

COVID-19

Ward Wellbeing Handover Check-in/Check-outs

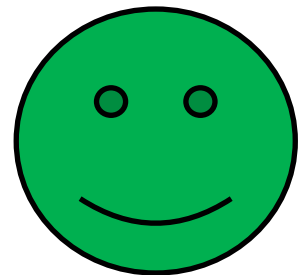
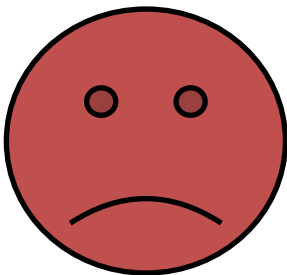
CHECK-IN

- Welcome – particularly those who have been off for a while
- Address any significant events from previous shift
- Does everyone know what their role is today?
- Staff check in – where are you today?
- What do we need to keep in mind to look after each other today?
- Signpost to resources

CHECK-OUT

- Thank you
- Acknowledge any events from the shift
- Staff check out – where are you now?
- Going home – What do we need to keep in mind to look after ourselves at home?
- Emphasise sleep, food and exercise.
- Remind those who are off for a while how they can stay in contact
- Signpost to resources

Where are you today?



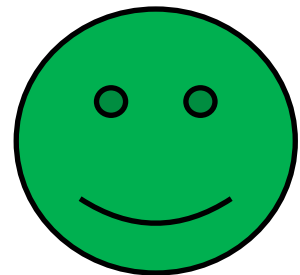
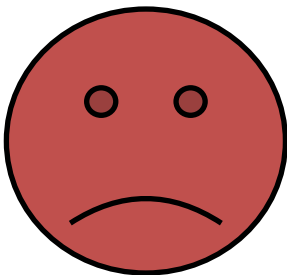
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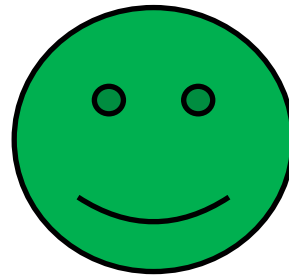
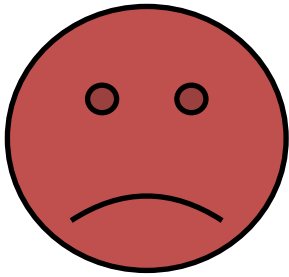
Check-in/out

- Welcome – particularly those who have been off for a while
- Thank you to all those on the shift
- Address any significant events from the shift
- Staff check in – where are you today?
- For those about to start - what do we need to keep in mind to look after each other today?
- Does everyone know what their role is today?
- For those going home - What do we need to keep in mind to look after ourselves at home?
- Signpost to resources
- Remind those who are off for a while how they can stay in contact

Where are you today?



Where are you today?



RED

YELLOW

GREEN

I am exhausted	I didn't sleep well	I am reasonably well rested
I'm dreading today	I feel on edge	I want to get on with it
I am very anxious	I feel restless	I'm bearing up
I have palpitations, Shortness of breath	I'm tense	I feel calm
I can't stop crying	I can't concentrate	I feel ready
I feel out of control	I'm irritable / angry	I have a great team
I can't 'switch off'	I don't want to speak to anyone	I have people I can speak to
I know I'm using unhealthy coping strategies now	I'm not sure about my coping strategies now	I'm coping
I can't stop can't stop worrying about everything	I'm worried about my colleagues/ family/ friends	We are all in this together