



The 'ED SPA' is a bespoke in-situ wellbeing room for Emergency Departments, co-designed by Dr L Howard and Dr K Ballantyne. We created a designated "safe space" within the department in which wellbeing is embraced and made it a priority.

The nature of an Emergency Department dictates that most days we will experience stressful events in a high paced and high-pressured environment. Support cannot be prescriptive, as the cohort of staff is diverse. Our SPA welcomes introverts, extroverts, new starters and very experienced staff. Wellbeing is an essential consideration for all staff, irrespective of seniority or role.

The ED SPA embraces the "5 ways to wellbeing", allowing staff to create their own wellbeing toolkit. Helping them find the tools that work for them, involving signposts to much needed resources and evidence based advice.

A report produced by Boorman on wellbeing of NHS staff in 2010 demonstrated that staff wellbeing is no longer an optional extra. The report states that "protecting and improving staff health is not a fluffy, cuddly thing to do, but rather a key enabler to support improvements in high quality care, patient satisfaction and improved efficiency".

Investing in our staff, showing them their value and equipping them with a toolkit to look after their wellbeing, needs to be a firm foundation of every Emergency Department. For us to provide the excellent high-quality care our patients demand, we must first be well ourselves.

More information about SPA resources, branding and the 5 ways to wellbeing to come.

