

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **Healthcare Heroes** - Insights from our Front-line Team Members Series



Celebrating our Healthcare Heroes continues! We will hear from some of our team members from around our health system who continue to work tirelessly to Care Bravely for our patients, families, community, and team members. Those who kindly agreed to participate were all asked the same five questions, and with the last question, each will share a TIP with you, for being resilient during this challenging time.



David Schaeffer
Biomedicine Technician III
Clinical Engineering
Northwest Hospital
A/K/A Super Hero



1) Over the past 2 months, what has been the hardest part of your job?

The hardest part for me has been time management. There is so much going on and so much change that it is difficult to keep up with the “normal” work. The normal work is basic general maintenance of regular equipment. The new work is centered on equipping and maintaining all the new negative pressure rooms. Then there is the stress and worry about working with and around COVID positive patients and knowing you too could test positive. It is important to stay vigilant with proper use of PPE and procedures. This constant high alert is a bit nerve racking. We just had a team member test positive.

2) During this time what has been the most rewarding part of your job?

The most rewarding part has been watching people helping patients, and seeing patients beat this and leave the hospital. I work hard to make sure my work quality stays high and that I am doing what I can to support the care team. It is rewarding to know that by doing this; I play a part in helping my team members and our patients. We've had 190 plus patients recover.

3) What's the most innovative problem solving or change that you have seen or experienced over the past two months?

We have a lot of older equipment that we have been able to repurpose for use in the COVID wings, mainly respirators and vents. Parts can be tough to get for these, but we do our best to work around this. I'm proud to say that safety and quality have been held up to our high standards.



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4) What's the most inspiring thing you seen or experienced?

I can be a bit tough to inspire. But I'd have to say that I had a co-worker who's been battling cancer and coming to work every day like nothing was wrong. No self-pity. She just did her job and always had a smile on her face.

5) What tip/advice would you give to others right now? (What has helped you persevere during this challenging time?)

Keep up with all your PPE requirements. Take it easy and slow down. Everything is so fast-paced right now. Have empathy for others who are COVID positive. Lastly, tell your loved ones, you love them.

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odds - it's what we do.*

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