Women on Bed Rest Volunteer Description

**TITLE:** Women on Bed Rest Volunteer

**KEY RESPONSIBILITIES**
Women on Bed Rest volunteers facilitate a weekly craft, knitting, and/or journaling group on unit 7700 for ante-partum women on bed rest. In addition, volunteers will provide complimentary journals, crossword puzzles, word searches, crayons, colored pencils, coloring pages and printed literature to individuals who may not be able to leave their rooms in order to make their often lengthy hospital stays more enjoyable.

**INITIAL IMPACT**
The purpose of this program is to provide a creative outlet through art-making activities in a group setting where possible, to facilitate discussion and camaraderie among the women. Group sessions provided to patients help to reduce stress and feelings of isolation, and provides an increased sense of well-being. Journal writing, craft making, and knitting can also offer an opportunity for reflection and introspection, providing both the patient and caregiver with distractions from the hospital setting.

**SUSTAINED OUTCOMES**
Patients should experience improvements in quality of life through a lessened sense of isolation and the ability to work with their hands. Some patients and caregivers may reconnect with their own skills and experience in crafts and art-making activities, and writing, during their time in the hospital.

**TRAINING**
- Completion of a Duke volunteer application
- Completion of a Duke volunteer orientation
- A unit orientation with the Literary Arts Coordinator

**SUPPORT**
The Literary Arts Coordinator and Arts & Health Student Board members will provide support and guidance for volunteers in this position.
COMMITMENT
A minimum of one year, or one academic year for students. Volunteers are expected to serve a minimum of 3 hours per month. Volunteer service may occur Monday-Friday. Evening hours may be available.

LOCATION
Duke Hospital North, 2301 Erwin Road, Durham, NC 27710

QUALIFICATIONS
Volunteers should be at least 18 years old and have an interest in the arts. Volunteers should be comfortable working within a hospital setting. Email access is important for receiving schedules and important program updates.

SKILLS
Excellent communication and interpersonal skills are required. The ability to listen and to empathize is extremely important. An interest and experience in crafts and/or journaling is required.

BENEFITS
Volunteers will experience direct contact with patients and their caregivers who are coming for care on various units in Duke North. Volunteers will benefit from serving in a friendly, busy, healthcare environment where encounters with the arts offer a positive distraction and an opportunity for self care during a time that can be stressful and difficult.

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