

## The Last Shift

This is the final journal of a mental health nurse working the worst set of shifts ever. You may be new and excited about the possibilities of nursing, you may be old and jaded and ready to pack it all in. Nurses work against the constant threat of burnout, especially when in high stress roles with limited support.

Perhaps it is better to consider this to be the journal of a mental health nurse's working life? Remember we need some kind of aging mechanic.

Hope comes from unexpected directions. A difference made to a life. A thankful word from a grateful client. Just getting to the end of a shift without everything going to hell in a handbasket.

This is a *Wretched & Alone* game and should use all the systems.

### The Die

This determines how many things happen each shift. It may also be used to determine the outcome of tests. It might not even be each shift. I should probably think of a way to chapterise the work of a mental health nurse.

### Angels (The Ace of Hearts)

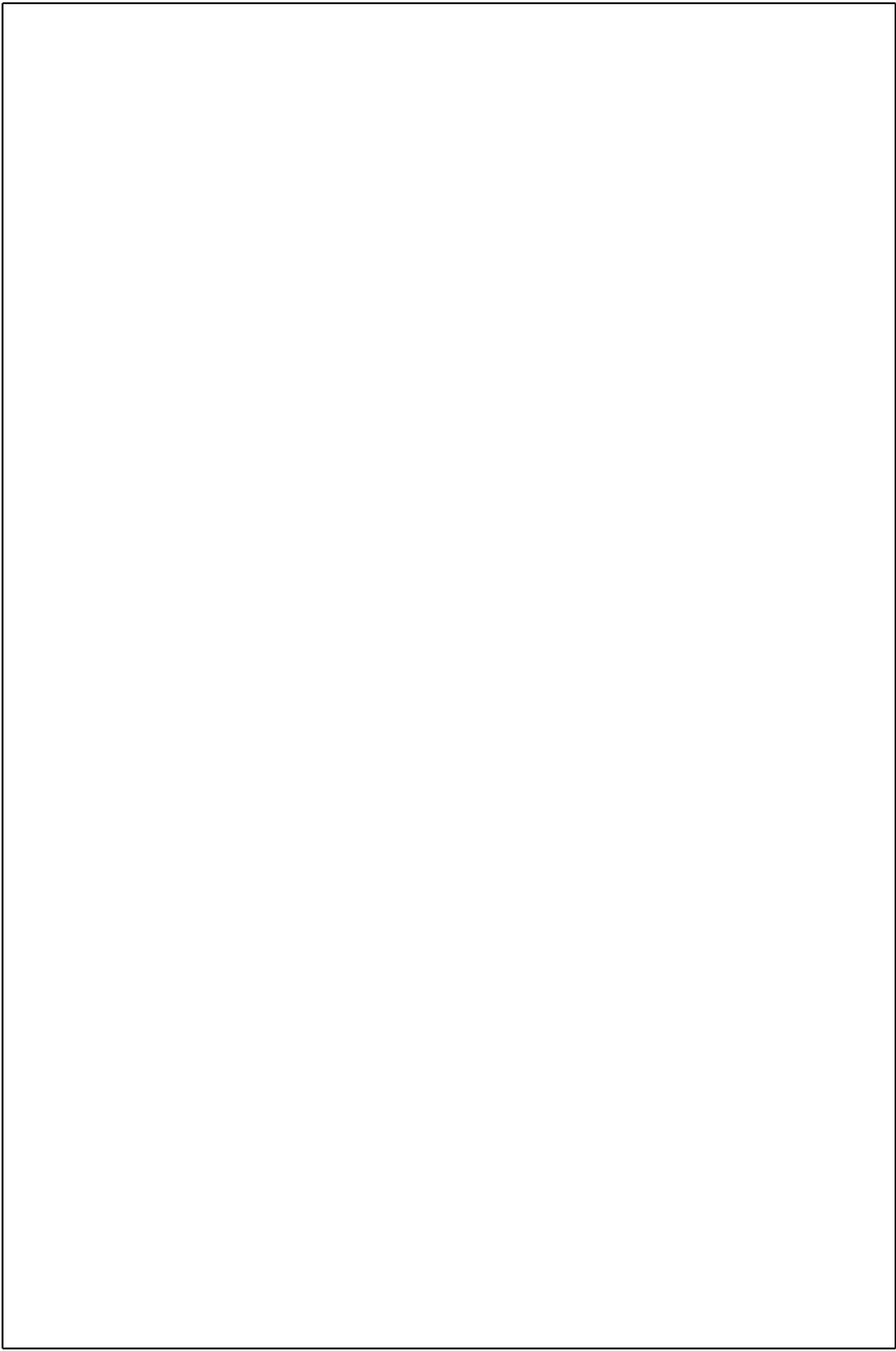
After all nurses normally seem to be getting called Angels all the time by the media. At least until we go on strike or actually develop a spine.

Ten tokens are placed on the Ace of Hearts at the beginning of the game. They are removed one at a time and the story determines.

The tokens could be double sided words. Positive on one side, negative on the other. Starting with 5 of each. Flipping the tokens from bad - good - bad will determine emotional stresses.

Positive	Negative
Hope	Nihilism
Joy	Sadness
Achievement	Failure
Confidence	Doubt
Anxiety	Peace
Creativity	Stagnation
Energy	Exhaustion
Compassion	Numbness
Integrity	The Opposite of Integrity!

**Signs of burnout:** Can include things like depersonalisation, loss of empathy, lack of safety, self doubt, stress, rumination, emotional exhaustion, lack of development - stagnation, inflexibility etc.



## The Oracle (A Deck of Playing Cards)

There are four suits and the Kings are the heralds of failure. They each relate to one of the four core values of nursing. Compassion (caring), Competence (nursing practice), Courage (leadership) and Communication. Or possibly Prioritising People, Practicing Effectively, Preserving Safety and Promoting Professionalism & Trust.

Compassion	Competence	Courage	Communication
Prioritising People	Practicing Effectively	Preserving Safety	Professionalism & Trust
<b>Hearts</b>	<b>Clubs</b>	<b>Spades</b>	<b>Diamonds</b>
Themes: insight relationships	Themes: kindness caring effort motivation being present empathy organisational obstacles relationships humanising care	Themes: education truth skills & knowledge -ve anxiety / self doubt	Themes: leading by example truth advocacy insight reflection
Incidents:	Incidents:	Incidents: Medication error	Incidents: bigoted behaviour

That should tie to the various domains and things until they change them.

Any of the face cards should be used to move on to the next nursing era. I'm thinking something along the lines of the 'three stages of nursing'.

The Kings are when these things are happening at their worst. When there has been a breakdown in the system. The Kings will always compel a pull from the block tower. The collapse in giving up, losing and burning out. Even if the body goes on the soul has gone.

## The Journal

The Journal should be completed in the style of an actual piece of nursing documentation. An entry in a diary, a patient entry and meeting report a quick email. Whatever works best for the situation.

This should be winnable. But no one goes through mental health nursing without being touched by what they are working with.

The first entry should be the application form to University, applying for a nursing course. Looking at the hopes and aspirations of the nurse to be.

Odds bad and Evens are safer.

### Methods of Communicating

- Formal Documentation
- Letter - an actual letter!
- Email - to friends, family, colleague or a manager
- Assessments and Care Plans etc
- Verbal communication - feedback, formal and informal
- Teaching sessions
- Powerpoint!
- Non-verbals;hidden communication
- Datix and incident reports

Think of ways that communication intents and styles can be changed and adapted.

Communication can include Colleagues, Management, Patients (of course), Family(own and patients)

## Hearts - Compassion - Prioritising People

### *Ace*

There is no Ace of Hearts, that is the card that holds the tokens. Why did I put this nonsense here? I don't know. I don't know why I do anything any more.

### *Two*

Your work has been recognised! Perhaps you have received a formal letter of thanks from a happy patient who was delighted with your care, support and compassion. Or maybe feedback exercise has led to you being singled out for nursing excellence. The choice is yours.

You have been asked to write a few words for the blog of your employer. In under 500 words write an article summarising what you led to this recognition. How do you feel? Do you stand on the shoulders of others? What lies ahead?

Remove two tokens from the Ace of Hearts.

### *Three*

### *Four*

### *Five*

### *Six*

### *Seven*

### *Eight*

### *Nine*

### *Ten*

### *Jack*

### *Queen*

### *King*

The worst thing.

## **Clubs - Competence - Practising Effectively**

Ace

Two

Three

Four

Five

Six

Seven

Eight

Nine

Ten

Jack

Queen

King

## **Spades - Courage - Preserving Safety**

Ace

Two

Three

Four

Five

Six

Seven

Eight

Nine

Ten

Jack

Queen

King

## **Diamonds - Communication - Professionalism and Trust**

Ace

Two

Three

Four

Five

Six

Seven

Eight

Nine

Ten

Jack

Queen

King