



# Petersburg Medical Center

## Activities Department Report September 2023

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### **Workforce Wellness**

The Activities Department currently has one full-time activities coordinator and two full-time activities assistants.

The department has been utilized heavily as support staff for the nursing and CNA staff. The activities coordinator and one activities assistant are both CNA certified and have been able to help fill gaps on the floor daily. This has been a key piece in maintaining a safe environment and a lot of times the activities staff is getting pulled to help with the CNAs duties (i.e. toileting, showering, getting people up for the day). The greatest concern with this has been staff burnout, as a lot of the times the activities staff need to jump in with the more aggressive 1:1 residents that require several staff members to perform care. In order to address the potential for burnout, the department attempts to shift resident responsibilities throughout the day and encourage staff to take breaks throughout the day when they feel they need to step away.

### **Community Engagement**

The activities department continues to work on rebuilding our presence in the Petersburg community. The past two years, Long Term Care has started to make a presence back in the community in a variety of ways such as attending community celebrations, getting out for youth events in the community (sporting events, dance recitals, and music performances), bringing our residents out and about to run errands, getting residents to the pool, or getting residents out of the facility to get their hair done. Our residents enjoy being out in the community and having the opportunity to participate in the bigger community-wide celebrations, or just getting out and about to partake in some of the more day-to-day outings.

This quarter, the activities staff is shifting focus to getting the community back up to Long Term Care. In house, we have done a lot of work with the Community Wellness department to help get our residents involved in the programs being implemented through the Falls Prevention grant. We have also been working more with the Youth Program Coordinator to collaborate with the Kinder Skog groups. Long Term Care will have a presence at the “Reconnect Petersburg” volunteer fair to meet with community members and discuss how they can get involved with Long Term Care.

### **Patient Centered Care**

The activities department continues to provide an outstanding model of patient-centered care. Each of our 14 residents has unique needs and preferences. Overall, the activities calendar planned each month takes into consideration the likes and schedules of each resident. A few milestones of patient-centered care are outlined below:

- **Swimming:** Activities staff have been able to coordinate a swimming opportunity for a resident in LTC thanks to the help of nursing staff, rehab staff and Petersburg Parks and Recreation. The effort takes about four staff members, so it is the help from the nurse managers, staff from other departments, and staff willing to come in for an hour or two on their off days that has been vital.
- **Dance Recital:** We were able to get one of our residents to the dance recital to see his daughters perform.
- **Coffee Run:** One of our residents spent his life having early morning coffees at the coffee shop with his friends. While the resident no longer has interest in going out the activities department continues to get this resident his weekly coffee from his favorite coffee shop.

### **Facility**

The activities department has not experienced any facility-related issues.

## **Financial Wellness**

Since the last report, the activities department has lost one activities aide and opted to not fill the position. While it was great to have three activities aides, the department has been doing okay with just the two. We are continuing to seek out volunteers to help with activities and have been lucky to have help from CNA's in either picking up activities shifts when coverage is needed as well as helping out with facilitating activities on a day-to-day basis.

The activities department is lucky to have two licensed CNAs on staff. With this, the activities department is able to be more efficient with activities as we are able to perform tasks like feeding, transferring and ambulating residents, repositioning, and toileting residents. This not only provides support to the CNAs on the floor, but it allows many activities to occur without needing to borrow a CNA off the floor to join.

**Submitted by:** Alice Neidiffer, Activities Coordinator

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