



A place of *esKape*

Providing support to frontline healthcare workers during the coronavirus pandemic

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This poster is part of the
SPPC poster
exhibition
Scottish
Partnership
for Palliative Care 2020

Background

In March 2020, as staff began dealing with the effects of COVID-19, Kilbryde Hospice created a safe space where support could be provided to Kilbryde and NHS Lanarkshire staff.

Kilbryde's Wellbeing Team quickly developed the 'esKape' hub.

Aims

- Strengthen the resilience of healthcare workers
- Provide a haven from front line duties

Over a four week period, the esKape hub offered staff:

- Emotional/spiritual support
- Bespoke aromatherapy products to support wellbeing
- Relaxation and self-management advice
- Live harp music
- A comfortable space in which to relax and recharge (with complimentary refreshments)



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Outcomes

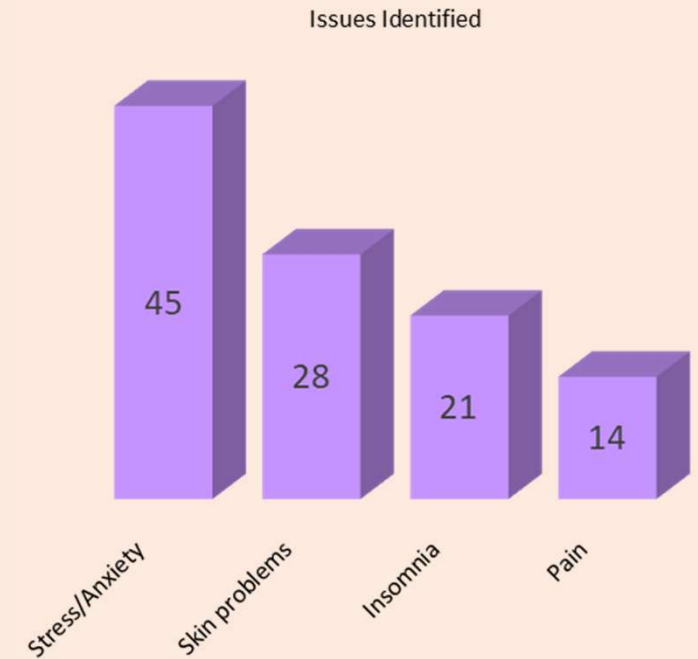
- Increased spiritual support provided: 1:1 sessions & prayer, Good Friday Easter service
- Access to 1:1 consultations with Kilbryde's Complementary Therapists
- Complementary Therapies group sessions with staff: Shiatsu self-treatment, Qi Gong, Relaxation
- Identification of the key emotional, spiritual and physical issues being experienced by staff
- Access to Kilbryde relaxation and meditation CDs for home use

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Results and Conclusions

As a direct result of the esKape hub:

- A range of emotional, spiritual and physical issues were identified and addressed:
Total of 108 staff members had products prepared by our Complementary Therapists.
Key issues: stress/anxiety, skin problems, insomnia/poor quality sleep, and pain.
- Staff wellbeing was improved,
- Regular Complementary Therapy support continues to be provided to Kilbryde and NHS Lanarkshire staff.



Feedback on bespoke aromatherapy products

Pillow spray for insomnia:
"slept better for the first time in 6 months and slept right through the night for the first time in a long time."

Cream for dry skin:
"skin felt immediately better, less irritated"

Aromastick for blocked nose:
"Use it every morning, I have stopped having to take antihistamine which I have taken every day for years"

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