

Professional Engagement Council supports staff resiliency

Shared governance at Magnet® designated hospitals promotes an environment that embraces shared decision making and accountability within the professional practice of nursing. Our shared governance framework includes these councils: Coordinating, Administrative, Clinical Innovation & Technology, Education, Quality & Research, Professional Engagement and Night Shift.

The primary purpose of the Professional Engagement Council (PEC) is to promote work engagement and a healthy work environment within our nursing workforce. This group's input became invaluable when the coronavirus crisis hit. The onset of the pandemic brought trying times, and nurses faced numerous changes at work which impacted their mental and physical capacities. Many of them struggled with the fear of being exposed to the virus and bringing it home to their families while fulfilling their commitment to Washington Hospital's Patient First Ethic. Personal protective equipment became part of the "new normal," requiring nurses to adapt

and assimilate to new safe care practices. The PEC mobilized, seizing on the opportunity to support nurses and promote resiliency in the workplace.

Thanks to the leadership of co-chairs Christine Mikkelsen, BSN, RN, and Abigail Ilagan, BSN, RN, under the administrative direction of Assistant Chief Nursing Officer Brenda Brennan, MS, RN, CNS, CEN, leaders from all care areas compiled evidence-based resources, innovative ideas and simple processes to support the nursing staff during this unprecedented time. Spiritual Care Coordinator J. B. Goodier also consulted with the PEC to ensure resources were provided for the mental well-being of staff during the pandemic.

Information on meditation, stress management, spiritual care and guided relaxation were added to the Hospital intranet COVID-19 weblink for all staff to access. The PEC also created screensavers with positive messaging and images of nurses working together as a team for use on workplace monitors. The message is simple: "Beat COVID-19!"



Encouraging screensavers developed by the Professional Engagement Council can be seen on workplace monitors around the Hospital.