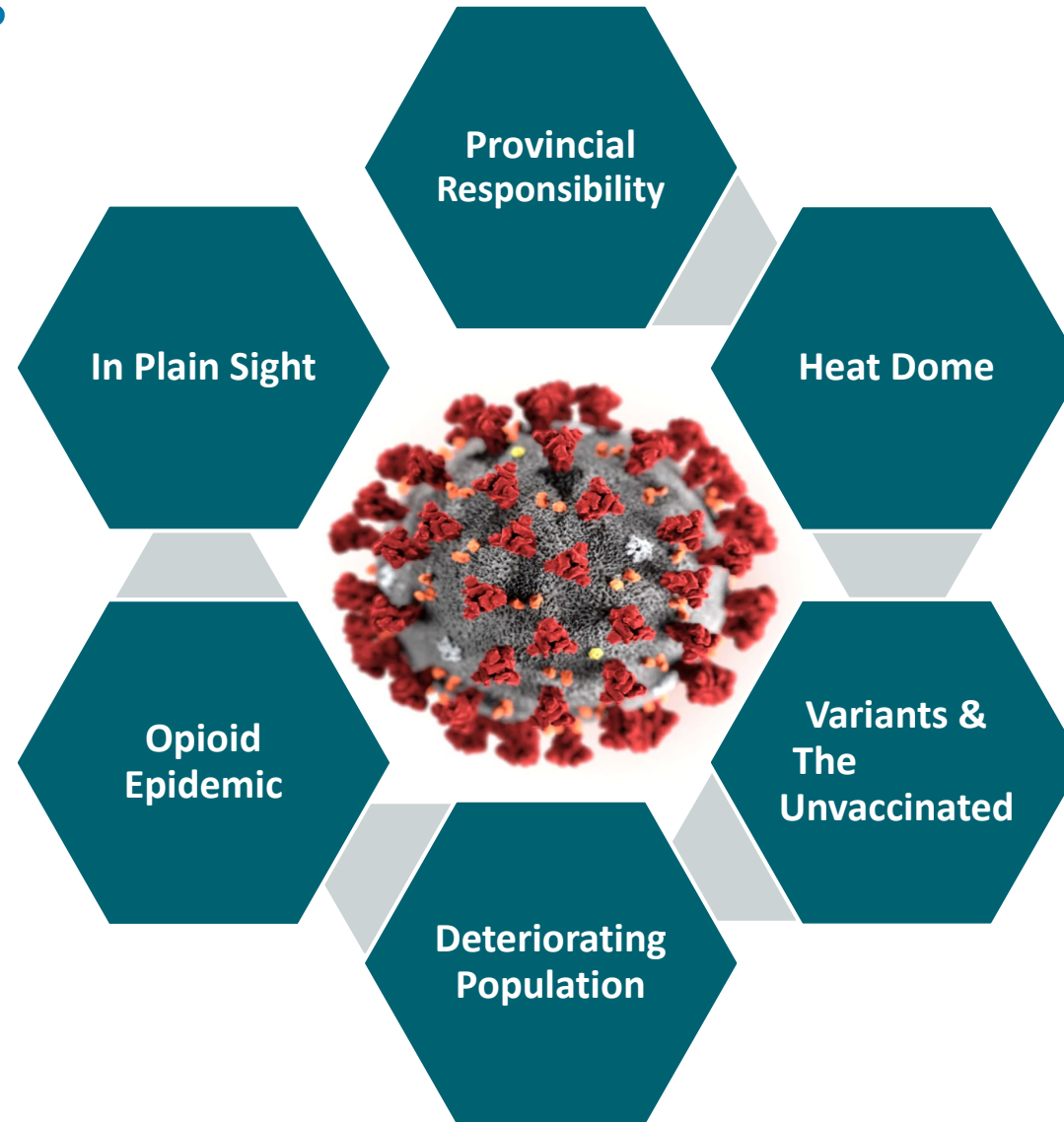
# Emergency Operations Center



# Department Footprint



# Confounding Factors





# Staff Impact



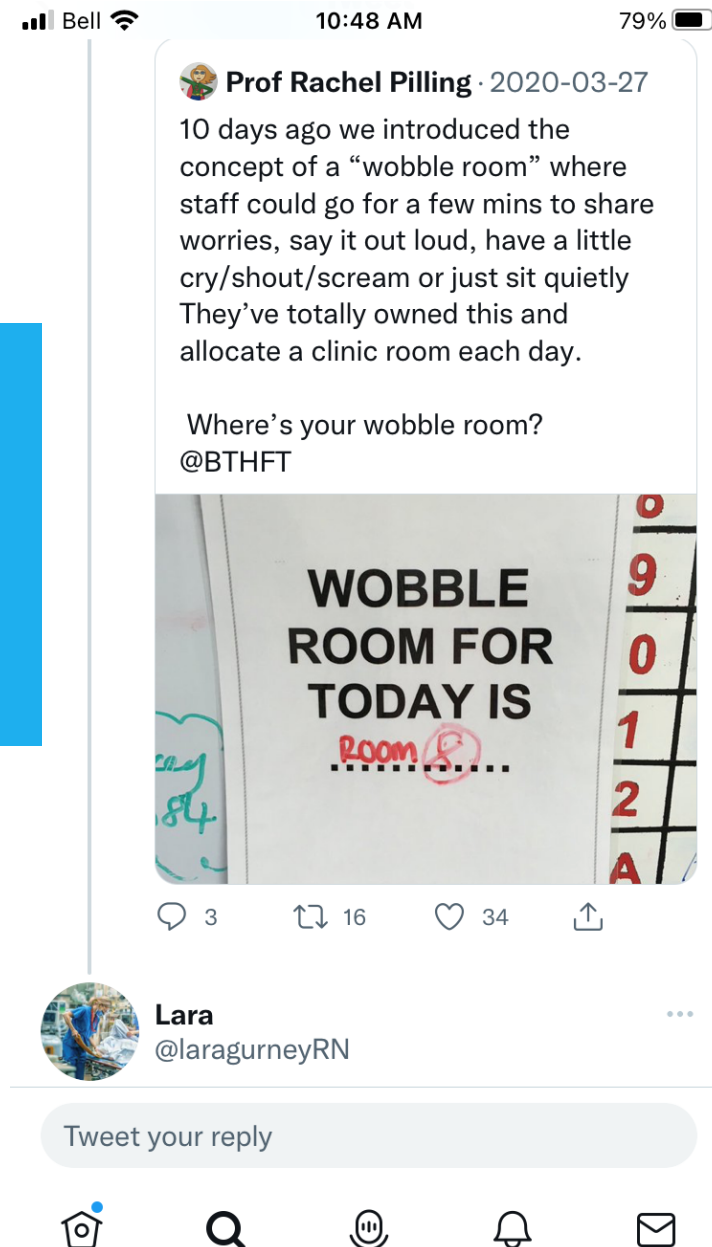
# Staff Impact



# Staff Impact



# An opportunity...





# Wobble Room

Is my job is putting my family at risk?

I'm so... my health con...

I was canceled.

And maybe a houseplant plant that won't die.

...Checking in with each other  
"How are you"

Do I even LIKE my partner??

How much money will we have if we are still paying for daycare but they are closed and my husband has to stay home with the kids?

...team togetherness  
"anything I can do"

Anxiety is crippling me.

I need a drink.

My mental health is struggling.

Thank you for helping me out!  
social distancing-high hive!

Is my PPE protecting me?  
What if it's compromised?  
What if I get COVID 19?

I need to clean EVERYTHING.  
When will I have time to clean ANYTHING.

**VGH Emergency Department Staff**

**CARING FOR OURSELVES**

The Treatment Conference Room is now:

## THE WOBBLE ROOM

A space dedicated to the front-line emergency staff to go for a few minutes to share worries, shout out loud, have a little cry, scream, or just sit quietly.

**Open all the time!**

Plus an EFAP & wellness counsellor will be present every Tuesday and Thursday from 9-10am.

For remote attendance zoom links will be provided.

To maintain social distancing, please limit room to 8 people at a time.

# Wobble Room



## Wobble Room

*"The wobble room was a place for me to debrief when my grandfather died and I couldn't go home because of COVID, and a place to connect with co-workers in a way I hadn't before."*



# Wobble Room



## Why Do We Need Wobble Rooms during COVID-19?

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### Abstract

The “wobble room” is a wellness intervention designed to guide staff through unpredictable times that are not going away quickly. Emergency department teams are accustomed to trauma events and trauma debriefing, but the prolonged uncertainties and fears associated with COVID-19 have posed a unique challenge for healthcare workers. The wobble room has become a place where staff can make sense of how the pandemic is affecting them and create a “new normal” with respect to personal safety and team cohesion.

### Introduction

Emergency departments (EDs) are at the front lines for the treatment and diagnosis of a wide variety of illnesses and injuries. Within EDs, emergency nurses are continually adapting and changing their work to meet and address daily challenges. When the World Health Organization declared COVID-19 a public health emergency, fears and uncertainty arose among emergency nurses. Uncertainty has been identified as a hallmark of pandemics and can be especially challenging for those working in healthcare (IHI 2020b). A recent publication about emergency nurses reports increased levels of stress and anxiety because of unknowns about the virus, potential depletion of personal protective equipment (PPE) and the risk of illness and potential transmission of sickness to family members (Lai et al. 2020).



# Leadership Lean in



# Key Takeaways

Partnering

Not working in Silos

We are in this together

Relationships

Elevate your  
colleagues

Inspirational  
Motivation

Coach &  
Mentor

Stimulate Innovation &  
Creativity

When you are starting out as a new leader you  
have this feeling of responsibility, if you think  
you can do it alone you are wrong



# Thank you