You can / should look after yourself (and each other)

Module 6
Learning objectives

- Describe signs of stress in palliative care workers
- Explain ways of preventing burn-out
Looking after ourselves

and each other!!!!

- why is it important
- personal journey
- how to recognise ‘stress’
- how to support self
- developing a culture of nurturing
Looking after ourselves

- self nurturing
  - holistic care

- self awareness
  - essential
  - challenging
Why?

- giving and receiving
- demanding work
- accompanying those who suffer
- accompanying those who grieve
- maintaining hope
- sustain the joy and passion and soul
Looking after ourselves

- regular time off
- regular time to discuss patients and problems
- know how to get help
- ongoing training and supervision
- take time to reflect
- recognise that multiple losses are inevitably stressful
- make time to relax together
Looking after each other

- culture of nurturing
- recognition of difference
- appreciation of difference
- non-judgemental attitudes
- holistic care for each other as well as those we seek to work alongside
When is stress too much?

- Physical
- Emotional
- Social
- Spiritual
How manage stress / take care?

- physical
- spiritual
- emotional
- social
Action plan

- A time for everything under the sun
  - To cry and to laugh
  - To mourn and to dance
  - To be quiet and to speak……..

_Ecclesiastes_

- Write a prescription!!
Reflections

- Why motivated you to come into palliative care?
- What motivates you now?
- Think of a patient who inspired you / challenged you early in your career / experience
- Tell him/her what you have accomplished as a caregiver
- What would his/her reply be?
These resources are developed as part of the THET multi-country project whose goal is to strengthen and integrate palliative care into national health systems through a public health primary care approach

- Acknowledgement given to Cairdeas International Palliative Care Trust and MPCU for their preparation and adaptation
- part of the teaching materials for the Palliative Care Toolkit training with modules as per the Training Manual
- can be used as basic PC presentations when facilitators are encouraged to adapt and make contextual