Introduction
Nurses’ wellbeing and resilience during Covid-19 was severely challenged. There has not been a bounce back to wellbeing post Covid. The longstanding impact on emotional and spiritual wellbeing and resilience continues and support is needed to prevent nurses leaving the profession.

Resilience Based Clinical Supervision (RBCS) is a unique form of clinical supervision which focuses on the emotional regulatory systems motivating a response to a work situation or difficulty.
RBCS develops self awareness and self-care and supports nurses to question organisational practice that impact negatively on staff.

RBCS programme

RBCS includes:
6 x 1.5 hours sessions over 4-6 months.
Co-creation of a safe space.
Mindfulness.
Focus on emotional systems and how they impact a situation.
Consideration of the inner critic.
Maintaining a compassionate flow to self and others.

Discussion
So far we have run 2 pilot RBCS for Advanced Practice Nurses globally.
Feedback suggests RBCS gives nurses the skills to support their wellbeing and resilience.
Nurses want to take this model into their own practice and are setting up RBCS groups.
The approach is nurturing and compassionate.

Recommendations
Employers needs to prioritise and provide enhanced well being and support services to nurses and other members of the workforce.
There is an urgent need to offer nurses support. RBCS is one approach which could be offered.

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References:
Foundation of Nursing Studies (2023) Clinical Supervision Resources. Available: Clinical Supervision Resources (fons.org)

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