* Self Care

Presented by: Stacey Pollard, RN, BSN, CHPN

Rowan Hospice and Palliative Care

stacey.pollard@hospicecarecenter.org

At the completion of this session, participants will be able to:

* Define Stress

* Identify Contributors of Stress in and out of the workplace.

* Explore how stress affects you as a healthcare worker.

* Identify Stress Management /self care techniques.

*Objectives

*Self Care Week
November 12-18

- A state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium. Merriam-Webster Online Dictionary

THERE ARE ONLY TWO TIMES I FEEL STRESS: DAY AND NIGHT.
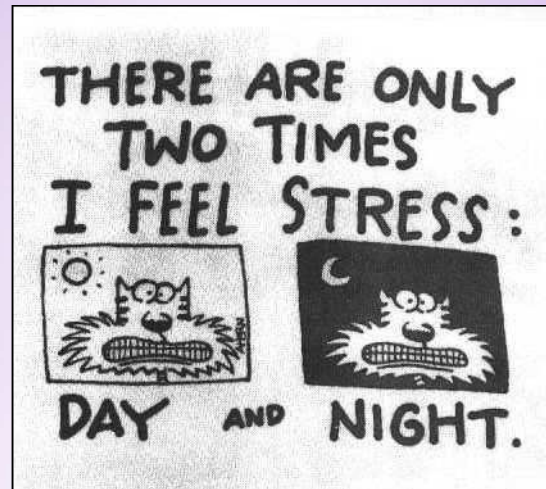
*Stress – A Definition

*The way you react either physically or emotionally to change.

*

*Self Inflicted
  *Worrying over things out of your control
  *Paying attention to other people's needs but feel lack of self worth when others do not pay attention to your needs
  *Try to be perfect or keep up with the Jones'

*

In/Outside the Workplace

*Noisy environment
*Crowded, dirty or unorganized work/living space
*Pollution
*Disagreements/confrontations with boss
*Working long hours
*Emotional labor
*Role conflict
*Issues of power and control
*Team conflicts/disagreements

*

Emotional Work

* Dealing with other people's feelings

* Many factors affect how well we deal with others and what becomes stressful to us.

* More difficult for some than others

*

* Inadequate time to accomplish tasks/cramming too much into a short amount of time
* Conflicts with home and other outside commitments
* Not taking time to rest/relax

*

* Large volumes of work
* Pressure to meet deadlines or accomplish tasks
* Poor time management

Finding a healthy balance in the face of such challenges can be difficult.

Role Conflict

* Evolve from providing EOL care
* Difficulty accepting/understanding patient/family decisions
* Feelings of helplessness
* Patient/family autonomy and ethical care

*

Issues of Power and Control

*Constraints placed on role

*Inadequate preparation to provide care

*Lack of staffing

*

Team Conflicts

*Breakdown in communication

*Lack of role clarity

*Lack of support

*Personality issues

*

Survival of Life Events

*Under a lot of pressure

*Events occur that are disturbing/challenging

*Physical/emotional health is threatened

*

Food

*Caffeine

*Burst of sugar from sweets or chocolates

*Salt

*

* Not enough staff
* Patient safety
* Emergencies
* Too many visits scheduled
* Conflicts with families
* Really sick patients
* Meetings vs. patient visits
* Dying patients
* Pt. refuses care
* Stuck in traffic/late for visit

* Violence
  * Murder is the 2nd highest cause of workplace death
  * More physical assaults happen in healthcare settings than any other
* Missed work
  * 1 million absent/day
  * ½ working days missed in US are from stress
  * Call-ins have tripled

1999 (updated 2005) In the Know, Inc.

*

Fight or Flight Response (releasing of hormones & adrenalin into the bloodstream)

http://www.youtube.com/watch?v=hzIVwpCcgkM&feature=related

*Increased heart rate

*Increased blood supply to muscles

*Movement of sugars (energy & strength)

*Blood supply to skin is reduced

*Pupils dilate

*Slowing digestion

*Nausea/Diarrhea

*Stress that lasts a long time can cause heart disease, cancer, ulcers

*

*Can be positive or negative

*May come from big events or small problems

*Individualized

*Can manifest in strange ways

*

* Cool skin
* Asthma flairs
* ↑ BP, HR, metabolic rate, reaction time
* Indigestion/nausea, changes in bowel function
* Dry mouth
* Increased sweating
* Tense muscles

* Weight gain or loss
* Chronic fatigue
* Menstrual disorders
* CAD
* Frequent Illnesses
* Sexual dysfunction
* Aches & pains

*

- Fear/excitement
- ↑ arousal, mental acuity
- Negative attitudes
- Unease, sadness, depression
- Inability to sleep →fatigue →listlessness
- ↑ abuse of cigarettes, alcohol, or drugs

*

* Increase chance of injury
* Decreases job satisfaction
* Interfere with skills
* Frustrated, Distracted, short-tempered
* Burnout
* Clouds judgment
* Productivity decreases

* Worry/anxiety
* Relying on medication
* Feeling ill, out of control, overwhelmed
* Mood swings
* Insomnia
* Drinking & smoking
* Confusion

*

- Compassion fatigue
- Multiple grief and loss
- Burnout

Vachon & Sherwood (2007)

*

*1. Know the symptoms and causes of stress.

*2. Familiarize yourself with techniques for managing stress.

*3. Use those techniques when you experience stress.

*

Developing a Personal Philosophy

*Awareness/Acceptance

*Health, illness, death

*Being comfortable with death

*Making conscious choices

*Prioritizing by importance

*

Communication

* Clear/assertive communication
* Being able to express our feelings
* Debriefing
* Listen

*

Lifestyle Management

*Enables us to cope better with stress

*Time in nature

*Nutrition

*Exercise

*Sleep

*Spirituality

*Sense of humor

*Live a balanced life

*

* Start the day with a positive attitude
* Enjoy art, theatre, music
* Permission to fail
* Continuing education
* Share your time with positive people

*

* Action plan to de-stress
* Get rid of bad habits
* Ask for help if needed
* Treat yourself/relax!
* Go on vacations
* Institute some form of meditation

*Progressive Muscle Relaxation

* http://www.youtube.com/watch?v=HFwCKKa--18

*Deep Breathing

* http://www.youtube.com/watch?v=2r9OVMXwhg8

*Mental Imaging

* http://www.youtube.com/watch?v=gU_ABFUAVAs

*

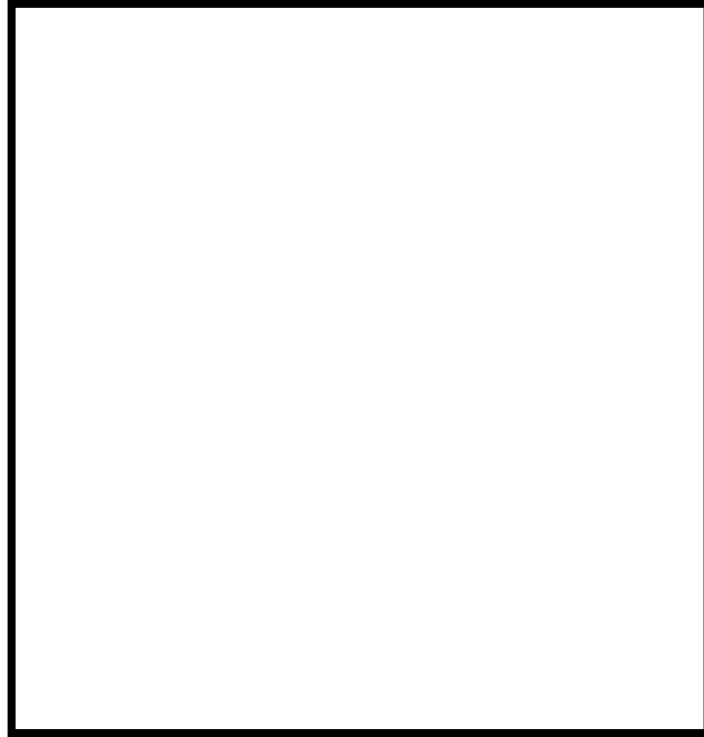Copyright 2006 by Randy Glasbergen.
www.glasbergen.com

GLASBERGEN

"I'm learning how to relax, doctor —
but I want to relax better and faster!
I want to be on the cutting edge of relaxation!"

- An emergency response plan

- About acting selfishly

- About doing more

*

Self-Care is about taking the time to be a human *being*, as well as a human *doing*

*

Who's in charge?

* Kraybill, B. (2004) Self-Care Management for Providers PERT Program Swedish Medical Center

* Healtcare Toolbox (2010) Self-Care for Providers Retrieved from-http://www.healthcaretoolbox.org/index.php/self-care-for-providers/self-care-for-providers

* 1999 (updated 2005) In the Know, Inc.

* Chu, L. (2011) Five Principles of Self-Care for Health Professionals Retrieved from-http://www.kevinmd.com/blog/2010/07/5-principles-selfcare-health-professionals.html

* **Vachon, M. & Sherwood, C. (2007) Staff Stress and Burnout. Im Berger, Shuster Jr, & Roenn (Ed.), Principles and Practice of Supportive Oncology (667-683) Philadelphia, Lippincott Williams & Wilkins**

*