

Webinar Series: A Ripple of Thoughtful Words for Communication at End-of-Life in LTC

COMPASSION FATIGUE & ADAPTIVE ACTION

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ALGONQUIN COLLEGE
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ACKNOWLEDGEMENT

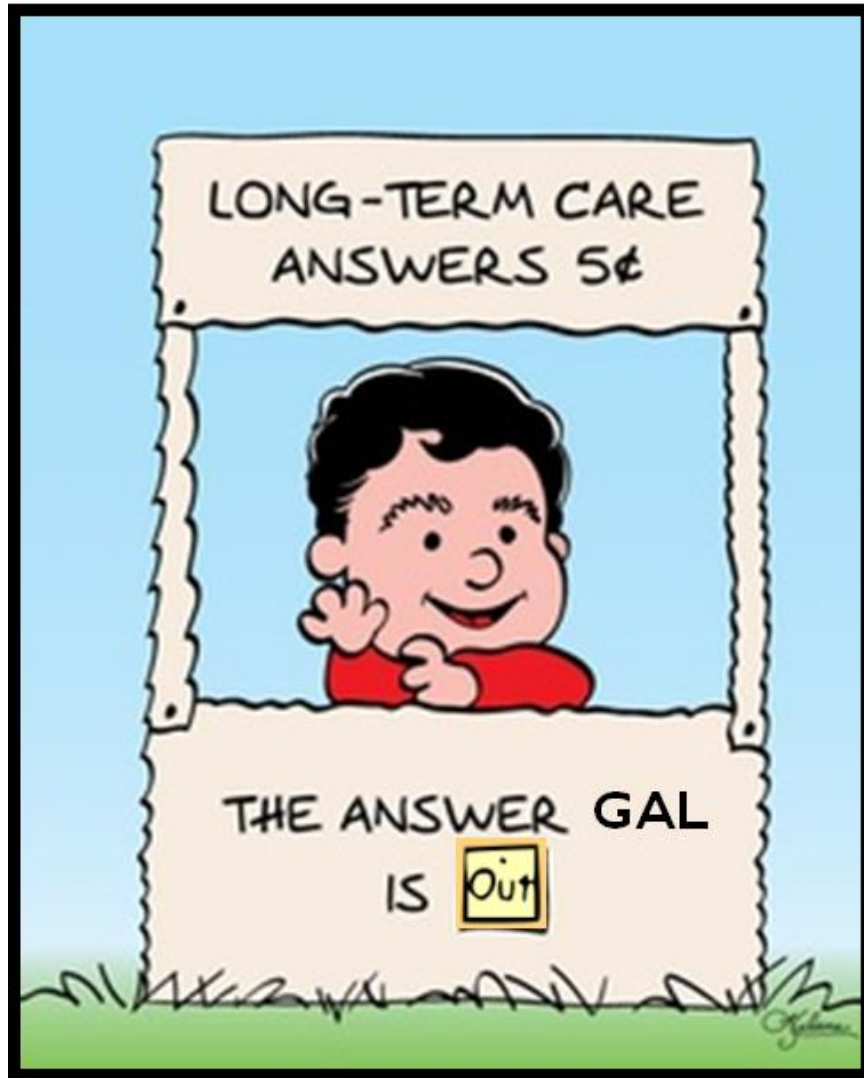


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**A conversation doesn't
have to be long
to be significant.**

**A few thoughtful words
can help a lot.**





**People usually don't want
or need answers, just
understanding.**

Proposed PATH of “Ripples of Thoughtful Words.”

PAUSE – Breath, be present with oneself

AWARENESS – Reflection/mindful moments, thoughts and feelings

THEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words

HELPFUL/PRACTICAL TIPS – Techniques and tools



Stop.

Take a breath.

Observe your thoughts and feelings.

Pause. Proceed mindfully.

Cultivating intimacy with the
present moment as it is.
Stopping is a radical act (pause).

Honour and remember
those who have died.



SELF-COMPASSION ASKS – “What’s good for you?”

This is a moment of suffering

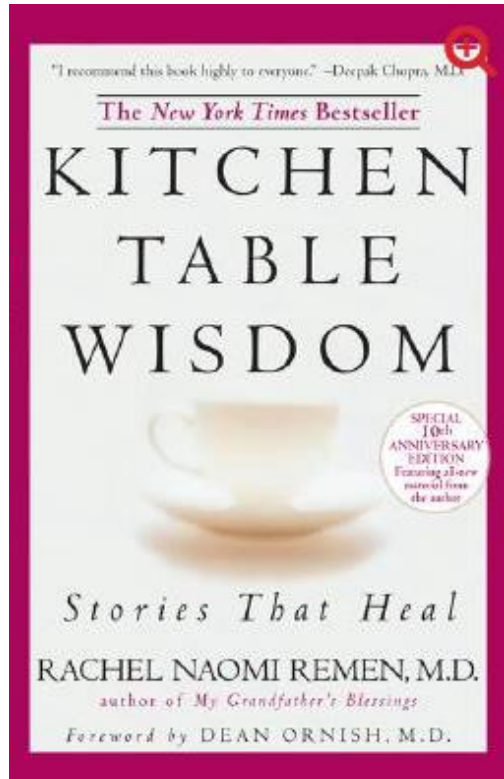
Suffering is a part of life

May I be kind to myself

May I give myself the compassion I need

-Kristin D. Neff

BEING TOUCHED BY SUFFERING



The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.

- Naomi Rachel Remen

COMPASSION SATISFACTION

- The pleasure you derive from being able to do your work
- Feel satisfied and enjoy your work
- Feel positive towards your residents
- Feel you actually are making a difference
- Feel you are able to keep up with the work

(Stamm, 2012)



PROFESSIONAL QUALITY OF LIFE

CS – CF MODEL

COMPASSION SATISFACTION

- The positive aspects of helping
- “The Good Stuff”

COMPASSION FATIGUE

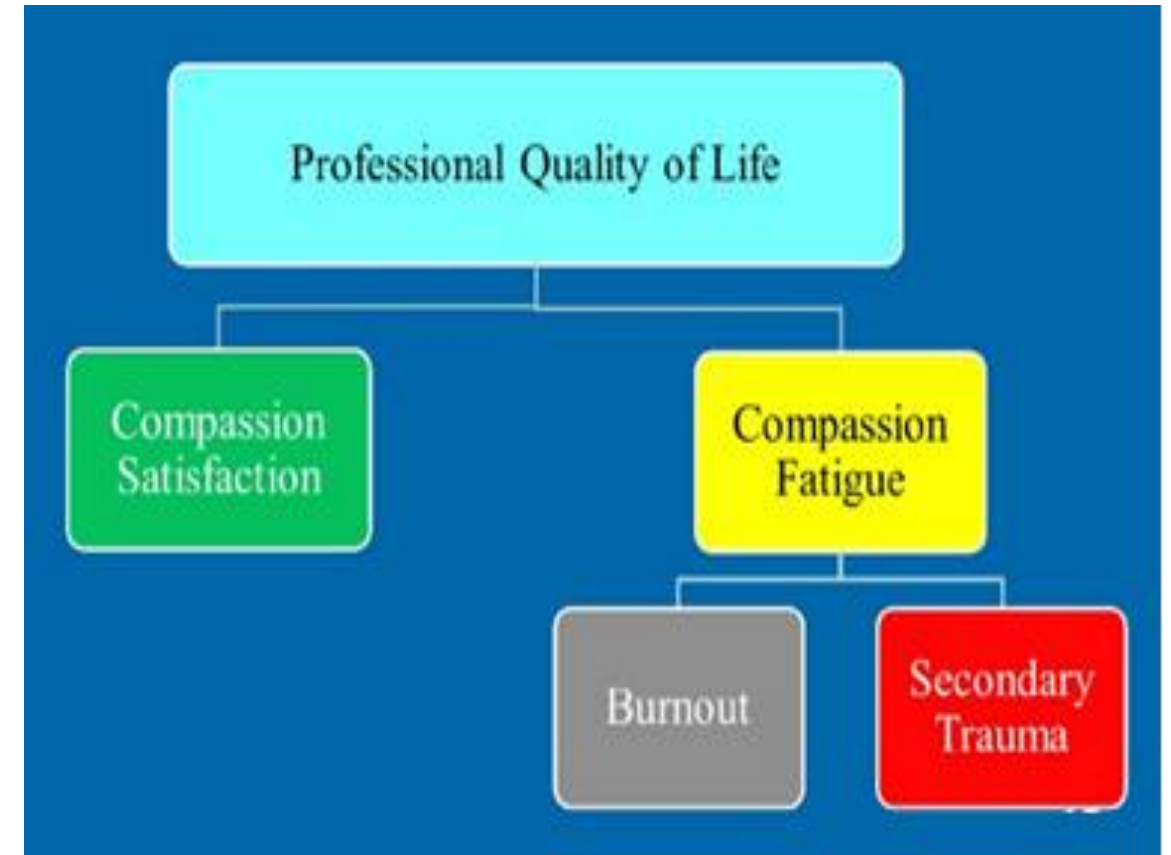
- The negative aspects of helping
- “The Bad Stuff”

BURNOUT

- Inefficacy and feeling overwhelmed

SECONDARY TRAUMA

- Exposure to event due to a relationship with the primary person



Figley, C. R. (Ed.) (2002). Treating Compassion Fatigue. NY: Brunner-Rutledge.

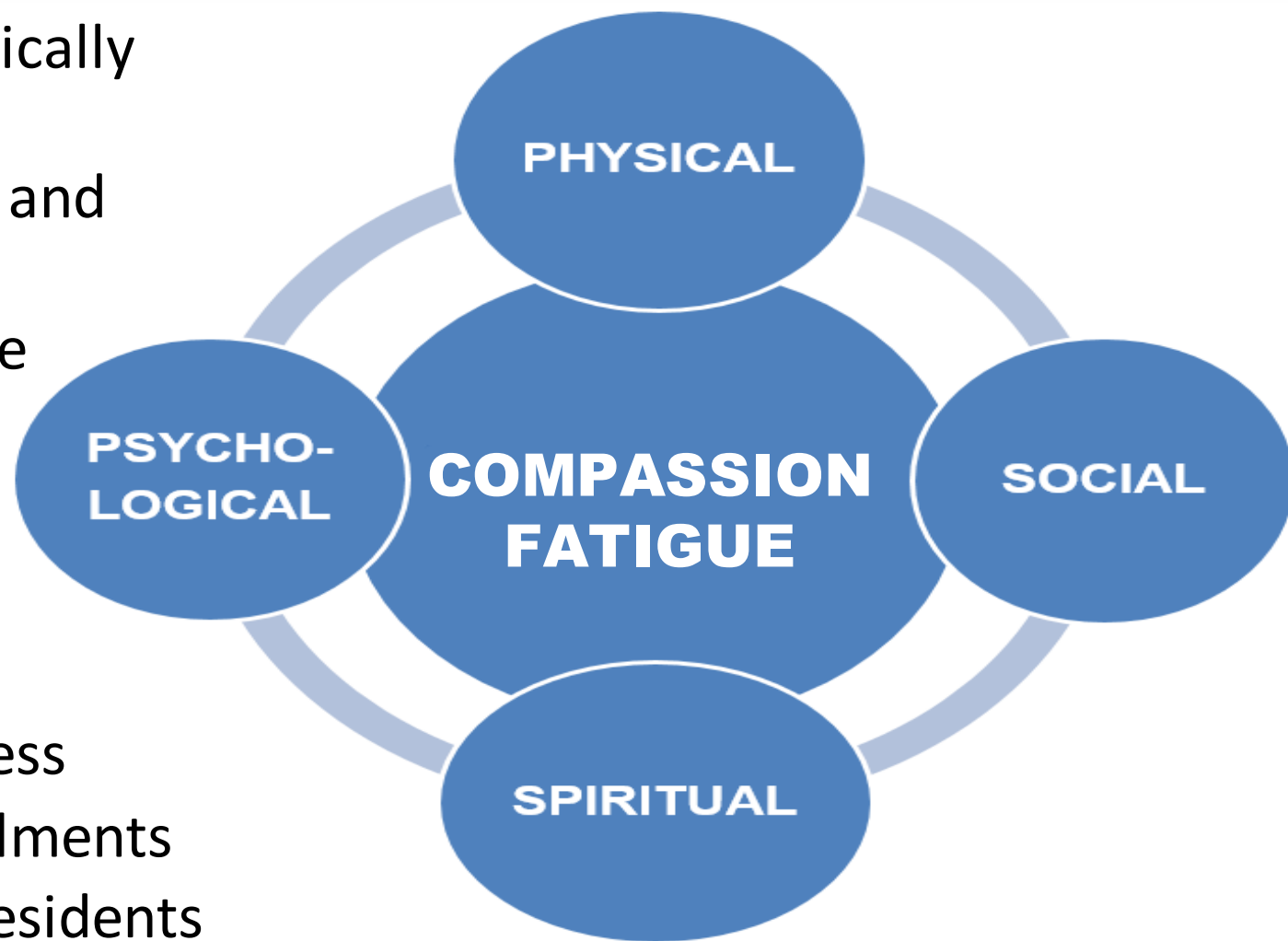
MULTIDIMENSIONALITY OF SUFFERING

- EXISTENTIAL DISTRESS
- SPIRITUAL DISTRESS
- PSYCHOLO-EXISTENTIAL SUFFERING
- SPIRITUAL PAIN
- TOTAL PAIN
- SOUL PAIN



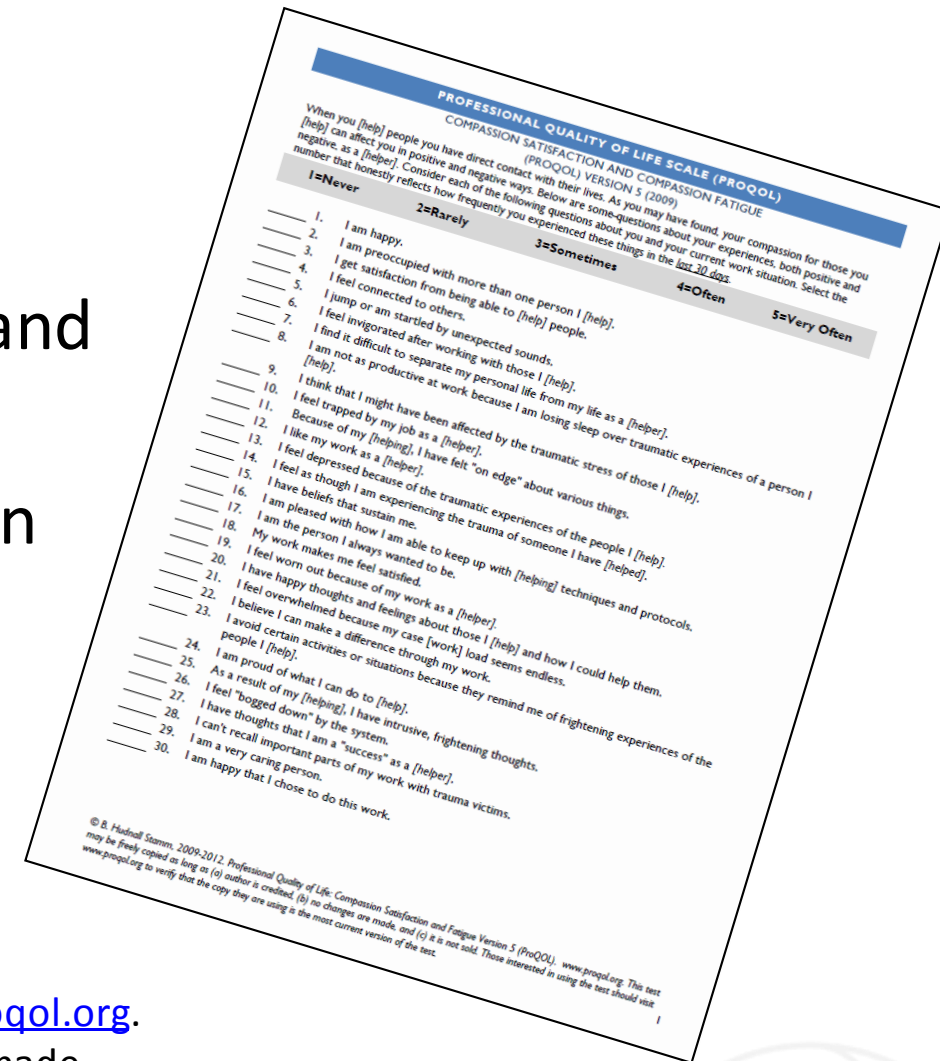
WARNING SIGNS of COMPASSION FATIGUE

- Difficulty sleeping/feeling physically exhausted
- Feeling emotionally exhausted and overwhelmed
- Decrease in feelings of pleasure
- Increased irritability/cynicism
- Excessive sadness/crying
- Poor concentration
- Pervasive negative attitude
- Feeling despair and hopelessness
- Chronic exhaustion/physical ailments
- Decreased empathy towards residents and families



MEASURING CS & CF: THE PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

- The ProQOL is free and easy to use
- A 30 item self report measure of the positive and negative aspects of caring
- The ProQOL measures Compassion Satisfaction and Compassion Fatigue
- Compassion Fatigue has two subscales
 - Burnout
 - Secondary Trauma



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NOT A MEDICAL TEST

- Helps understand the positive and negative aspects of helping
- Not a “psychological test”
- Not a “medical test”
- Can be viewed as a screening for stress-related health problems

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE

(PROQOL) VERSION 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

1=Never

2=Rarely

3=Sometimes

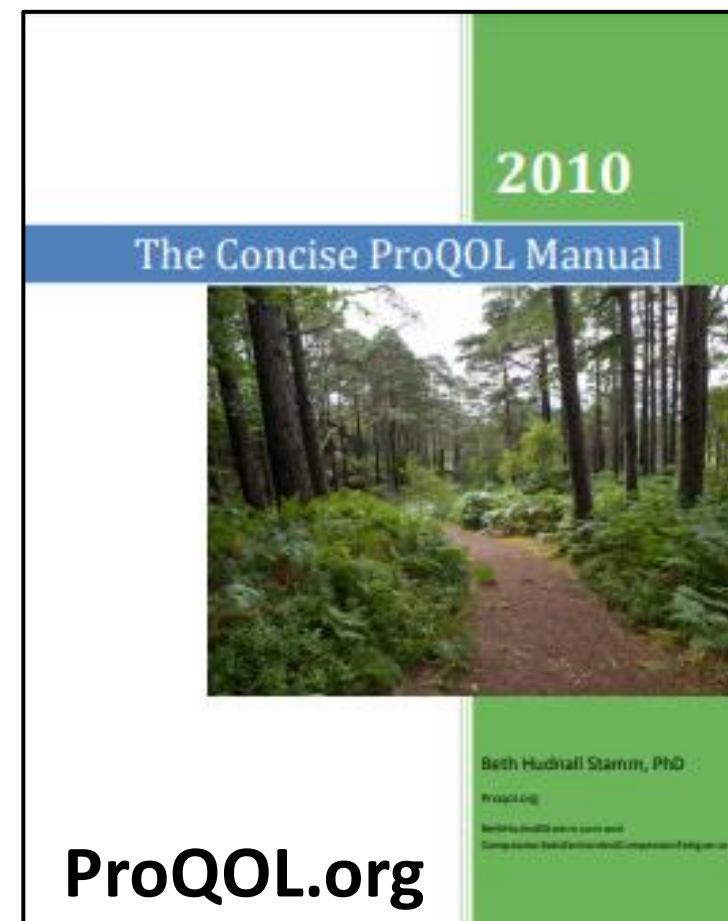
4=Often

5=Very Often

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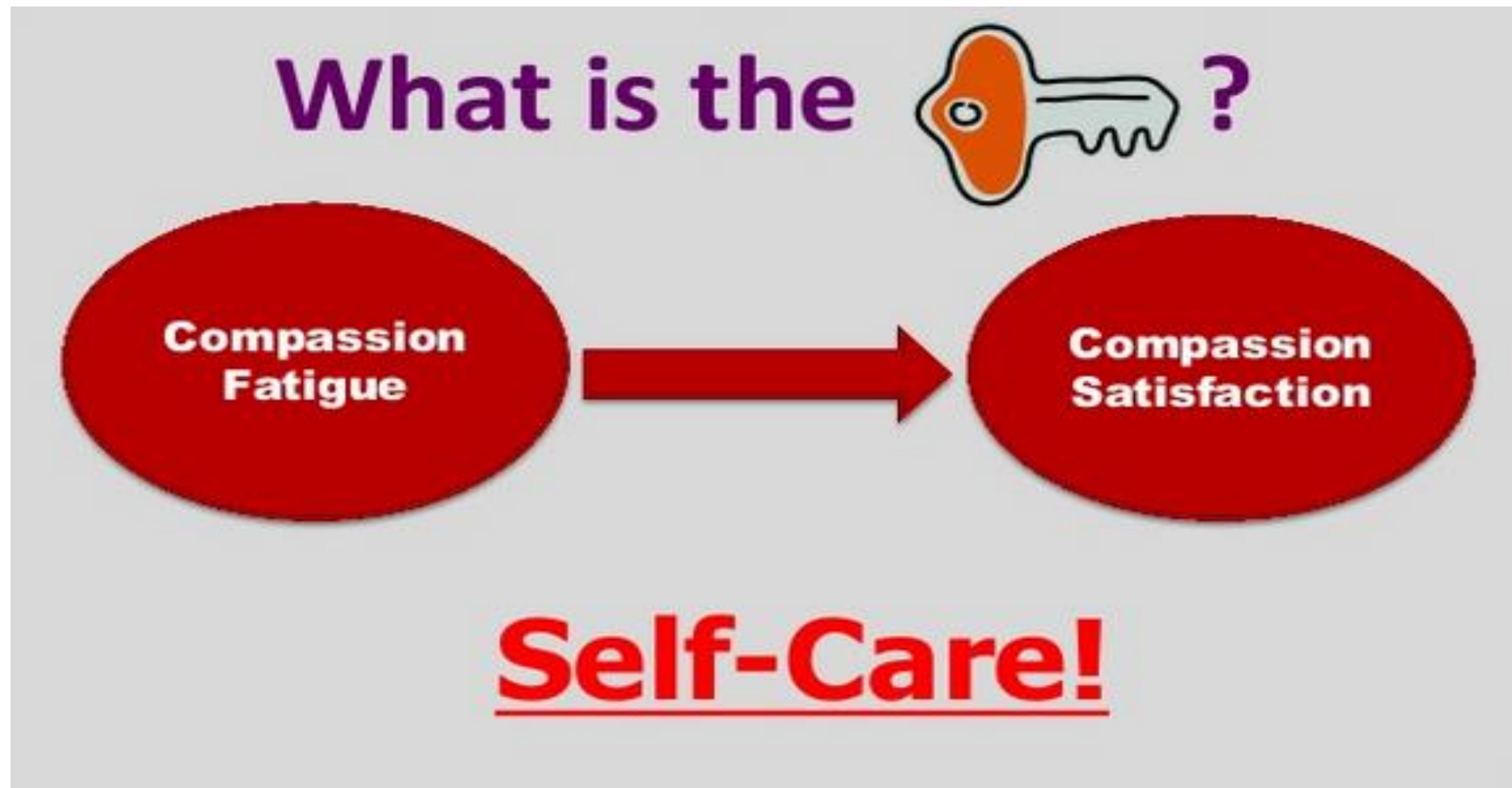
PROQOL for RESILIENCE

- **INDIVIDUAL PERSONALITY**
 - The ProQOL can help you plan where to put your energy to increase our resilience
- **ORGANIZATIONAL PLANNING**
 - Can help organizations find ways to maximize the positive aspects and reduce the negative aspects of helping
- **SUPPORTIVE SUPERVISION**
 - The ProQOL can be used as information for discussions



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BALANCE

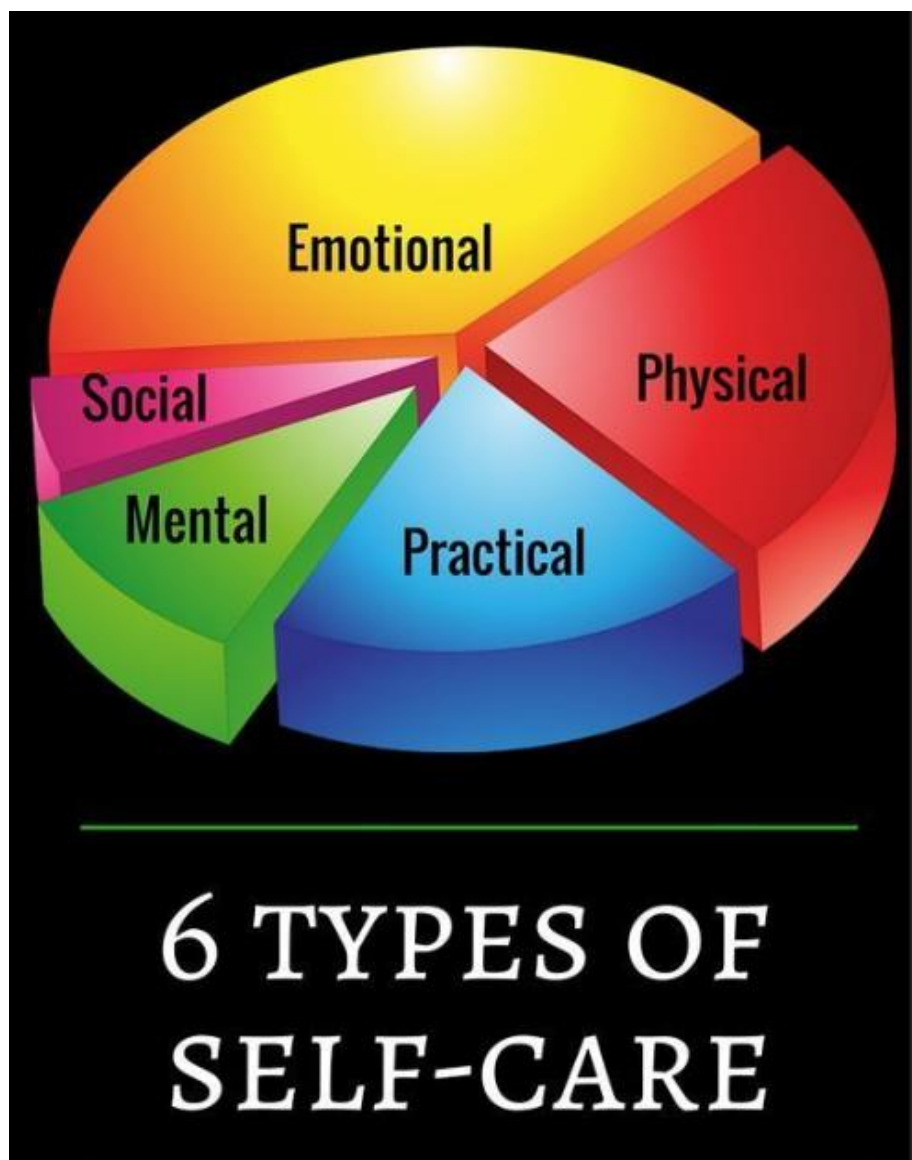


Compassion fatigue tips

1. **SELF-REGULATION:** Discovering techniques to control your nervous system so that you can relax your body during stressful situations.
2. **INTENTIONALITY:** Reflecting back on why you became a caregiver. What Powers called “your personal creed.”
3. **PROFESSIONAL MATURATION:** Remembering the ways you contribute and the good you do.
4. **CONNECTION:** Finding other caregivers you can talk to.
5. **SELF-CARE:** Leaving work concerns at work and taking care of yourself.

Self-care is essential.

Put your own
oxygen mask
on first.



2 minutes

- Breathe
- Stretch
- Daydream
- Take your stress temperature
- Laugh
- Doodle
- Acknowledge one of your accomplishments
- Say no to a new responsibility
- Complement yourself
- Look out the window
- Spend time with your pet
- Share a favorite joke

5 minutes

- Listen to music
- Have a cleansing cry
- Chat with a co-worker
- Sing out loud
- Jot down dreams
- Step outside for fresh air

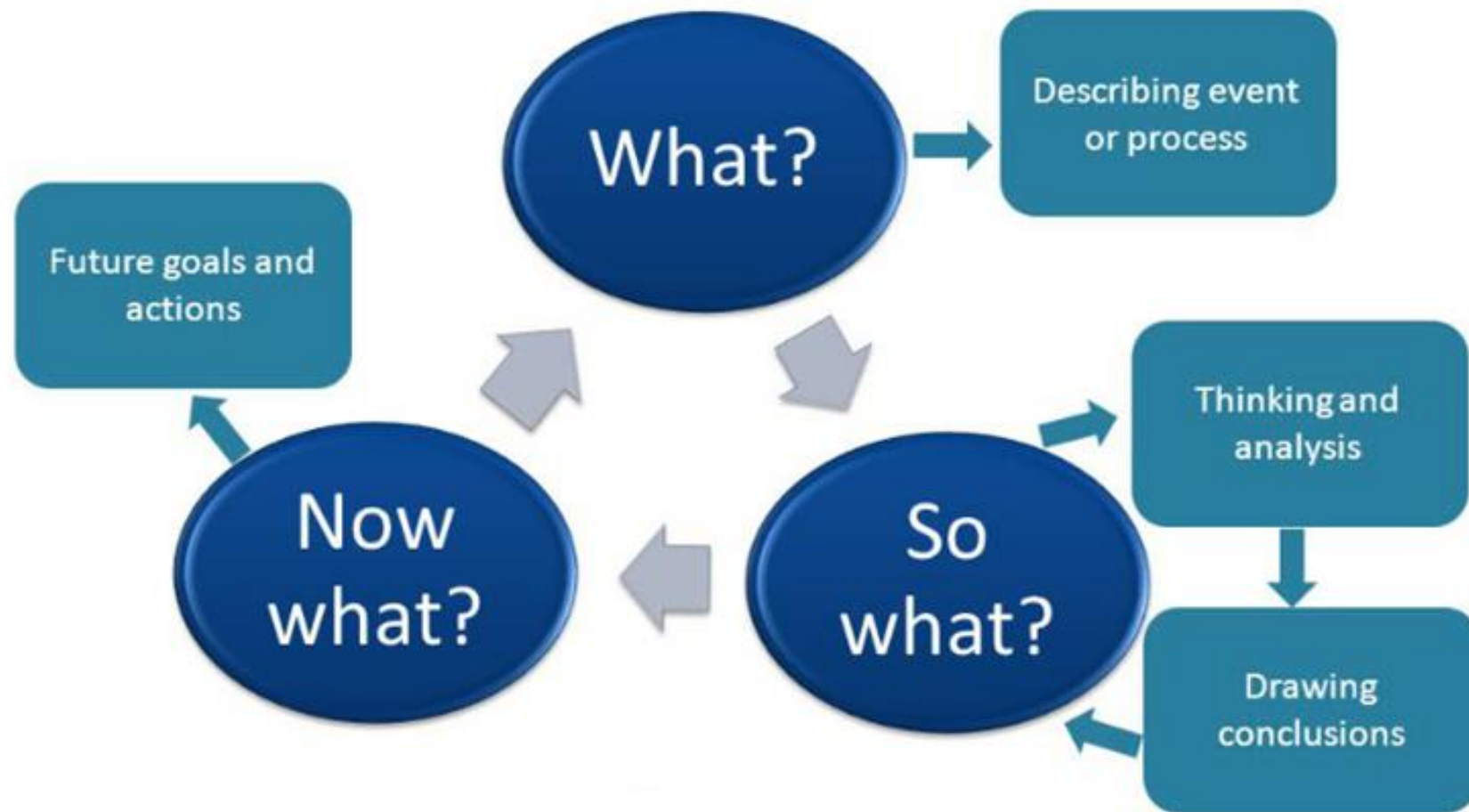
10 minutes

- Evaluate your day
- Write in a journal
- Call a friend
- Meditate
- Tidy your work area
- Assess your self care
- Draw a picture
- Dance
- Listen to soothing sounds
- Surf the web
- Read a magazine

30 minutes

- Get a massage
- Exercise
- Eat lunch with a co-worker
- Take a bubble bath
- Read non-work related literature
- Spend time in nature
- Go shopping
- Practice yoga

REFLECTIVE PRACTISE – ADAPTIVE ACTION



(Borton, 1970)

Stop.
Take a breath.
Observe your thoughts and feelings.
Pause. Proceed mindfully.



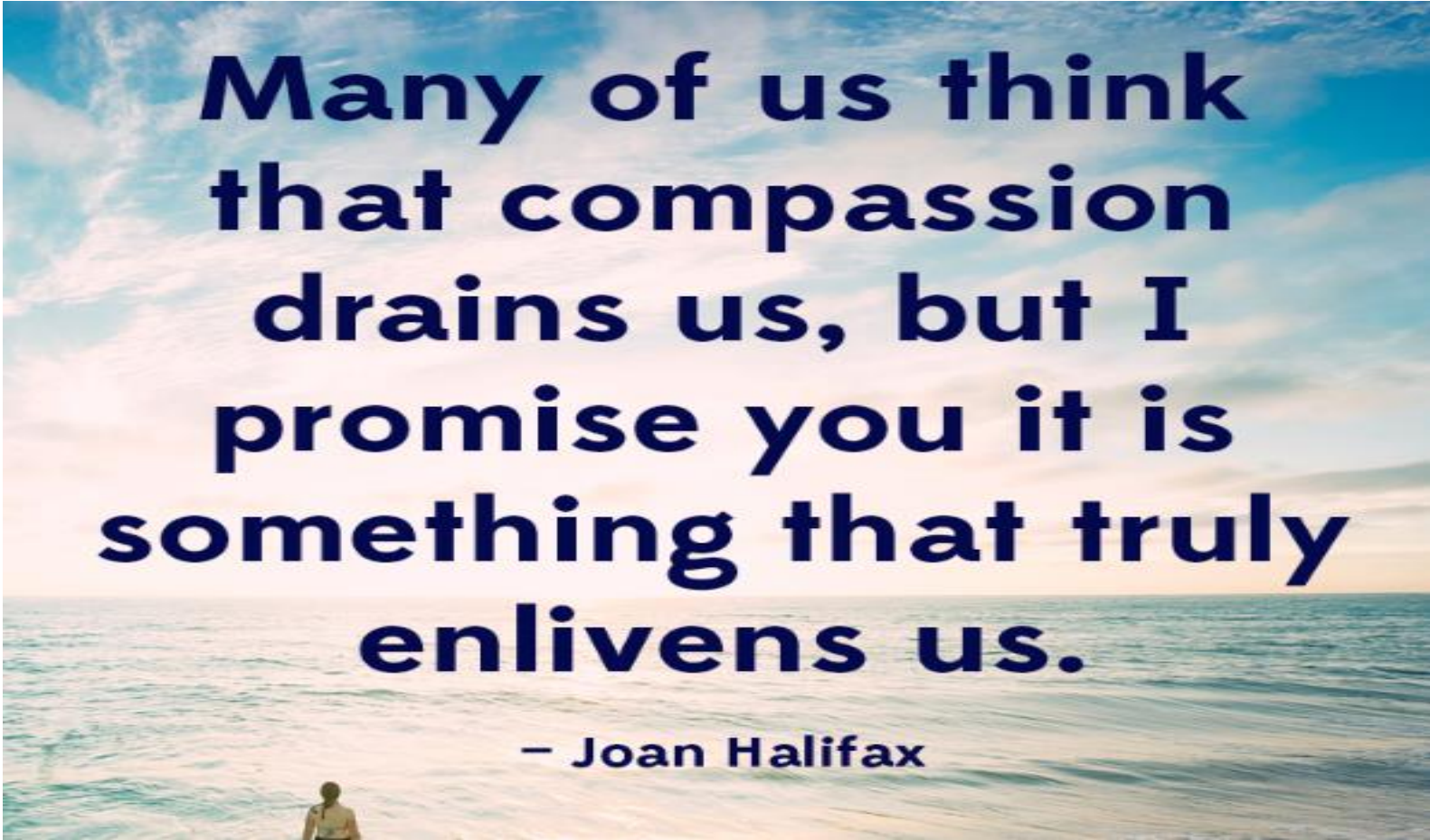
"Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our freedom".

Viktor Frankl.

SELF-COMPASSION

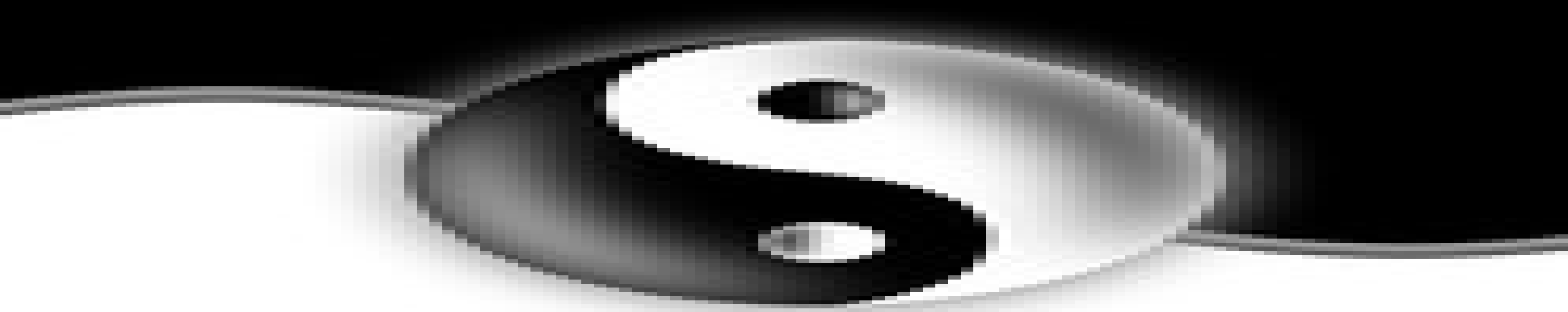
**If your
COMPASSION
does not include
YOURSELF
it is incomplete.
- Jack Kornfield**

COMPASSION SATISFACTION

A quote by Joan Halifax is displayed in large, bold, dark blue serif font over a background image of a beach at sunset. The text reads: "Many of us think that compassion drains us, but I promise you it is something that truly enlivens us." Below the quote, the attribution "– Joan Halifax" is written in a smaller, dark blue serif font. The background image shows a person standing on a sandy beach looking out at the ocean under a sky with soft, colorful clouds.

**Many of us think
that compassion
drains us, but I
promise you it is
something that truly
enlivens us.**

– Joan Halifax



To sustain our passion and love of our work,
we must experience **COMPASSION SATISFACTION** on a regular basis.
Compassion satisfaction helps balance out compassion fatigue.
Together, they are the yin and the yang, the good and the bad,
the pleasure and the pain, the dark and the light.

“We realize the importance of light when we see darkness.”
—Malala Yousafzai, *I am Malala*

QUESTIONS?

If you are looking for more resources and support, please visit:

<http://www.clri-ltc.ca/COVID19>

REFLECTION

- Are you experiencing compassion fatigue?

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