



Australasian College
for Emergency Medicine

Wellness Week



Connection and Belonging



There is something different, something special about working in an ED.

It is the people you work with and the bonds that you build. The work is hard. It is stressful. It has incredible highs and lows. But it is the connections to your team that allow you to get through this; to absorb and deal with the traumas, but also share in some of the victories, those moments where you have all made a difference in someone's life. *From my first moments, I loved the teamwork, the flat hierarchy, and the sense of being part of the ED family. I felt valued, working beside experienced doctors and nurses, with first names all round.* A sense of belonging to a place

comes from the connections made with people and the events one lives through in that place, together. It's not just about work.

They were generous with their skills and their time. I felt like I was learning fast and making a real difference.

For me the regular Tuesday morning bike ride with colleagues and the 'Lolly VOLLIES' (ED volunteers who fed us mountains of lollies each week) reinforced connection and belonging. *The reason I got the emergency medicine*

"bug" was because I felt part of a team, fighting the world. **The nurses and doctors**

were amazing and I felt like we were almost an underground movement helping these people access care. There was much dark humour, plenty of bad things

happened, but the team stuck together and watched each other's back. And finally, look after yourself first, and you will be in a better place to look after others. **Never forget the compassion:**

for your patients, your colleagues, and for yourself.

For ACEM Wellness Week 2021, we asked our current and former presidents what connection and belonging means in an emergency department. You can read their full statements online.

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