



Flexing Your Core: the Palliative Workout ECHO

Domain 8: Self-Care

Dec 10th, 2024

AGENDA ITEM	NOTES
Introductions, Objectives	<p>Session Facilitator: Leanne Drumheller, MSW</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Reflect on one’s own self-care needs in relation to supporting patients approaching end of life 2. Identify ways to support each other as a team in supporting end of life patients
Session Key Points and discussion	<p>Most of us in healthcare are experts at providing care to others. When we talk about self-care it's common for health care providers to be more uncomfortable as there is a vulnerability in receiving. Because of this natural discomfort, we have to practice receiving.</p> <p>What’s your relationship like with receiving?</p> <ul style="list-style-type: none"> • I think someone else needs this help more than I do • Don’t receive it well – it’s good to name this discomfort <p>Are there ways you can think of to increase your tolerance around this vulnerability?</p> <ul style="list-style-type: none"> • Let go of my ego and say yes to help • positive affirmations: "I'm willing to learn to receive". Initially may not feel natural but as we do things more we get more comfortable with them <p>Your self-care ‘toolbox’</p> <ul style="list-style-type: none"> • we are often in a human-doing state of mind rather than human-being <p>What are some items in, or you would like to imagine are in, your toolbox</p> <ul style="list-style-type: none"> • moments of solitude, getting outside (natural world helps to regulate nervous system) • remembering to stretch, to help with pain and breathing • Box breathing (4-4-4-4 pattern of inhale, hold, exhale, hold.) <p>What might help you to remember to use this tool box each day?</p> <ul style="list-style-type: none"> • Sticky note on door, mirror, in your car, desk. • If I find myself being short or frustrated, I need to check myself (and willing to hear whatever is there)

- Pictures on desk or in work binder
- Practice walking slowly
- Fitbit has reminders
- I've seen some societies, such as Japan where everyone stops to do Tai chi for example at a certain time. If reminders were ingrained in the workplace it would help. In workplaces how can we support self-care?
- Ex. A manager who would play fund song at end of every meeting

GRACE concept from Joan Halifax - to support clinicians working with end-of-life clients

- **Gather your attention:** pause, breath in, notice and ground in your surroundings and if necessary, use this practice to help settle your assumptions or fears.
- **Recall your intention:** Remember what lays at the core of your service to the client/patient: to relieve the individual's suffering and to act with integrity and preserve the integrity of the other.
- **Attune:** Notice your own mind and body, then sense into the experience of your client through active inquiry, staying open to discovery. Noticing emotional cues – voice tone, body language.
- **Consider:** Observing the present moment as it unfolds to discover insights into what the individual may need. Being open to new learning. Co-creative and situated in mutual integrity.
- **Engage:** Compassionate action in a morally engaged dynamic utilizing your skills/knowledge. Then End: paying attention to your out breath as you move on to the next encounter with someone.
 - This is very important especially when dealing with anxiety. Sometimes the anxiety gets in the way of connection or the best possible interaction with the patients

Ways to support colleagues

- Offering support with an open invitation
 - Sometimes first sharing how you may be feeling opens up the conversation. Ex. "This patient had a big impact on me"
 - Make oneself approachable
 - Open door policy in my office...having chocolate helps
- Not minimizing your team members concerns
- Using phrases like "I hear you" to show them you are taking them seriously
 - Ensure to make phrases your own/true to you
- Checking in with your team members throughout the day
- Simply asking how they are doing throughout the day
- Offering help and assistance whenever possible to other team members
- Encouraging colleagues to take breaks



BY Pallium Canada

- Connecting, for example asking colleagues if they want to sit outside with you on break

Discussion questions

1. When have you felt most supported by colleagues?
2. What did the colleague do to make you feel supported?
3. Have you ever had an experience where the support was harmful?
4. Any additional thoughts or insights regarding self-care in your life?
 - Remembering to stay silent and listen
 - I think people need to hear "I'm proud of you" sometimes. I have a friend that says this a lot and it's really meaningful
 - Checking out with social media vs. actual self-care
5. Any strategies for leaving work at work?
 - We accompany clients/patients but they are things we cannot solve or fix
 - Use commute time – music on the drive home (ex. a feel good playlist). Helps me decompress and reduce the stress of the commute. It was a part of the day I "looked forward to" because I didn't have anything to "do" during that time!
 - Use commute home as a transition time. The closer to home then a new person exists.
 - Maybe thinking "if I let me brain truly rest, I will be better at work tomorrow anyway!"
 - Putting on the name tag and taking off the name tag
6. What's one thing you can do today for self-care?
 - Walk before bed
 - Activities with friends
 - Play piano
 - Sewing and listening to music
 - Aromatherapy shower
 - Gratitude statements for the day

Resources	<p>BCALM – BC Association for Living Mindfully: virtual and in-person programs available.</p> <p>Joan Halifax resources – meditation, mindfulness, compassion</p>
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