

Rockingham ED - ACEM Wellbeing Award 2021 Citation

Rockingham ED is thrilled to be nominated for the 2021 ACEM Wellbeing Award!

In 2020 we adopted a new governance structure, aligning our activities with the ACEM Quality standards. As part of our well-being strategy, we developed the RGH ED Monthly Newsletter. This is distributed to the entire team and features 6 regular segments.

The “Getting to Know You” section supplies interesting facts about each other and welcomes new staff members to the team. Our personal and professional successes are also celebrated here.

The “Employee of the Month” segment acknowledges the fantastic efforts that are made by individuals, whilst the “Social Pages” advertise upcoming events such as the Group Fitness Challenge and Feel Good Fridays.

The “Sidebar” includes helpful apps, recommended reading and health recipes. Callum, our registrar/yoga guru, regularly provides advice on stretching to promote healthy movement. The publication concludes with “Important Messages” and “Compliments” to encourage staff to strive for excellence.

As illustrated by the comment below, this initiative is now embedded within our culture. Staff actively seek to contribute to the newsletter and as a result our workforce is more engaged.

“The newsletter recently included an article about my triathlon and I was astounded at how many staff members congratulated me. The newsletter has enabled the ED team to become a closer unit and has given us all something to look forward to amongst the chaos of the department. Staff morale and team work has improved, creating a better environment for patients to be cared for in.” (Michelle Manning, Physiotherapist)

The newsletter has elevated our team by promoting work life balance. It has helped us create connections, cultivate appreciation for one another and allowed us to celebrate our collective accomplishments. The positive impact has been felt within the hospital, with other departments requesting to be included on the mailing list.

We feel very proud of our initiative and thank you for considering us for the ACEM Wellbeing Award 2021.

Michelle McNamara
Rockingham ED