

## Nurses Need Festive Cheer Too



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The holiday season is generally a time to celebrate but with the celebration, it also brings stress and anxiety. The season is especially stressful for healthcare providers as nobody - both healthcare workers and patients - do not want to spend their holidays in the hospital.

An article in *Becker's Hospital Review* highlights the need for hospitals to ensure that nurses and other healthcare workers who end up working over the holidays are treated fairly and are provided adequate support. The article suggests that nurses should be given the freedom to create their own holiday schedules. Staggered schedules maintained transparently on an electronic system would also be a good strategy to consider. In addition, offering incentives to those working over the holidays or establishing a points system or a reward program could also provide good motivation for healthcare workers.

For both patients and those working in the hospitals during the season, it would also be a good idea to make the hospital environment more festive and fun. This can be done through holiday decorations, meals, greetings and by inviting patients, families and staff to participate. It is important to remember that staff is generally low during the holidays and there is more pressure for those on duty. In order to balance their professional commitments and their family obligations, it is important that they are made to feel appreciated.

Hospital staff should also be allowed to relax or de-stress after high-stress periods of their shifts. If hospital leaders make the effort, they can have a happier staff and can ensure everyone remains motivated. Workers should also be given a fair chance to take a break over the holidays if they need as workforce scheduling should always be balanced and fair.

Source: [Becker's Hospital Review](#)

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