

Dräger



You Okay, Nurse?

Dr Meenal Galal

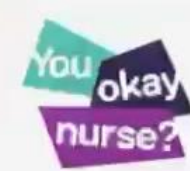
Emergency Medicine Consultant

Chair and trustee of You Okay, Doc/You Okay, Nurse?

Dedication

...To the brave men and women who worked tirelessly through the Covid pandemic, never giving up, never faltering ...

We're on a
mission



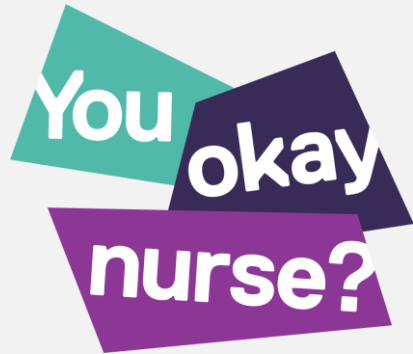
Supported by

Dräger

BACN
AN ASSOCIATION
OF COLLEGE NURSES

to support nurses'
**mental health
and wellbeing**

What is



- Soft launch in December 2021
- Supported by BACCN/Drager
- Appointment of Chief Nursing Ambassador: Sr Liv Thompkins
- Inaugural Instagram post reached over 2000 people
- Introductory YOD Pod podcast 'The mental health of critical care nurses & how YON will help' accessed 4,891 times

In loving memory of Dr Liz Sizer



Dr Dan Gearon

Founder & CEO





Liv Tompkins

- Cardiothoracic, ECMO-trained critical care nurse
- Cross-fit athlete
- Instagram following of 18,400
- Featured in Women's Health for International Women's Day 2022
- Leading the development of the YON ambassador programme

YON Huddles



- Facilitated by renowned psychotherapist Chris Cherry
- 30 years experience as an integrative therapist
- Experience in a variety of contexts including the NHS and Crown Prosecution Service
- Featured on TV and radio including 'The truth about men' on ITV/Radio 4/BBC radio
- 10 sessions from January to March 2022

Key themes covered...

The early recognition and management of fatigue

Dealing with difficult moments when you are already feeling burnt out

Developing and sustaining healthy habits on a nursing rota

How to re-energise your passion for nursing

Developing and sustaining healthy habits on a nursing rota

“I have a better understanding of signs of mental health challenges and guidance on how to respond and manage difficulties faced in certain circumstances as a result of the Huddle experience.”

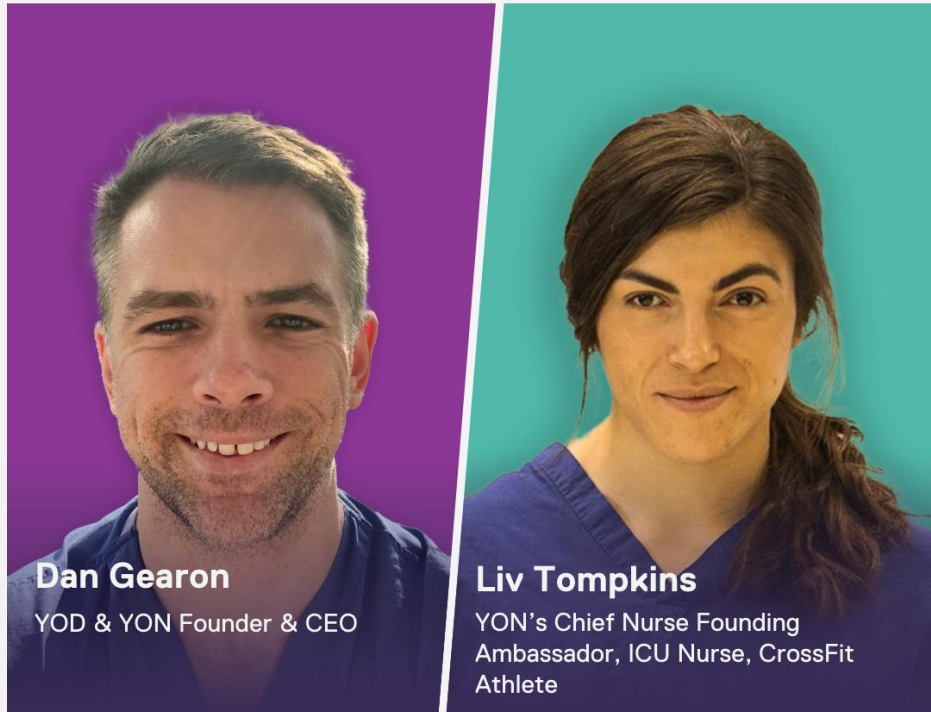
“I felt free to be open and did not feel judged or hindered in any way”

“I have acquired deeper understanding of the signs and signals of acute stress and anxiety and furthered my learning in how to implement responses to manage these manifestations as a result of the Huddle experience.”

IG Live: Mental Health in Nursing



18/05 - 6pm



Dan Gearon

YOD & YON Founder & CEO


Liv Tompkins

YON's Chief Nurse Founding
Ambassador, ICU Nurse, CrossFit
Athlete

You Okay, Nurse? Instagram Live

Dr Daniel Gearon and Sr Liv Tompkins

Our Community in Numbers

-  6,193 followers
-  1,459 followers
-  1,410 followers
-  523 followers

You Okay, Nurse? Podcast

- Hosted by Dr Daniel Gearon and Chris Cherry
 - Featured Lesley Youren (Dräger) and Nicki Credland (Chair of British Association of Critical Care Nursing)
- 110 downloads

The **YON** Podcast

Supported by **Dräger BACCN**
British Association of Critical Care Nurses

Episode 1
January 13

Supporting Nurses Wellbeing

with Lesley Youren
Leader of the Hospital Marketing Team at Draeger and former critical care nurse.

and Nicki Credland
Chair of the British Association of Critical Care (BACCN).



Conversations featuring experts in mental health, hosted by our psychotherapist Chris Cherry.

Total of 4,891 listens/downloads across 4 seasons

Spring Mini-Conference



Spring 2022 Mini-Conference

Flexible Working for Healthcare Professionals

April 26, 7.30PM



Dr Ahmed Shahrabani Dr Lydia Edwards Dr Rahul Chotai Ms Molly Johnson-Jones

Sponsored by: 

Register now!
youokaydoc.org.uk/spring22conference



Spring 2022 Mini-Conference

Maintaining Healthy Relationships and Lifestyles as a Healthcare Professional

May 24, 7pm



Ms Tamar Posner Dr Alexander Lai Dr Stephanie Slater

Sponsored by: 

Register now!
youokaydoc.org.uk/spring22conference

First webinar series (early 2020)

- Tom Mitchell - Captain of Rugby 7's for England and Great Britain
- Caroline Webb - Author of 'How to have a good day'
- Mike Fischer - Founder of the British Association of Anger Management
- Hon. Julia Samuels MBE- Author of 'This too shall pass' and 'Grief works'
- Adam Kay - Author of 'This is going to hurt'
- Aman Coonar - Senior Cardiothoracic Surgeon

A promotional graphic for the 'You Okay, Doc? Seminar Series'. It features the 'You Okay, Doc?' logo in the top left. The text reads 'You Okay, Doc? Seminar Series. Every Thursday 7pm. Starting 11 June.' Below this is the text 'Introducing our speakers...'. There are six portrait photos of the speakers arranged in two rows of three. The bottom row has a fourth, larger photo of the host on the right. A red banner at the bottom contains the names of the speakers and the host. The host's name is also written in the text below the banner.

You Okay, Doc? Seminar Series.
Every Thursday 7pm. Starting 11 June.

Introducing our speakers...

Caroline Webb; Mike Fisher; Tom Mitchell;
Julia Samuels; Adam Kay; Aman Coonar

Hosted by You Okay, Doc? Psychotherapist, Chris Cherry

Second webinar series (late 2020)

In partnership with: **FIRST RESPONDERS FIRST**

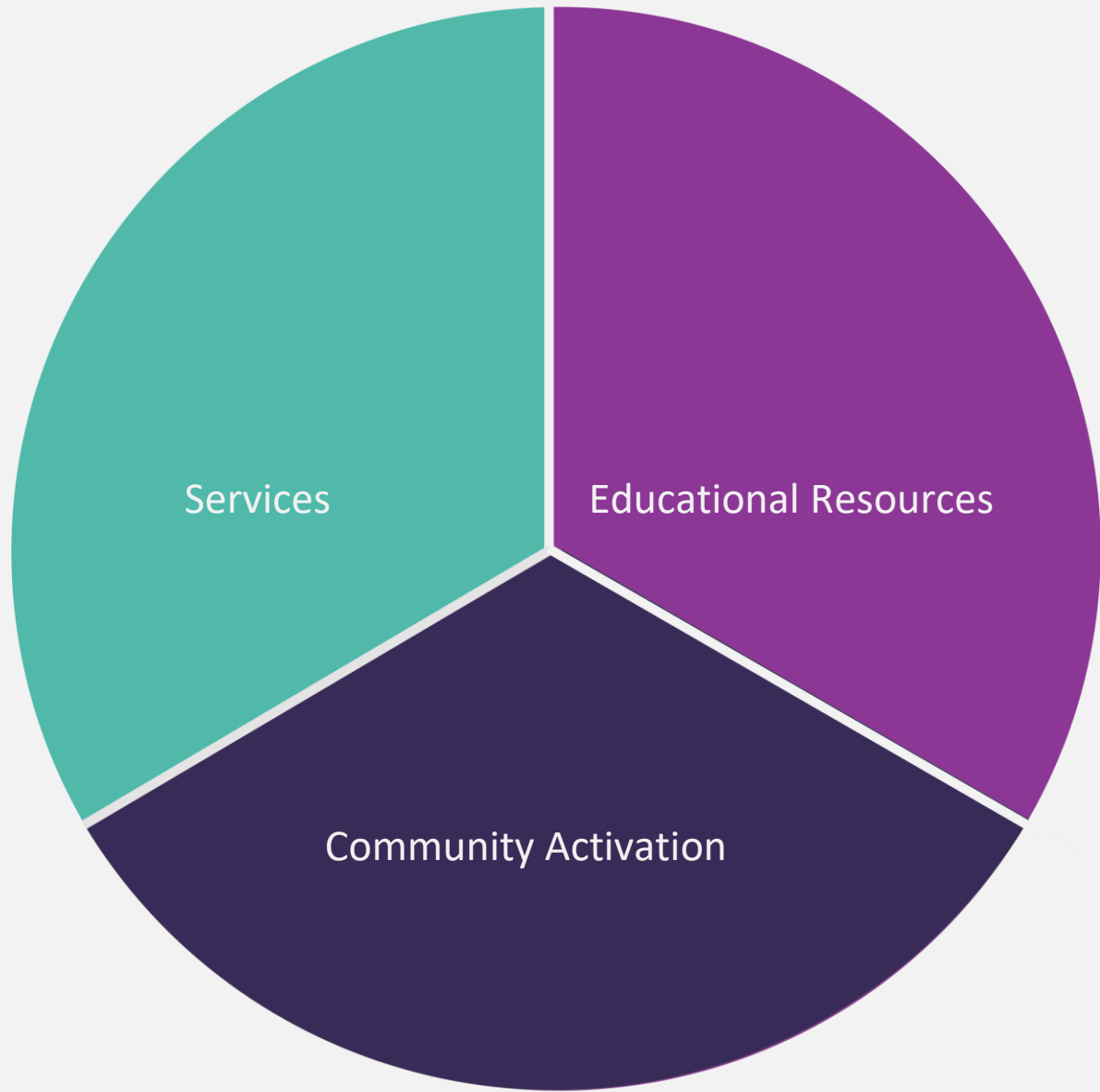
The Microsteps Webinar Series

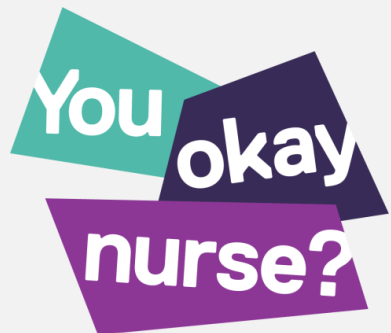
 Paul Farmer 	 Prof. Dinesh Bhugra 	 Prof. Shekar Saxena 	 Tom Mitchell 	 Dr. Jonathan Mutch 
 Katie Warriner 	 Prof. Neil Greenberg 	 Caroline Webb 	 Dr Rupy Aujla 	 Dr. Mark Seaman 

Thank you

 Mr. Aman Coonar 	 Brandon Young 	<p>Our Host: Chris Cherry You Okay, Doc? Trustee & UKCP Qualified Psychotherapist</p> 
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- Paul Farmer - former CEO of Mind
- Prof. Neil Greenberg - Prof. Of Defence Mental Health at King's College
- Caroline Webb - Author of 'How to have a good day'
- Mr Aman Coonar - senior Cardiothoracic Surgeon
- Prof. Dinesh Bhugra - former BMA president
- Dr Rupy - Founder of Doctors' Kitchen
- Tom Mitchell - Captain of Rugby 7's for England and Great Britain
- Katie Warriner - Performance psychologist for Olympians
- Prof. Shekar Saxena - Former WHO director of Mental Health
- Brandon Young - Ex-US armed Forces and Leader of Veteran Support Programmes

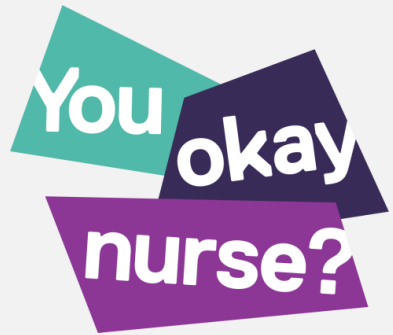




Educational

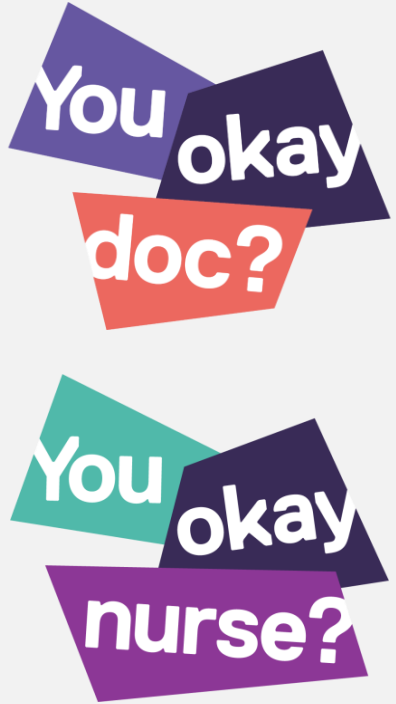
- #FirstRespondersFirst; being:
- Harvard T.H Chan School of Public Health
- CAA Foundation
- Thrive Global
- British Society of Lifestyle Medicine
- Cambridge University Judge Business School





NHS Partnerships

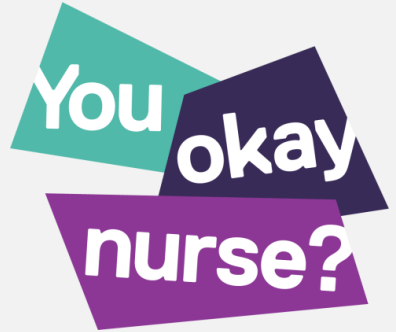
- Royal Papworth Hospital
- Ashford and St Peters
- Central and North West London
- In talks with Birmingham



Corporate Sponsors

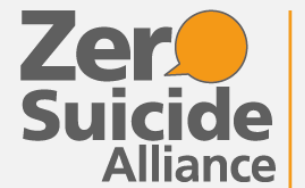
- Drager UK
- 507 Capital

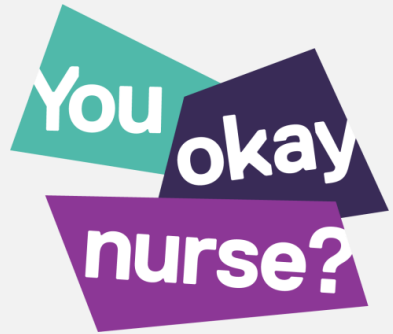




Aligning partnerships with mental health charities

- LooseHeadz
- Strong Men
- Zero Suicide Alliance
- The Sleep Charity





Patrons and individual high profile / expert supporters

- Parosha Chandran - Human Rights Barrister (Patron)
- Prof. Shekhar Saxena – Former WHO Mental Health Director (Patron)
- Tom Mitchell – Former England Rugby 7s captain and Olympian (Patron)
- Aman Coonar – Consultant Surgeon at Royal Papworth Hospital, featured on BBC's 'Surgeons: At the Edge of Life'
- Julia Samuel MBE
- Former Mind CEO, Paul Farmer
- Prof. Neil Greenberg

• **Caroline Webb**

How to get involved

Join our team

We would love to hear from you to join our ambassador programme.

Services

Text YON to 85258 for free 24/7 confidential text support.

Follow us



@youokaynurse



You okay
nurse?

Dräger

This is what drives us:

Improving Acute Care in Intensive Care

Lesley Youren - October 2022

You okay nurse?

Specialist in Acute Care since 1889



1907 |
Pulmotor

The first life-saving ventilator



Today |
Evita V600/800

From the initial onset of lung protective ventilation to a patient-centred integrated intensive care workplace. Introducing our latest ventilator family – Evita V600/800.



My Vision & Commitment

Stefan Dräger, Chairman & CEO

“Helping to reduce the number of preventable deaths is a pledge that I made.

My personal goal goes beyond:
Improving Acute Care with **technologies and services** that lead to **therapy assistance** and ultimately to hospital **automation.**“

Selected Healthcare Drivers that impact hospitals today and in the future

Dräger

Increasing
and aging
population



Increasing
healthcare
complexity



Increasing
costs of
care



Lack of
qualified
personnel



You
okay
nurse?

We share your goals ...



Improving clinical
outcomes



Managing cost
of care



Ensuring staff
satisfaction



Enhancing patient
experience



... and support you in facing your challenges

Challenges in Intensive Care



up to 350

daily alarms per ICU bed, of which 90% are clinically irrelevant and 50% are not even noticed.⁹

ECRI TOP 10 Health Technology Hazard 2016

10 %

of ICU patients develop ARDS with a mortality of 30-40 %, often initiated by ventilation

Bellani G, Laffey J, et al.; JAMA 2016

only 41%

of the patients who are artificially ventilated for at least 14 days, will survive the next year.⁷

Damuth et al. Lancet Respir Med 2015

43.7%

of ICU patients suffer from delirium in the UK this increases length of stay and has long term impact on the patient's mental health

Cowan et al Crit care 24, (2020)



Protective Therapies
supporting clinical effectiveness



Connected Technologies
enabling the next step in Acute Care

Our mission:
**Improving
Acute Care**

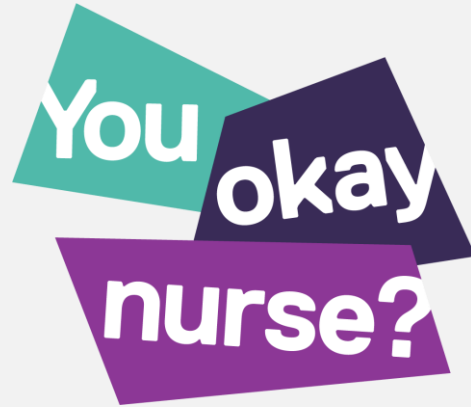


Care-Centred Workplaces
optimising workflows and patient care



Comprehensive Services
delivering peace of mind

Thank You



Supporting Nurses' Mental
Health

Instagram @youokaynurse



Your Specialist in
Acute Care

Featured in:

