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

cáirdeas

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
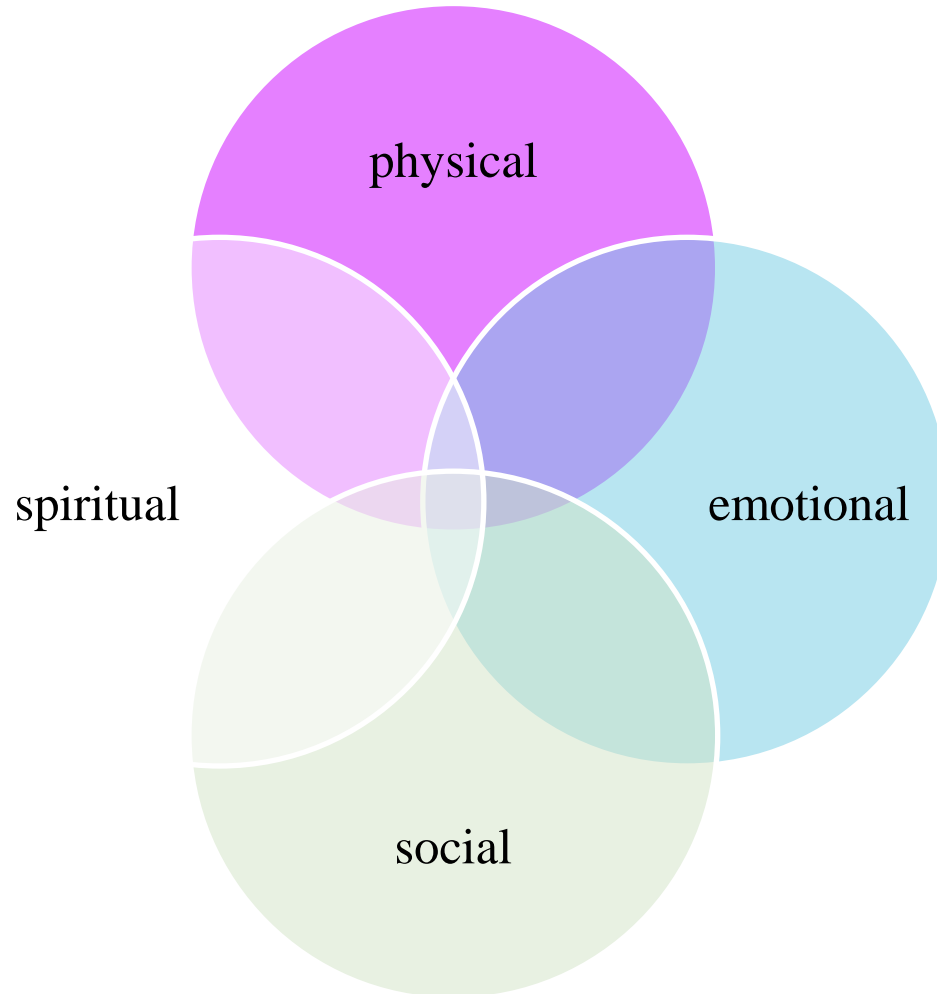
- make time to relax together

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?
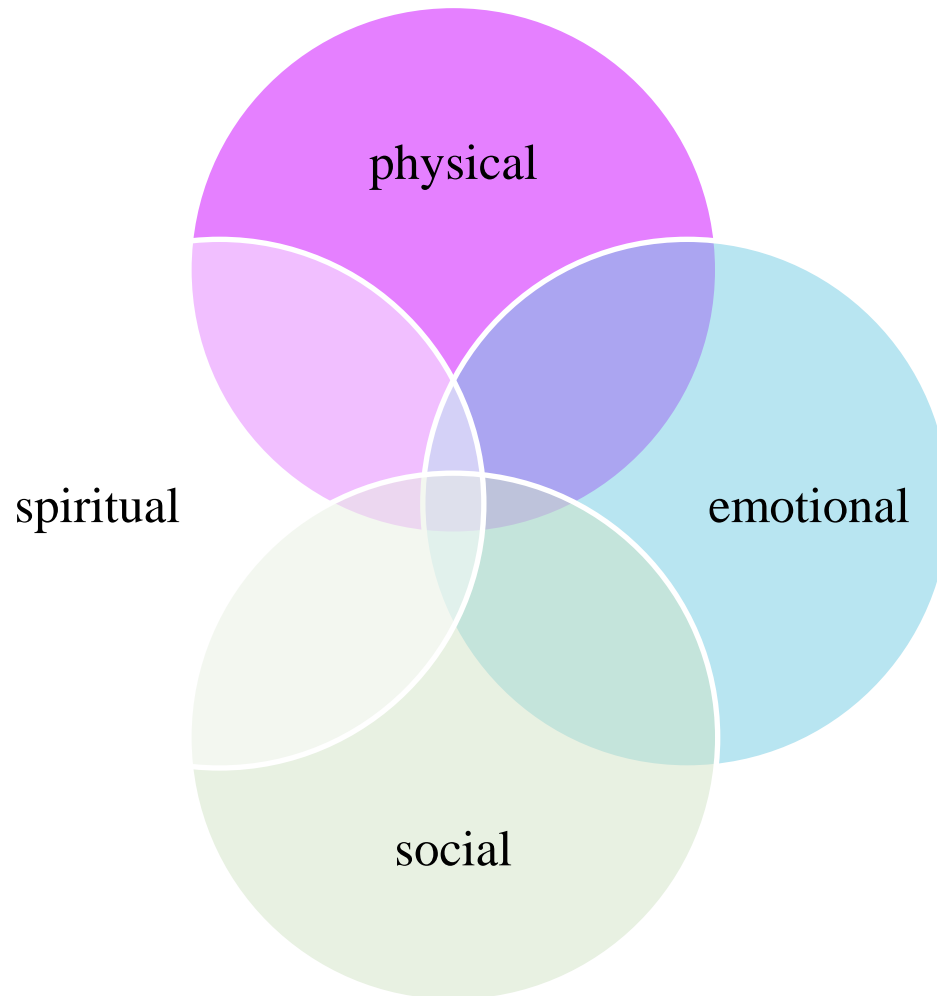
How manage stress / take care?

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