

## Defining the impact of remote work on women in healthcare

### Data obtained from the survey of 70 HBA women in healthcare

**Distress, advices, gender equality, increased productivity...  
Respondants wanted to express themselves and share experiences...**

To be honest work life balance was disrupted and although productivity increased, that was at the expenses of my family time and personal space.

I was "trapped" between work duties and family duties and no time for myself. This is underestimated from all the talk about remote working. There was not respect, starting from us, on our personal space.

I have been working remotely for last 2 years. Set upfront clear goals and expectations with manager and clear roles & responsibilities within the team are Key success factors. Equally important is to maintain informal connections with key internal stakeholders you used to meet at lunch or coffee break. Remember: this is the most important part of our job, advocate for ourself, make allies.

My male neighbor and I are both working full time from home. We both have very demanding jobs and work many over hours. We both have newborn babies. He has a better balance than I do as his presence at dinner or 'helping' put the kids to bed is admirable. Mine is mandatory.

In this era of equality, it is not fair to just think only women are affected, men are affected too, and we are all in it together.

Remote working 100% increase health risks in time, as we spend almost 9-10h in meetings back to back.

Remote work was meant for me! I've never been so productive!

During these days it is important to be very self aware of our feelings ... and it's absolutely ok to be vulnerable... We can't be wonder woman and super man 24/7