



WeCare - Mental Healthcare for Health Professionals

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Health professionals face physical and mental stressors (risk factors) due to challenging working conditions.

Description of the problem

- Maintaining healthy habits is challenging due to:
 - Variable shifts, including nights
 - High workloads
 - Intense emotional and mental demands
- Adopting a healthier lifestyle requires personal changes
- Implementing these changes is particularly difficult in nursing and caregiving
- This is critical, since it is essential for the healthcare sector to retain and attract new staff in these fields

Results/ Effects/ Changes

- Crucial to:
 - Boost intrinsic motivation of healthcare workers
 - Provide practical tools to support their well-being
 - Encourage healthcare workers to remain in the sector
- The WeCare project offers a mobile app as a "pocket coach," accessible at any time
- Healthcare professionals can assess their current mental well-being through self-evaluation on the app
- Built-in assessments and predefined thresholds track stress levels and quality of life
- Users are guided to appropriate information, gamified activities, and exercises based on outcomes

The WeCare app supports healthcare workers' mental health with a mobile "pocket coach" that provides personalized exercises. Through gamification, it promotes healthy habits and boosts job motivation.



Lessons

- App beta-testing during 2024 with local language support in five countries:
 - Germany
 - Austria
 - Serbia
 - Poland
 - Italy
- Test group consists of healthcare professionals and related professions
- Analysis of results, including user engagement and motivational factors
- Comprehensive recommendations and lessons learned compiled
- App improvements according to feedback
- App and its solution shared with the broader healthcare community



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