

***Self-Care
for the Hospice and
Palliative Care Provider***

Reverend Arthur Gilbert, MDiv

Alicia R. Bloom, MSW LSW

Penn Wissahickon Hospice

Raise your hand!

- Hospice and palliative care involvement for:
 - the past 1 year?
 - the past 5 years?
 - the past 10 years?
 - the past 15 years?
 - the past 20 years?

What is the impact of
caring for the terminally ill
and their families?

What is the cumulative effect
of story after story,
patient after patient,
day after day?



Compassion Fatigue

- Reflects the emotional, physical and spiritual impact of caring for individuals facing dire consequences as a result of their disease process.
- “Secondary stress disorder”



Indicators of Distress



Physical

- Headaches
- Lethargy
- Sleep disturbances
- Stomach aches



Emotional

- Anger
- Anxiety
- Depression
- Prolonged grief
- Sadness



Personal



- Cynicism
- Irritability with family and friends
- Mood swings
- Self-isolation

Work

- Avoidance
- Loss of motivation
- Missed appointments
- Tardiness



Attempting Self-Preservation

- May cause clinicians to insulate themselves by:
 - Creating distance
 - Loss of compassion
 - Cynicism
 - Boredom
 - Decreased productivity

We need to practice
what we preach.

Let's Brainstorm!

- What are the biggest stressors?
- Can they be minimized?
- Consider a self-care exercise or technique that you and your teammates could utilize.

Toolkit to Relieve Compassion Fatigue



Time Away



- Vacation
- Short breaks throughout the work-day for *mini meditations*

Mini-Meditations

- Stop and pause for a moment
 - Deep breathing
 - Simple imagery & visualization
 - Relaxing music

Lifestyle

- Exercise
- Healthy habits
- Rest
- Hobbies



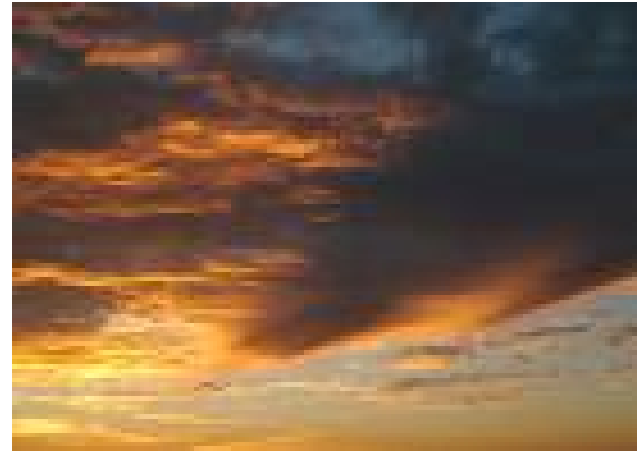
Maximize the Moment

- *Live in the now*
- Complete one task at a time
- Be present with your patient
- Feel passionate about what you do



Spiritual Integration

- Religious or faith-based
- Meditation



Biblical Prescriptions for Compassion Fatigue

<i>Prescription</i>	<i>Actions</i>	<i>Scripture References</i>
1. Removing Empty out negative responses and self-focus.	Clarify the situation Express feelings appropriately Forgive others Deal with pride and self-focus	Ex 12; Ps 139:23-24; Mt 10:1; Mk 5:12-14 Ps 28, 32, 38 Mt 5:44-48, 6:12-15, 18:21-35; Rom 12:9 Ps 37:2; Obad 3; Jn 12:24-26
2: Cleansing Receive cleansing, refreshing and transformation.	Identify faulty attitudes and perceptions Confess shortcomings to God Seek the forgiveness of others Forgive self	Mt 23:25-28; 2 Tim 2:20-22; Heb 9:13-15, Rom 12:2; 2 Cor 3:18 1 Jn 1:9; Heb 10:15-23, Pr 18:19; Mt 5:23-24
3: Physical renewal Practice healthy patterns of physical exercise, nutrition and work/rest.	Implement regular physical exercise Maintain adequate nutrition Practice healthy rhythms of rest/work	Rom 8:1-2; Heb 10:22; Ps 119:45 Rom 12:1-2 1 Cor 3:16; 2 Cor 7:1
4: Filling Be filled with the Holy Spirit and with life-giving activities	Enjoy creative pursuits Engage in life-giving activities Practice spiritual disciplines	Gen 2:1-4; Ex 20:8-11; Mt 11:28-30 Ps 4:7, 6:11, 107:8-10; Mt 5:5-6 Eph 2:10
5: Serve others in freedom and humility	Do what is right and good Practice humility	Eph 3:19, 5:18 1 Kings 19; Gal 5:13
Outcome: Overflowing	Renewed compassion overflows to others out of a transformed heart	Phil 2 Lk 6:45; Rom 15:13; 2 Cor 1:5, 4:15

Debriefing

- With your teammates
 - Benefit of shared experience and understanding
 - Opportunity to learn and develop skills



We must learn to balance
objectivity and empathy,
while still showing our humanity.

Self Care Project Charter at Penn Wissahickon Hospice

Objectives:

- To facilitate and provide self help resources for the IDG that are of interest to them
- To ensure that the modality that is selected is ongoing and has adequate attendance and participation by the IDG
- To ensure that the modality is effective in supporting the IDG to be effective in their role as providing quality end of life care services

Exercise

- 2 minutes – write down what you are going to do for your self care by next Wednesday
- Pair up – share this plan
- Follow-up – check-in with each other next Wednesday to see if the plan was carried out and if not create a new one!