

# OP2

## EVALUATING THE UTILITY OF A PROFESSIONAL TREE OF LIFE INTERVENTION TO ENHANCE TEAM COHESION AND WELLBEING FOR NURSING STAFF WORKING WITHIN INTENSIVE CARE

*B. Bradshaw, C. Gillespie, M. Parsons*  
*King's College Hospital NHS Foundation Trust, UK*

### Background

Staff burnout within the NHS has reached critical levels post-pandemic due to staff shortages and a lack of resources[1]. Burnout is endemic in intensive care units (ICUs)[2]. Higher levels of burnout are associated with lower quality patient-care, therefore improving wellbeing of ICU staff is crucial. Team-building interventions within healthcare have been shown to reduce stress and enhance wellbeing[3]. The Professional Tree of Life (PToL) is an intervention which uses a tree metaphor to explore team-history, strengths, and resources. However, there is no evidence of its utility within ICU settings.

### Aims

To evaluate the utility of the PToL exercise to strengthen team-cohesion and improve staff-wellbeing within ICU at King's College Hospital, a tertiary hospital employing circa 14,000 staff.

### Methods

A 90-minute PToL session was delivered during team away-days. Feedback was collected immediately after the session in the form of a questionnaire containing both likert-style and open-ended questions. Descriptive data was analysed and a thematic analysis conducted on the qualitative data.

### Results

Fourteen PToL sessions were delivered to 260 participants. Feedback was positive, with 97.3% of participants agreeing that they felt more connected to colleagues and 98.1% reporting that they felt more confident in the team's ability to manage challenges. Analysis of qualitative feedback revealed four overarching themes: Appraisal of PToL session; Strengthening of Team-Bond; Space for Reflection; and Enrichment of Team-Narrative.

### Conclusions

The PToL session was found to be an accessible intervention for NHS ICU staff, which enhanced team cohesion and connection and provided a safe space for reflection.

### References:

1. Deakin M. NHS workforce shortages and staff burnout are taking a toll. *BMJ* 2022; 11; 377.
2. Ramírez-Elvira S, Romero-Béjar JL, Suleiman-Martos, N, et al. Prevalence, risk factors and burnout levels in intensive care unit nurses: A systematic review and meta-analysis. *International journal of environmental research and public health* 2021; 18(21), 11432.
3. Clark PR. Teamwork: building healthier workplaces and providing safer patient care. *Critical care nursing quarterly* 2009; 32(3); 221-231.