

Northern Storytelling in a Pandemic (Lead Physicians: Drs. Spooner, Hay and Smith)

Facilitated by: Drs. Theresa Healy and Sarah DeLeeuw

Purpose:

To access the healing power of stories with a focus on the positive and / or negative impact of COVID-19 on our personal and professional lives. *'It is about hearing / listening, being empathetic rather than fixing'*

PARTICIPANTS	IMPACT OF EVENT / STORIES	
<p>27 – REPRESENTING:</p> <ul style="list-style-type: none"> Physicians: Anesthesia, Critical Care, Emergency Medicine, Family Medicine, Medicine, Obstetrics / Gynecology, Pediatrics, Surgery Midwives Facilitators Northern Health: Directors representing Acute Care, Community Services and Long Term Care, Managers representing Community and Residential Programs, Nurse, Others representing Social Work, Radiology Technicians 	<ul style="list-style-type: none"> <i>A unique, innovative and inspiring event'</i> <i>'Excellent I really enjoyed this time'</i> 'Therapeutic and teambuilding experience' <i>'Almost like group therapy – thank you for organizing'</i> <i>'Telling and listening to stories was healing and created empathy for others'</i> 'Sharing, trust, kindness, genuine, authentic contributions' <i>'Very different and fulfilling discussion'</i> <i>'It was very empowering to listen to heartfelt stories of so many different healthcare providers. The depth of sharing was amazing. The sincerity was palpable. The listening was very empathetic. It was very encouraging to hear about peoples' fears and yet see all the teamwork and effort they have put in to counter the ramifications of COVID-19'</i> <i>'So healing for me and beneficial to my mental health – thank you for all your hard work'</i> 'We're in it together' and 'Resilience and action even in the face of fear' <i>'The storytelling night was a great way to connect with colleagues and to hear from their various experience during the pandemic. I find it so healing and encouraging to know that I am not the only one feeling tired, burnt out, and anxious. It also helps to hear other people's resilience and positivity amidst all the stress and anxiety. Thank you for allowing us to participate in such moving and important event'</i> <i>'Hearing from others gives you a sense of permission 'that it's OK to not always feel OK'</i> 'Stories were remarkable!' 	
<p>THE EVENT PROVIDED A SAFE AND SUPPORTIVE ENVIRONMENT TO SHARE THE IMPACT OF COVID ON HEALTHCARE WORKERS</p>	<p>97%</p>	<p style="text-align: right;">FORMAT PARTICIPANTS</p> <ul style="list-style-type: none"> <i>'Excellent project, with sharing between multiple disciplines and administration'</i> <i>'Hearing different stories from different perspectives'</i> <i>Loved the interaction with other health care workers (from so many different aspects of healthcare) – such a gift</i>
<p>THE EVENT HELPED TO BUILD RELATIONSHIPS BETWEEN HEALTHCARE PROVIDERS</p>	<p>93%</p>	<p style="text-align: right;">FACILITATION</p> <ul style="list-style-type: none"> <i>'Excellent session, great facilitation'</i> <i>More of this. It was very enjoyable and facilitators were fantastic!</i> <i>Facilitators were amazing!!</i>
<p style="text-align: right;">FREQUENCY</p> <ul style="list-style-type: none"> <i>Thank you for hosting – please host more – thank you!</i> <i>Would be really good to have more sessions like this</i> <i>Loved it! I would love to do it with my frontline care staff!!!</i> <i>Wonderful, sign me up again!</i> <i>Consider to roll out to all acute care areas (if possible)</i> 		