

PIA SAFE QUARTERLY

Peers in Anesthesiology Supporting a Fair Environment

July 2023



Coming soon

PIA SAFE Check-In system coming this fall

A new digital system for PIA SAFE connection will be up and running by early fall!

QR codes will be placed in all ORs, ICUs, labs, and offices!

Content of digital form: I would like a PIA SAFE Champion to help with:

- I had a stressful day and would like someone to talk to and listen
- I would like to learn more about the resources available on campus
- I would like to talk through a negative interaction and how to best navigate going forward
- I would like help reporting an incident I'm concerned about

This new system will allow us to assign a PIA SAFE champion to help as well as allow us to track usage data!



Thank you to those who were able to join us in April for the spring retreat! It was a great morning of learning and bonding with fellow PIA SAFE Champions!

The fall retreat date coming soon!

How are **YOU** building the culture in your space?

It is officially July, an exciting time of year with lots of new faces around campus! Are you doing your part to make our newest team members feel safe and welcome?

Are you taking the time to meet and introduce yourself to new team members or people you have never met before!

Are you making sure to learn new folks' names, proper pronunciation, and preferred pronouns?

Are you introducing new team members around your workspace and to other team members? (*The Brief and Time Out in the OR are great times to introduce yourself and others you are working with!*)

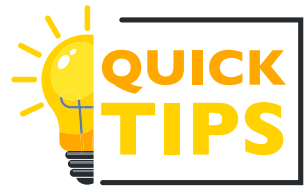
Are you identifying yourself as a PIA SAFE champion and letting team members know how you can help?

Are you contributing to a positive, collegial environment? Are you thanking coworkers and bringing a helpful, positive attitude to your team?

As PIA SAFE champions we are all responsible for doing our part to make sure our environment is safe and our culture is supportive!

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PIA SAFE Pro Tip

The Importance of Gratitude

The University of California, Berkeley—a leader in research on social and emotional well-being science—describes gratitude as the “social glue” that builds and nurtures strong relationships.

How can expressing gratitude help us as PIA SAFE Champions?

Gratitude helps create healthier communication styles within relationships. The practice of appreciation leads to more positive perceptions of our friends and colleagues and greater trust, which allows us to be more comfortable talking through disagreements when they arise.

Gratitude builds a foundation of mutual respect and creates a sense of psychological safety, allowing for open communication and feedback to occur more easily.

Gratitude fosters supportive environments by reinforcing positive interactions, boosts moral, and improves sense of belonging. It encourages teamwork, empathy, kindness, cooperation and a willingness to help one another.

Gratitude cultivates a sense of appreciation for each-others efforts and contributions. When team members feel valued and acknowledged they are more likely to be engaged in their work.

Gratitude helps you see the bigger picture and become more resilient in the face of adversity.

How are you expressing gratitude each day to those around you? A quick thank you at the end of a case? A text message after a meeting? An email after a great lecture?

I challenge you to express gratitude to someone each day!

THANK
YOU
😊

Do you need some gratitude inspiration?? Try some of these on for size!

Thank you for:

- Your great attitude
- Your awesome teaching! I learned a lot today!
- The great vibes you brought to the room
- Making me laugh today!
- Being such a great teammate
- You rocked that difficult airway!
- That amazing and helpful spreadsheet!
- You ran that Zoom meeting like a boss!
- Nailing those turnover times!
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