



COVID-19 & Regional Health Staff Wellbeing – Accessibility of Supports

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Deakin Rural Health



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A healthier regional Australia

Background



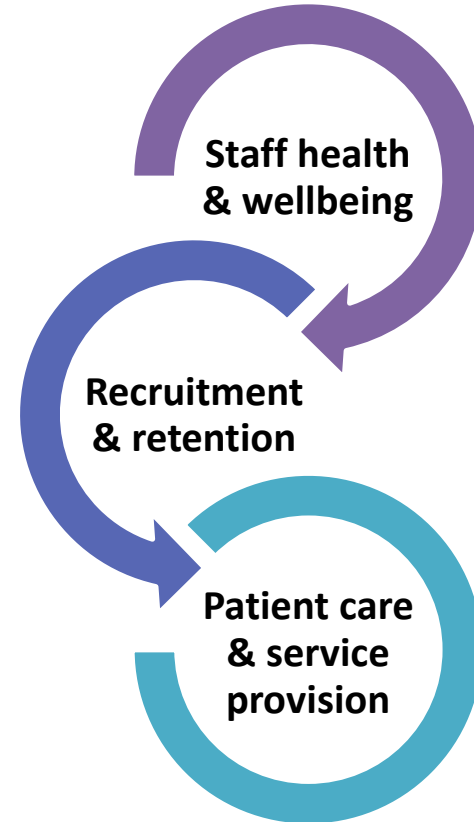
COVID-19



Rural health



Workplace factors





- 4 focus groups
 - health service leaders, Human Resources, wellbeing and EAP staff (n=16)
 - map current services
 - understand potential barriers and facilitators
 - identify the needs of the participating sites

Preliminary results



Staff diversity

“but then it's the ability for them to actually leave the clinical environment in their 20-minute morning tea break that makes it really hard to go get their free coffee...” (P11)



Lack of resources

“the big gaps... are funding for initiatives, number one, and number two, funding for FTE... you need to put people in there to drive these programs...” (P1)



Limited evidence

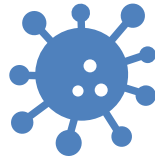
"I mean, free fruit, fabulous, it's nice, I can imagine, but is it gonna really fundamentally change some of the underlying problem?" (P2)

Preliminary results



Range of strategies

“an internal platform which hosts the full range of wellbeing resources & information, from financial, wellbeing, physical, mental, social connection...” (P1)



COVID-19

“Wellbeing is a thing.” (P5)



Working conditions

“And in terms of the tea rooms, I think the feedback again was that people feel valued.” (P4)