



Don't forget to join in the conversations on twitter
Tweet us at [#quality2019](#)

Br3 [#qfbr3](#)

How to boost Teamwork and Patient Safety in just 10 minutes a day!

The Impact of '10 Minute Teamstarts' to Boost Teamwork Morale and Improve Caregiver and Patient Safety

*Roel van der Heijde MA,
Trainer Fear Reduction & Vulnerable Leadership*

How to boost Teamwork and Patient Safety in just 10 minutes a day!

The Impact of '10 Minute Teamstarts' to Boost Teamwork Morale and Improve Caregiver and Patient Safety

*Roel van der Heijde MA,
Trainer Fear Reduction & Vulnerable Leadership*

Before explaining why and how.....

JUST DO IT.



*Please be so kind as to introduce
yourself to the other persons
at your table.*

Please be so kind as to introduce yourself to the other persons at your table:

- 1. Your name*
- 2. Occupation*
- 3. Where are you from?*

5 minutes in total

The Teamstart consists of 3 questions:

1. *How are you?*

1. *How are you?*

- *Green*
- *Orange*
- *Red*



N.B. Without explaining why!

2. Is there anything special we need to know in order to work together?

3. *Let's play the PX card game!*

3. Let's play the PX card game!

- ***The card game consists of cards including:***
 - ***Knowledge Questions***
 - ***Observation Tasks***
 - ***Action Tasks***
- ***One person picks a card and answers the question (or executes the task today).***
- ***At least 2 persons pick a card at each table.***

Why start a Teamstart journey?

A Teamstart and PX card game:

- *Improve teamwork and teamspirit.*
- *Improve feedback among caregivers.
Especially if there is a perceived hierarchy.*
- *Improve Patient Safety Audit Outcomes.*

How to start?

- *Execute Teamstart and PX card game for at least 12 months. So preparation is key!*
- *Commitment from Healthcare Leaders within your organization.*
- *Only start if there is an organizational commitment for at least 3 months*

Conditions:

- *EVERY one is participating in the teamstart.
(whether you work in the E.R or at H.R.)*
- *The teamstart is multidisciplinary.*
- *The Teamstart and PX card game are embedded in the PX strategy and Patient Safety Strategy.*

Preparations:

- *Pick 5 topics that require improvement or are compulsory but have low interest e.g.:*
 - *Infection Prevention*
 - *Hand Hygiene*
 - *Medication Safety*
 - *Fall Prevention*
 - *Vulnerable Elderly*
 - *Dementia*
 - *Inclusive Care (e.g. LGBTQI)*
 - *Fear and other difficult Emotions*
- *The 6th topic: Teamwork*
- *Every topic is twice a year a monthly theme.*

Preparations for each month:

- *The PX Card Game is tailormade for each theme*
- *The PX Card Game consists of:*
 - *Knowledge Questions*
 - *Observation Tasks*
 - *Action Tasks*
- *For each month you need at least 40 cards*

Example:



Preparations for each month:

- *Collect the content:*
 - *e.g. intranet articles, briefings for leaders.*
- *Make each month fun to learn.*
 - *include quizzes or games each month:*
e.g. Who is the Mole?
(after the TV show The Mole)
- *Knowledge Lunches or Dinner*

The Results:

- *High Caregiver satisfaction: 8.6 - 9.2.
(on a 10 point scale)*
- *Learning becomes a daily activity.*
- *Improved feedback among caregivers.
Especially if there is a perceived hierarchy.*
- *Improved Patient Safety Audit Outcomes.*

Thank you so much for participating!

If you would like to receive a free handout on how to implement the teamstart and the PX cardgame, please feel free to contact me on:



roel@roelrotterdam.nl



[linkedin.com/in/roelrotterdam](https://www.linkedin.com/in/roelrotterdam)



[@roelrotterdam](https://twitter.com/roelrotterdam)