

| DEPARTMENT OR UNIT         | TITLE   | DESCRIPTION   |
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| UWMC- Northwest 5 Med Tele | 5 Med Tele Activities Committee               | During the pandemic, UWMC- NW 5 Med Tele took on the emotionally and physically draining work of caring for our COVID patients in the hot zone. A floor that was once known for its social events and potlucks is rebuilding after experiencing trauma and turnover, with shared governance, and leadership focusing on healthy work environment. We are thrilled to receive this well-being grant for a series of activities and events that will promote employee engagement and help continue to build a positive unit culture anchored in wellbeing and recognition. These funds will allow us to develop our activities committee, recognizing staff for milestones, plan unit wide events such as our upcoming summer picnic.   |
| Northwest Hospitalists     | UWMC Northwest Hospitalist Summer Celebration | The UWMC Northwest Hospitalist Summer Celebration is a community building event focused on hospitalist recognition and appreciation, rebuilding interpersonal relationships, and improving collaboration, communication, and inclusion. The goal of the event is to provide a relaxed and fun venue to recognize the hard work and achievements of the hospitalists throughout the year, introduce our newly hired hospitalists, and get to know each other's families. There are very few times during the year where the entire team can come together outside of work to celebrate with each other and recognize important achievements, both as individuals and as a group. The grant funding for this event will go towards reserving a local outdoor community space, catering, decorations, and outdoor games. |
| Administration             | Field Day: A Fun Filled Event                 | This is an all-staff well-being event on the NW campus. Staff will enjoy some fun in the sun as they enjoy custom made shave ice, enjoy lawn games and snap fun photos in a themed booth. This event will take place outside on the lawn space adjacent to the hospital cafeteria at 3pm to allow participation from day and evening shift.   |
| Emergency Department       | Emergency Department Outcome Champion         | The ER will use the grant funding for a sustainable and unique, yet metric driven recognition program. This program is intended to improve staff morale through fun, friendly, patient-focused competition with the additional goal of positive change to our quality metrics. We propose an "ER Title Belt" trophy, to be awarded monthly or quarterly, to the nurse or staff member with the highest performance on the metric for that month.  |
| Cardiology                 | Help Brighten Our Cardiology Hearts!          | The Northwest cardiology team will utilize this funding towards provider team building and more efficient inpatient teaching. For the team building component, we will use a portion of our funds to pay for admission fees as well as food and beverages during our two events this summer. For more efficient teaching, we will use a portion of our funds to buy items, such as a whiteboard, corkboard, and office supplies, that will help create a more conducive learning environment. The overarching goal for both aspects of our funding is to recognize our providers in a meaningful way and foster a healthy workplace.  |

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| Surgical Services-NW Campus<br>PSA/PACU  | Team Building and Gratitude -<br>PACU/PSA Teams            | Our team, like so many others, has been through so much throughout the pandemic and we have had a large amount of turnover within the department over the last few years. Over the past year we have bult up our team with many new staff and while we have stabilized our staffing for the moment, we are exploring ways to make that more permanent. Currently, our strategic goals are to build a strong and cohesive team and we are making great strides. Our plan to utilize the grant funds is to partially subsidize the cost of fleece jacket for our staff that proudly display UW Medicine and our surgical Services PSA/PACU department. This was an idea brought up by staff when asked about ways to build teamwork and pride within the department. Thank you again for the generous grant that has been offered. I hope this meets the expectations and desired use of the funds. |
| B100   | Break Room   | The "Break Room Project" will focus on moving the Supply Chain's current two-person break room into a more spacious room. This will give the team the ability to take their breaks together, have access to new appliances, and store some of their personal belongings and lunches. The team will share their input on which items they would like to see in their new break room.   |
| Ortho/Neurosurgery Unit  | Community Building Activities -<br>Ortho/Neurosurgery Unit | We are a team of over 100 at UWMC-NW 4th floor. The grant funds will be used to incentivize social activities, including a unit community barbecue with healthy foods and snacks, games and possibly baking class for small groups. These activities will allow us to build a sense of belonging to the unit and camaraderie, ultimately leading to a healthier work environment. Thanks to the Grants Committee and generous donors!   |
| Cardiac Procedure Unit   | Cardiac Procedure Unit Mindfulness<br>Retreat              | UWMC NW Cardiac Procedure Unit is planning on doing a Mindfulness/ Communication Weekend Retreat at the Quilute Oceanside Resort at the end of September 2023. We are wanting to foster a unit culture of mindfulness, well-being, and gratitude within the Cardiac Procedure Unit. The goals of this retreat are to reinforce the team bond and grow closer as a unit. The plan is to develop unit-based practices around a culture of well-being, create a unit vision and mission, and establish a team charter. This grant is going to help so that more of our team members will be able to participate and assist in developing a more positive and mindful unit culture to better serve our patients.  |
| Cardiac Procedure Unit   | Cardiac Procedure Unit Team Building                       | UWMC NW Cardiac Procedure Unit would like to enhance our culture of well-being program by engaging in quarterly team building activities that go beyond just a dinner out with the group. Our program goals are to improve employee engagement, morale, teamwork, and trust between team members. The future events we are planning this next year include: a cooking class, bowling/ skating event, boating excursion, and an outdoor picnic. We will be participating in team-building activities at each event to improve individual and team relationships, getting to know each other better to become a more effective team. The grant will allow more of our team members to participate and give the team excellent opportunities to rejuvenate their minds and spirits and better serve our patients.  |
| NW Breast Surgery Clinic,<br>Surgical Services and Hernia<br>Center and NW Colorectal<br>Surgery | New Team Bonding and Well Being<br>2023                    | The NW Meridian Pavilion New Team Bonding grant will focus their grant funds on a team bonding event. This team has years of service from 2 to 35 years of commitment to their perspective specialties and UWMC. This team was told to involuntarily uproot their home (clinic), off site last year. After displaying a respectful amount of resilience and change management skills they would benefit greatly from a day of bonding with their new combined team. The well-being grant funds will go towards a Sounders FC game for the team to kick start the path of new memories together.   |

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| NW Vascular Clinic                 | NW Vascular Team Building   | NW Vascular Team Well-Being Grant will focus on rebuilding resilience skills and total unit well-being. We will host 2 group sessions locally lead by Clinic Leadership with a focus on “Micro-dosing Resilience” and “Micro-stressors” recognizing them and providing resources for managing burnout. At the end of those group sessions, we’ll celebrate these small wins of bravery with a team outing to a Mariner’s game using Well-Bring Grant Funds. To ensure we continue our wellness journey we will use the remaining funds towards reading material for a 1-time book club that focuses on an area of well-being. This book club will last 8 – 12 months depending on the reading material.   |
| ICU and SCU at Northwest Campus    | Preceptor Appreciation  | The plan is to provide a celebration luncheon for our critical care preceptors so we will be purchasing food for the luncheon with the grant money and if any money is left over we will purchase a small appreciation gift.  |
| UW Primary Care OPMC               | UWPC OPMC Breakroom Refresh                                       | My team and I have discussed the possibilities of how to achieve a breakroom focused on creating the environment needed to make the individuals feel supported, refreshed, and rejuvenated. The team unanimously elected to use the funds on a larger fridge to allow for staff to bring nutritious meals, a couch to comfortably seat staff that would help to eliminate fatigue from being on their feet all day, and a shelf for books and items that promote relaxation, recovery, and wellness.  |
| Northwest Campus Childbirth Center | A Communal Staff Gathering to Promote a Culture of Well-Being     | The UWMC Northwest Childbirth Center provides a supportive hospital-based setting where Pacific Northwest families can welcome their new babies. We support low intervention, physiologic birth while also providing a safe environment with emergency obstetric care as needed. During the Covid-19 pandemic, our unit, along with almost every unit in the country was understaffed, overwhelmed and isolated from each other. During this time of unprecedented uncertainty, we experienced an approximately 20% increase in our birth rate from 2020-2022. Despite the challenges we faced, our unit continued to receive high praise from patients and families, evidenced through feedback received and Press Ganey scores. Additionally, over the last several years, we have been building our patient care staff through hiring experienced nurses and many new grads and we are excited to be fully staffed once again. However, we still have not had the opportunity to connect and rebuild our sense of community and connection with each other outside of the workplace. If we can foster this connection and community it will make our team stronger. We will be using our grant funds to host a gathering for all CBC employees and their families. The gathering will be a half-day event that will include a meal, small gifts and time for our staff and their families to come together outside of work. The event will take place in the summer of 2023. |
| NW Childbirth Center               | A Group Talk-Therapy Session to Cultivate a Culture of Well-Being | The UWMC Northwest Childbirth Center (UWMC NW CBC) is a fast-paced environment and the patient population is diverse in their health history, acuity and socioeconomic background. The experiences we have at work can be triggering or traumatizing. Being involved in an adverse event can cause emotional distress and for the health care worker to become “second victims.” (With the patient being the first) We will use the UW Medicine Well-Being Grant to organize a monthly one-hour talk-therapy session for UWMC NW CBC staff with a trained facilitator. Staff can use this safe space to process work experiences which have been stressful, traumatizing or triggering. These sessions will assist in decreasing stress, improving mental health and supporting resilience in the workplace. They will also increase job satisfaction and the sense of a supportive community within our unit.  |

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| UW Medical Center Northwest<br>3rd floor | SCU/ICU Day of Team Building and Staff<br>Appreciation | UW Northwest special care unit and intensive care unit will have a relaxing day of team building and staff appreciation at a beautiful park near Seattle. There will be engaging outdoor activities and delicious food. We would like to thank the donors for making this much needed day of well being a possibility. |
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