



COVID-19



Junta de Andalucía
Consejería de Salud y Familias
SERVICIO ANDALUZ DE SALUD



**HOSPITAL
UNIVERSITARIO
CLÍNICO SAN CECILIO**

Care for professional with acute stress Intensive Care Unit

RECOVERY PAUSES



PURPOSE

Offer regulated recovery periods during the workday using recovery and self-control tools.

WHEN – Twice every shift

Room	Morning		Afternoon		Night	
A and B	10h30	12h30	18h	20h15	02h	05h
C	10h45	12h45	18h15	20h30	02h15	05h15

FOR WHOM

All the staff in a room will take the rest together, with two people remaining on duty in the other room.

- ✓ Two professionals from room C in pauses of rooms A and B
- ✓ Two professionals from rooms A and B in pauses of room C

DURATION

5-7 minutes



HOW?

In the meditation room

- ✓ Closed doors
- ✓ Level of light attenuated
- ✓ Silence

Listen to the audio. It will help you relax



None of Us is as Good as All of US. Ray Kroc



<https://secondvictimscovid19.umh.es/p/home.html>