

Hope during the Covid-19 pandemic; compassion, humanity, sharing moral distress, and capturing post traumatic growth in a hospice team.

Rachel Morris¹, Emma Shaw¹ Sarah Stanley¹
¹Marie Curie Hospice Liverpool, Liverpool, UK

Background

Based in a hospice setting in Liverpool we identified the impact the Covid-19 pandemic was having on the staff. A six week wellbeing project was undertaken.

Aims

To address staff wellbeing , explore the moral distress caused by difficult decision making and prevent overwhelming trauma, by promoting mental resilience and fostering hope.

Method

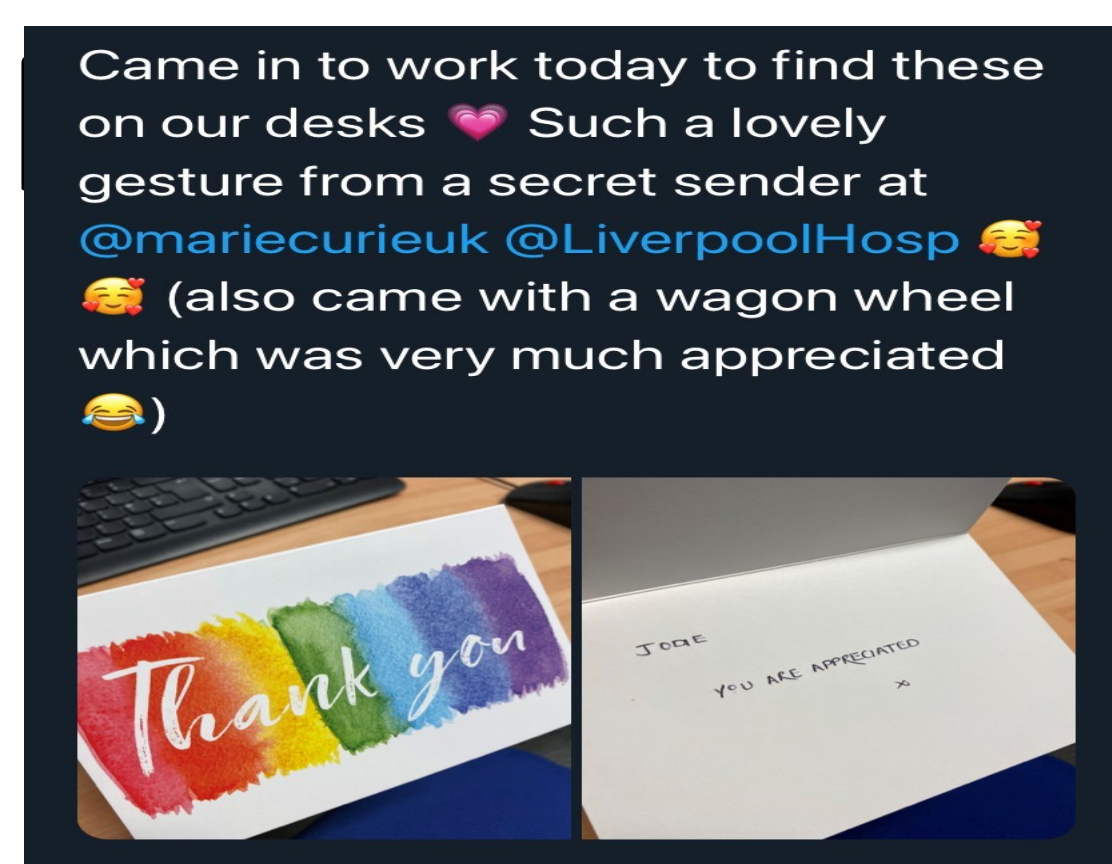
Weeks 1&2

Provide a safe environment to enable staff to share their feelings, we asked staff to “let it go” anonymously in a post box.



Week 3

A personal thank you card and a sweet treat was delivered to all staff. Left for them to find as a surprise.



Week 4

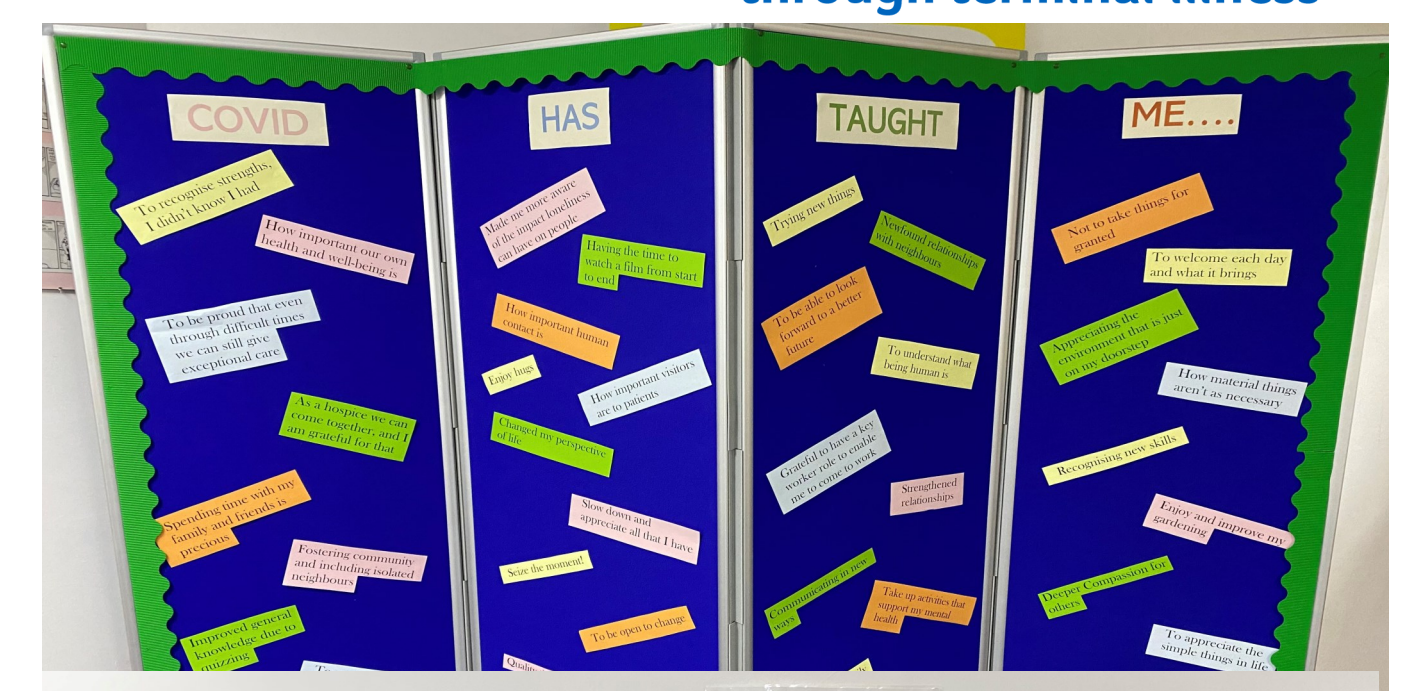
What has Covid taught you? Staff were able to begin to communicate what new skills, knowledge about themselves and things they could appreciate and miss in others.



Week 5

An exhibition and reflection we invited staff to come and view their work.

A poem was created and performed by a staff member highlighting the struggles of working through the pandemic.

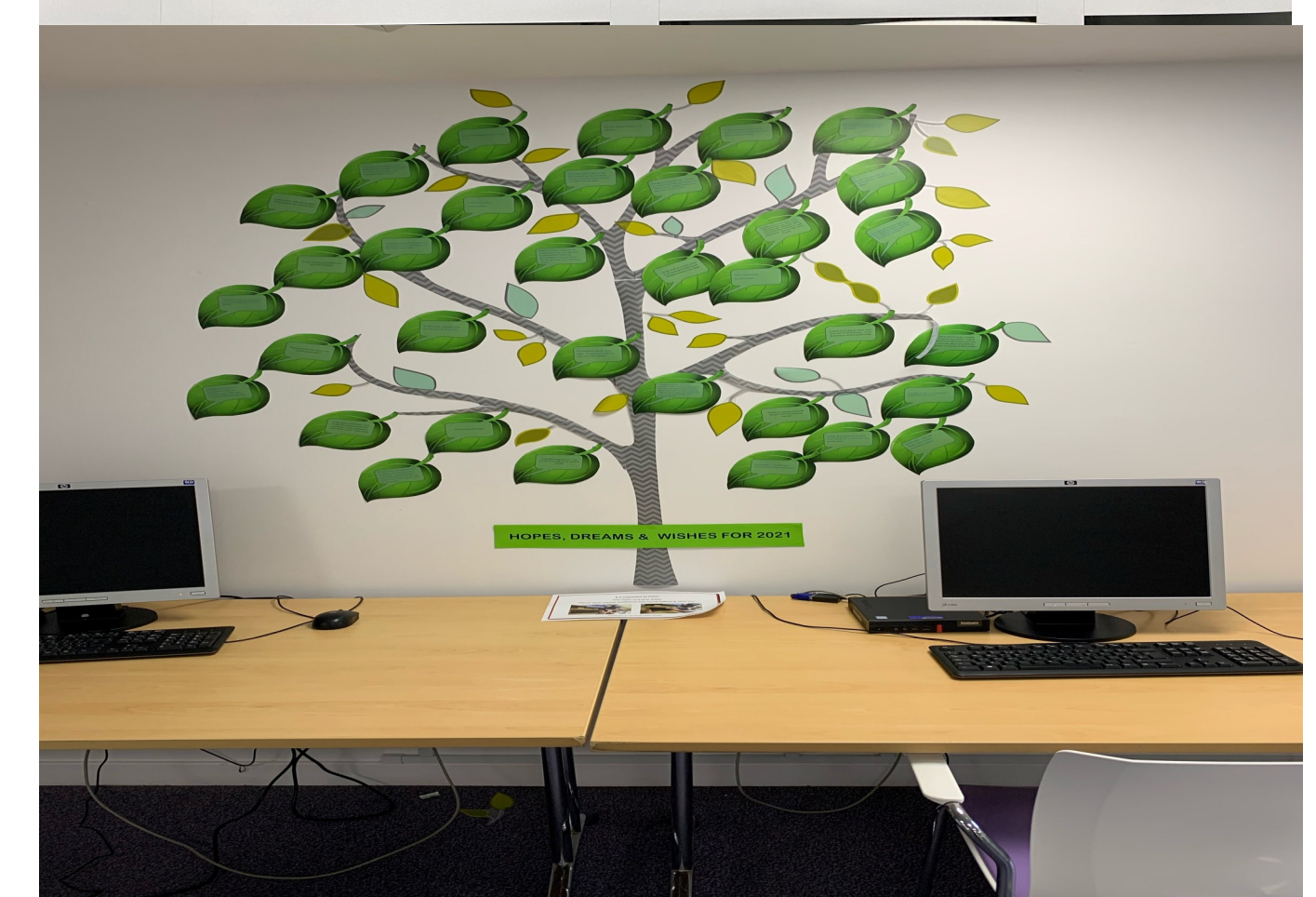


Week 6

Hopes and fears:

We then invited staff to share with us their hopes, wishes and dreams for 2021.

Displayed on baubles for Christmas and then transferred to a tree of hope in the new year.



Results

Results were positive. A new feeling of openness and the ability to understand and reflect upon the challenges of COVID have contributed to a positive feeling in the hospice. The understanding that we all share common emotional responses is a powerful realisation, and staff have shown bravery in sharing their own moral injury.

Conclusion

This project has made an impact on many members of the hospice team. Feeling safe to share feelings is paramount when supporting resilience. It is vital that moving forward through the pandemic we continue wellbeing support and nurture self-care skills.

References

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