

Newsletter - 15 March 2023

## PSBU Communication on Public Service Strike

As the recent public service strike action appears to be terminating in most areas, the impact of nearly 2 weeks of theatre standstill will be felt across all levels of staff.

As we navigate the return to full capacity performance with the threat of further strike action looming, consider debriefing in teams to address the emotional and psychological effect the situation has had on your units, teams and colleagues.

Some points to consider during debriefing:

- Validate the experience the strike action has had on healthcare workers personally and professionally;
- Identify and address specific concerns that healthcare workers may have: such as stress, anxiety, burnout, or feelings of frustration, anger, or betrayal;
- Ethical dilemmas for individuals who may face conflict between their duty to patient care and their obligation to support their colleagues;
- The effect of increased workload on healthcare workers during the strike who fulfilled roles outside of their usual duties;
- The impact of deficient healthcare on patients and systems during the strike period; and
- Plans to alleviate accumulated patient loads on surgical lists and the impact on workload.

Please continue to share your experiences on the WhatsApp group or via private message. SASA remains committed to supporting all its members and will continue to escalate all concerns and requests for support.



**SASA**  
PUBLIC SECTOR  
**BUSINESS UNIT**  
SOUTH AFRICAN SOCIETY OF ANAESTHESIOLOGISTS

We value the safety of our members above all and will remain abreast of future developments to stay informed and plan accordingly.

For support or assistance please reach out to any of the below signatories.

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