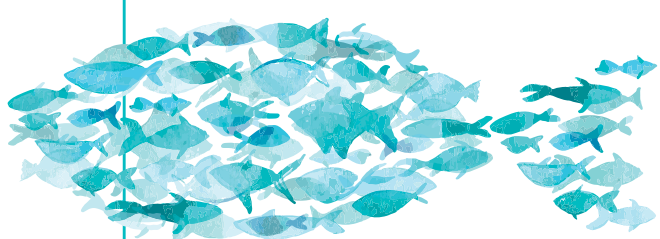


# Boosting Nurse camaraderie

Camaraderie is something we all aspire to have within our nursing units. Especially in times of increased stress, nurse camaraderie creates a support network that will not only boost the staff's morale, but will lead to a healthier work environment and positively impact the quality of patient care.

## Encouraging Teamwork



5x

A patient's chances of experiencing complications or death is increased by nearly five times with poor teamwork

Source: Mazzocco Study in the American Journal of Surgery

Poor teamwork can lead to job dissatisfaction and result in a higher nurse turnover. With 18% of nurses leaving their RN jobs within the first year, it is imperative that health care leaders and nurse staff practice measures to promote teamwork. Effective teamwork shifts a nurse's mentality from "my patients" to "our patients" - making multiple nurses accountable for a patient's health, reducing errors and increasing patient safety.

### What Your Unit Can Do

- Go out of your way to help nurse colleagues out
- Ask for help when you need it
- Always say "thank you" to your colleagues

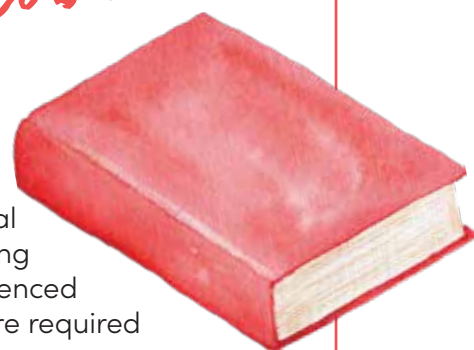
## Fostering a Culture of education

18%

18% of nurses are enrolled in a program to advance their nursing education

Source: AMN Healthcare Survey

We see "education" in various applications throughout a nurse's typical day. Whether you're educating a patient on their health status, pursuing higher education for career advancement, or mentoring a less experienced nurse - you're constantly in an "education" mindset. As a nurse, you are required to be both a skilled teacher and receptive student.



### What Your Unit Can Do

- Keep an open mind when interacting with your colleagues
- Encourage questions and never undermine someone's question
- Make yourself approachable and available

## Developing relationships

90%

90% of nurses are satisfied with their relationship with their peers

Source: American Nurse Today's Nursing Trends and Salary Survey

After spending 36+ hours a week with your colleagues, you probably have a good sense of their work ethics, but how well do you know their personalities? Taking the time to understand your colleagues "strengths, vulnerabilities, and idiosyncrasies of all the other members - increases productivity and effectiveness" according to an article in The Journal of Nursing Administration.

### What Your Unit Can Do

- Seize opportunities to celebrate - small or big
- Invite your colleagues to activities outside of the workplace

## Practicing compassion

15.6%

15.6% of nurses reported feelings of burnout

Source: the PRC National Nursing Engagement Report

We can help mitigate the negative effects of nurse burnout by creating a support network and practicing compassion among your nurse peers. Just like the compassion nurses show to their patients, nurses should also practice compassion among their fellow nurses. Let's face it - being a nurse is a demanding job, but your team has likely experienced the same stressful situations and can empathize with you.



### What Your Unit Can Do

- Be sympathetic with your coworkers
- Hear them out and let them vent when needed

Ensuring your nursing unit is practicing teamwork, education, relationships, and compassion, will bring your unit closer together. These factors will not only improve your nursing staff's efficiency and increase overall job satisfaction and retention, but will ultimately lead to improved patient care. So get to work - start developing your dream team today!

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