

## COVID-19 Critical Care Staff Wellbeing Survey

### Instructions

This is a survey to determine what the baseline is for staff wellbeing in the early phases of the COVID-19 pandemic and to record and research other factors of concern to staff working in a critical care setting in a hospital environment.

*Completion of the survey is implied consent. You can stop this survey at any time and choose not to submit your response*

All data collected is anonymous and data will be presented/published in an aggregated format at local/international forums.

Ethics approval for a waiver of full ethics review has been received from Children's Health Queensland, Human Research Ethics Committee, Australia.

Please answer the questions in this survey in relation to the past week. The survey should take less than 5 minutes.

1. What Country do you live in?

- Australia
- New-Zealand
- Other (please specify)

We would like to determine changes over time in responses. If you would be happy to take this survey again, we ask you to provide your year of birth and last four digits of your mobile phone number so we can link your responses in the final analysis.

2. Year of Birth (YYYY)

3. What are the last four digits of your mobile phone number?

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### PART A

1. What is your gender?

- Female
- Male
- Not specified

2. What is your age?

- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-65 years
- > 65 years

3. Which best describes your current living/home arrangements/circumstances? **Choose only one**

- Sole Occupant
- Flat/House Mate
- Partner
- Partner and Children/Dependants
- Children/Dependants
- Extended Family
- Other

4. What is your highest level of education?

- Bachelor's Degree
- Graduate Diploma/Certificate
- Master's degree
- Doctorate/PhD
- Other

5. During the COVID-19 pandemic what patients will you primarily work with? **Select all that apply**

- Adults
- Paediatrics
- Neonates
- Other (please specify)

6. What area (critical care specialty) do you PREDOMINATELY work in?

- Intensive Care
- Emergency
- Theatres
- Anaesthetics
- High Dependency
- Other (please specify)

7. What is your work role?

- Clinical Enrolled Nurse
- Clinical Registered Nurse
- Nursing Education
- Nurse Researcher
- Nurse Practitioner/Consultant
- Nursing Manager
- Nursing Student
- Medical Consultant/Staff Specialist
- Medical Registrar
- Medical Resident
- Medical Fellow
- Medical Student
- Physiotherapist
- Pharmacist
- Social Worker
- Dietitian
- Researcher
- Other (please specify)

8. What is your current employment status?

- Full time
- Part time
- Casual

9. How many years CLINICAL experience?

- < 1 year
- 1 to 2 years
- 3 to 5 years
- 6 to 10 years
- 11 to 15 years
- 16 to 20 years
- > 20 years

10. How many years of CRITICAL CARE clinical experience do you have?

- Nil
- < 1 year
- 1 to 2 years
- 3 to 5 years
- 6 to 10 years
- 11 to 15 years
- 16 to 20 years
- > 20 years

11. What type of hospital do you work in?

- Tertiary
- Metropolitan
- Rural
- Private
- Other (please specify)

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PART B

\* 1. Please read each statement and circle a number 0, 1, 2 or 3 which indicates **how much the statement applied to you over the past week**. There are no right or wrong answers. Do not spend too much time on any statement. The rating scale is as follows:

**0 Did not apply to me at all**

**1 Applied to me to some degree, or some of the time**

**2 Applied to me to a considerable degree or a good part of time**

**3 Applied to me very much or most of the time**

	0	1	2	3
I found it hard to wind down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was aware of dryness of my mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I couldn't seem to experience any positive feeling at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced breathing difficulty (e.g. excessively rapid breathing breathlessness in the absence of physical exertion)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it difficult to work up the initiative to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tended to over-react to situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced trembling (e.g. in the hands)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was using a lot of nervous energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was worried about situations in which I might panic and make a fool of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I had nothing to look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found myself getting agitated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it difficult to relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt down-hearted and blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was intolerant of anything that kept me from getting on with what I was doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt I was close to panic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was unable to become enthusiastic about anything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt I wasn't worth much as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was rather touchy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt scared without any good reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that life was meaningless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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PART C

1. Where do you think your hospital is with the current pandemic? **Please select one only**

- Pre (no COVID-19 patients)
- Early phase (some/handful of COVID-19 patients)
- Peak (overwhelmed/large numbers of COVID-19 patients)
- Post (reducing burden of COVID-19 patients)

2. Have you had disaster preparedness (e.g. natural disasters, pandemics, etc.) training such as simulated rehearsal prior to COVID-19?

- Yes
- No

3. What is your MAIN SOURCE of information about COVID-19? **Please select only one**

- Social Media/Websites
- Traditional Media
- Local Hospital Management
- Health Authorities
- Medical Literature
- Other (please specify)

4. How much information about COVID-19 are you receiving?

- None
- Too little
- Adequate
- Comprehensive
- Too much

5. Do you feel well supported in your work environment?

- Not at all
- Not really
- Adequately
- More than adequately
- Very well

6. What is your MAIN CONCERN about caring for patients suspected or confirmed with COVID-19?

**Please select one only**

- Not clinically prepared
- Adequate/appropriate PPE
- Scarce resources
- Inadequate workforce
- Patient triage due to lack of beds and/or equipment
- Being required to self-isolate
- Transmission to friends/family/children
- Contracting COVID-19
- Responsibility for staff
- Being asked to work in an area that is not my expertise
- Other (please specify)

7. What are your OTHER concerns about caring for patients suspected or confirmed with COVID-19?

**Please tick all that apply.**

- Not clinically prepared
- Adequate/appropriate PPE
- Scarce resources
- Inadequate workforce
- Patient triage due to lack of beds and/or equipment
- Being required to self-isolate
- Transmission to friends/family/children
- Contracting COVID-19
- Responsibility for staff
- Being asked to work in an area that is not my expertise
- Other (please specify)

8. Are you expected to perform activities or a role that is outside your usual practice? **Please tick all that apply**

Yes- Scope of practice different e.g. manage ventilated patients?

Yes- Requirement to manage a higher ratio of patients?

Yes- Supervise non-ICU staff redeployed to the ICU?

Yes- Take on a different role in ICU?

No

Other (please specify)

9. What essential training do you think is required for a pandemic response? **Please tick all that apply.**

Donning/Doffing PPE

Triage

Clinical supervision

ICU bed and staff surge plan

Hospital disaster plan

Simulated rehearsal

Managing the patients families expectations

Managing home/family obligations

Coping strategies and well-being

All of the above

Other (please specify)

10. My sleep has been negatively impacted during the COVID-19 pandemic?

Strongly disagree

Disagree

Neutral

Agree

Strongly agree



11. I am committed to coming to work in the hospital during the COVID-19 pandemic?

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

12. I think I could grow personally and professionally as a result of COVID-19?

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

13. What could assist your wellbeing during the COVID-19 crisis? **Please comment**

This is a very difficult time for everyone. If completing this survey has raised awareness of your own distress or made you concerned for your own wellbeing please reach out immediately. In the first instance talk to your line manager within your organisation. Most organisations will have a form of employment assistance that staff can access for free, please talk to your line manager about accessing this service. It is also timely to reflect when you last made an appointment with your own general practitioner (many are still seeing patients via telemedicine). Please prioritise your own wellbeing; your family, friends and patients will benefit most if you are well. Thank you