

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

SUFFERING – BEING PRESENT

PRESENTED BY: RUTH RICHARDSON, PALLIATIVE CARE NURSE EDUCATOR
ALGONQUIN COLLEGE
FRIDAY, MAY 15, 2020

ACKNOWLEDGEMENT

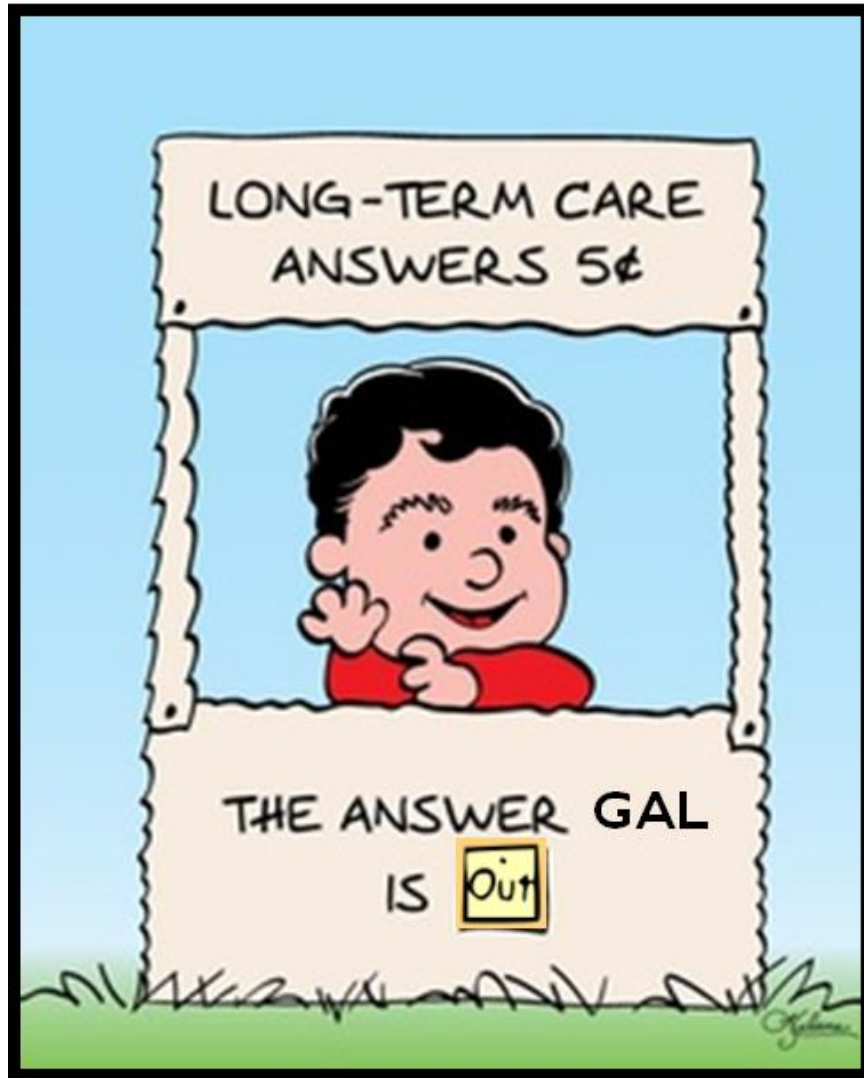


This webinar is supported in part with funding from the Government of Ontario through the Ontario CLRI at Bruyère. The views expressed herein do not necessarily reflect the views of the Province.

**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

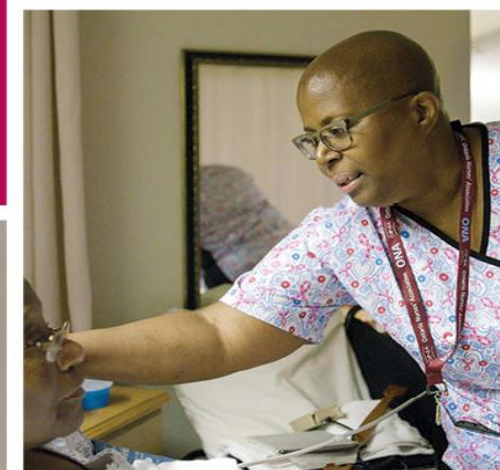
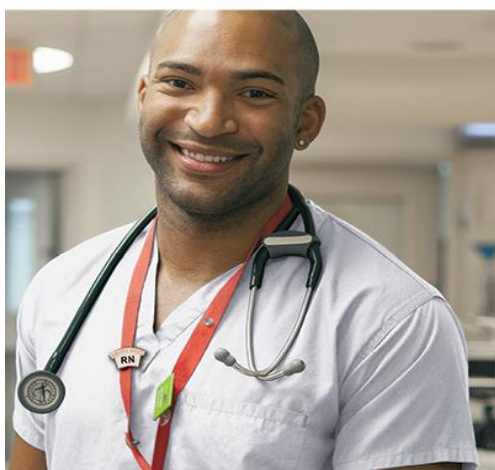
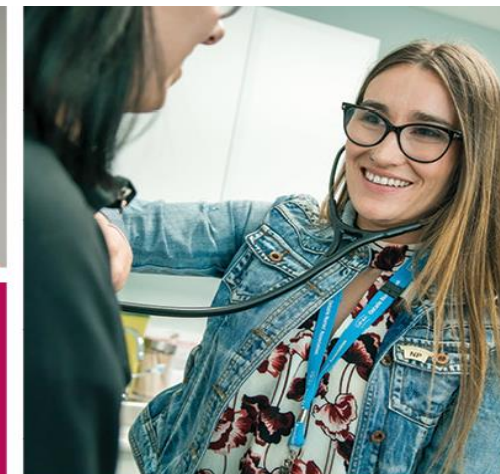
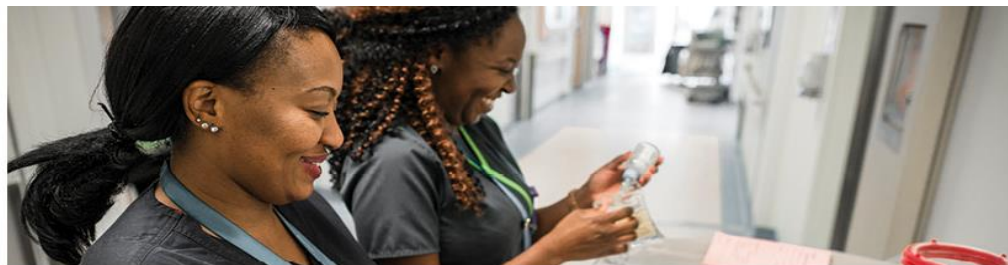
Suffering is a part of life

May I be kind to myself

May I give myself the compassion I need

-Kristin D. Neff

OUR CALLING



Celebrate Nursing Week May 11-17, 2020

Our Calling:
Care, Compassion, Comfort

 Ontario Nurses' Association
www.ona.org #ItsMyCalling

OUR CALLING



PALLIATIVE CARE IS COMMITTED TO:

“...healing, and that is something different from curing. Healing is to make a person whole, to relieve **SUFFERING and to give the individual a sense of who he or she is as a person.”**

“Palliative care is person-centered, not disease-centered.”

Dr. Larry Librach

HPC AIMS TO ADDRESS SUFFERING



SUFFERING, a state of distress associated with events that threaten the intactness of a person and are accompanied by a perceived lack of options for coping.

It is individual in its origins and expressions.

It is intensely private. - Cassell (1991)

www.chpca.net/norms

MULTIDIMENSIONALITY OF SUFFERING

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



SACRED ART OF LISTENING- BEING A HEALING PRESENCE

- Listening with an open heart, and remaining unconditionally and compassionately present, is the essence of supporting individuals toward end of life and death.
- **HEARTWORK** - for you and for those you care for.



FRAMEWORK: SPIRITUAL AND EXISTENTIAL MATTERS

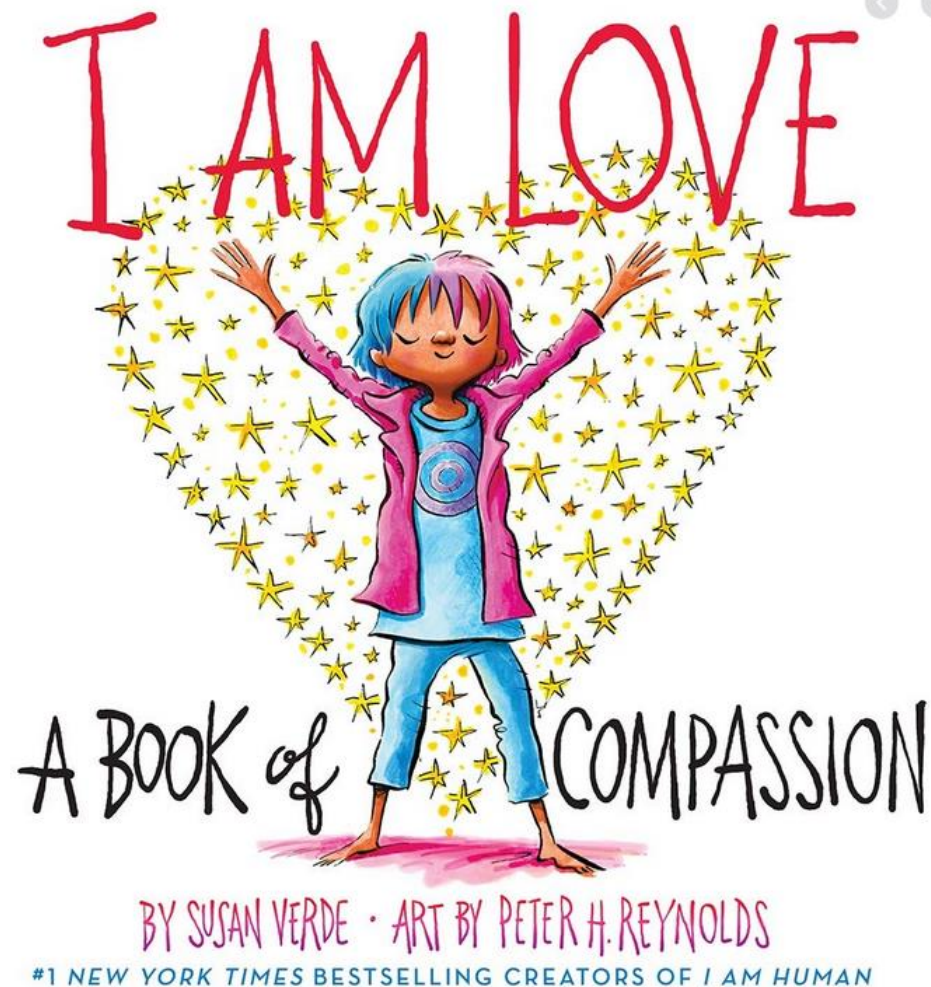
- Self-awareness (S),
- Assessing the patient (A),
- Compassionate presence (C),
- Referring for additional spiritual support (R),
- Dialogue (D) = SACR-D”.

*“Being listened to
is so close to being
loved that most
people cannot tell
the difference,”
~ David Oxberg*

Sinclair, S. and Chochinov, H.M. (2012), ‘Communicating with patients about existential and spiritual issues: SACR-D work’ in Progress in Palliative Care Vol 20, No 2, W, S, Maney and Son.

BEING PRESENT

I put my hands on my heart and listen.
And that is where I find the answer:
I have compassion.
I act with tenderness.
I am love.



PREPARING TO BE PRESENT

STOP - SLOW DOWN

- Take a moment
- Take the time to connect to residents and family
- Look at what is happening
- Listen to what is going on in your mind/emotional state
- Calm down – deep breath
- Be present in the moment



BEING A PRESENCE – Things to Consider

- Stop talking.
- Listen with no judgement.
- Listen to understand - validating empathy and compassion.
- Allow for silence - Pause – “Is there anything else?”
- Be aware of whose needs are being met, yours or theirs?
- Be curious and appreciative to what you are listening too.
- Ask for clarification.
- Be open to both rejoicing in and learning from your engagement, be attentive to your own inner work and voice.



INTENTION – Remember: Intention is Everything

- If your intention is to:
 - Rush in,
 - Make small talk
 - Do a task
 - Get out fast - **THE RESIDENT WILL SENSE THAT**
- If your intention is to:
 - Make the person feel encouraged,
 - Cared for by a caregiver intervention
 - Love and respect
 - Listen with empathy
 - Or to share a smile, **THE RESIDENT WILL SENSE THAT TOO**



REMAINING PRESENT

I am only one,
but still I am one.
I cannot do everything,
but still I can do something,
and because
I cannot do everything
I will not refuse to do something
that I can do.



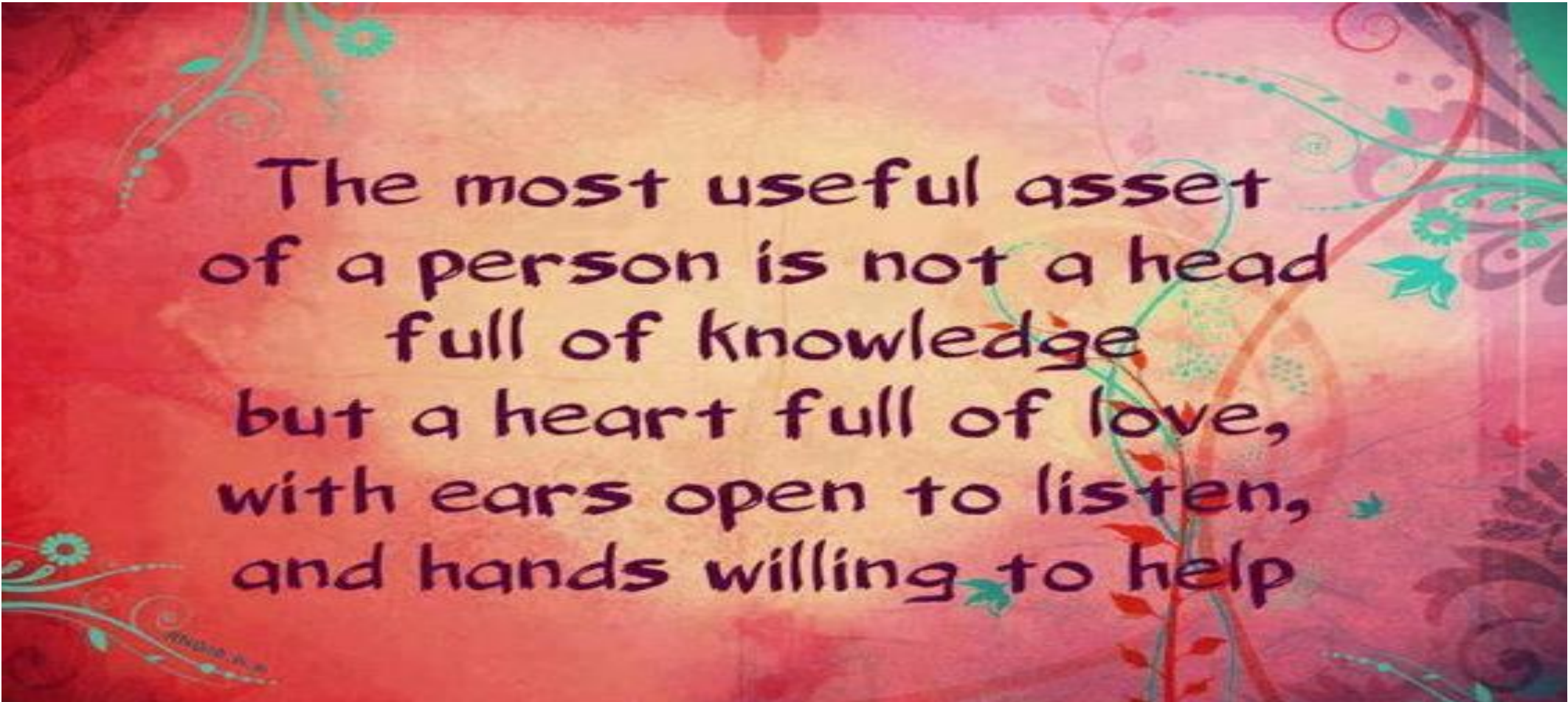
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– Helen Keller



THANK YOU, THANK YOU



The most useful asset
of a person is not a head
full of knowledge
but a heart full of love,
with ears open to listen,
and hands willing to help

QUESTIONS?

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

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

REFLECTION

- How do I balance my suffering in the presence of others' suffering?

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