

MOVING POINTS IN PALLIATIVE CARE 22ND ANNUAL CONFERENCE
Self Care & Compassion In Healthcare
Tuesday 25 April 2017

Workshop 1

Schwartz Rounds with Dr. Joan Cunningham & Ms. Ger Tracey

Schwartz Rounds provide a structured forum where all staff, clinical and non-clinical, come together regularly to discuss the emotional and social aspects of working in healthcare. The purpose of Rounds is to understand the challenges and rewards that are intrinsic to providing care, not to solve problems or to focus on the clinical aspects of patient care. Rounds can help staff feel more supported in their jobs, allowing them the time and space to reflect on their roles. Evidence shows that staff who attend Rounds feel less stressed and isolated, with increased insight and appreciation for each other's roles. They also help to reduce hierarchies between staff and to focus attention on relational aspects of care. The underlying premise for Rounds is that the compassion shown by staff can make all the difference to a patient's experience of care, but that in order to provide compassionate care staff must, in turn, feel supported in their work.



Dr Cunningham is a graduate of Queen's University Belfast. She completed specialist training in Palliative Medicine in the Republic of Ireland in 2007. She has worked as a consultant in Palliative Medicine for Our Lady's Hospice and Care Services since then and was appointed Medical Director for the organisation last year. She is the clinical lead for Schwartz Rounds in Blackrock Hospice which was one of 2 pilot sites selected by the Quality Improvement Division of the HSE to trial Schwartz Rounds in an Irish setting in 2016. Joan along with her colleague Ger Tracey will share their experience of Schwartz Rounds and the impact it has had so far and run a Schwarz Round at the workshop.



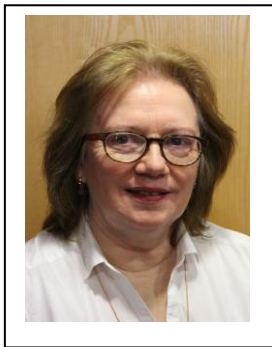
Ms. Tracey is the Blackrock Hospice Assistant Director of Nursing & Operations. She has 20 years' experience working in specialist palliative care, and has gained extensive experience in various settings including specialist palliative in-patient care, community specialist palliative care, day hospice, education, areas of audit and policy. Geraldine completed her Masters in Nursing in 2003 and the Advanced Practice Modules at University College Dublin in 2006. She has been involved in the Schwartz Project from the start and is passionate about the initiative.

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Workshop 2

Mindfulness for Health Care Professionals with Dr Ursula Bates

We are all naturally loving beings. Fear and stress cause us to contract into a protective safe space. Mindfulness practice helps us to ground ourselves and stabilise our hearts and minds. The Loving Kindness Meditation leads us to develop a healthier relationship with ourselves, supporting us in openness to experiencing love in our own being. It cultivates empathy and compassion for ourselves and others, and connects us in an open hearted way with the life around us. This workshop will include, grounding exercise, coming to the breath and the loving kindness exercise from Jon Kabat Zinn's work. The facilitator will lead an inquiry following the exercise and share her work and experience in using mindfulness with palliative care patients



Dr Ursula Bates D.Psych (Reg. Psychol) Group Analyst (Lond.), is Head of Psychology at Our Lady's Hospice and Care Services, she is also a mindfulness teacher and principal chartered clinical psychologist. Recent publications include: Mindfulness in Palliative Care, Galway 2016; She is a contributing author in Mindfulness Based Cognitive Therapy for Cancer Wiley 2011. She has studied, researched and practiced mindfulness since 2002. Currently she teaches mindfulness to staff in OLHCS and is interested in the benefits of mindfulness for patients at end of life.

Workshop 3

The Self Care Imperative in Compassion Based Work with Ms Karen Brennan

Caring can be tough sometimes and fatigue can occur when we focus on the needs of others without devoting sufficient energy to our own wellbeing. As helping professionals it is imperative that we balance giving and receiving to alleviate stresses and a sense of depletion. This practical workshop will focus on the two keys to staying well in caregiving roles with demonstrations of highly effective relaxation techniques which can be easily applied back at work. The link between stress in the mind and the body means that a joined up thinking approach is needed for effective stress management and wellbeing. Self Care for Carers' training encourages a whole person body, mind and spirit understanding. In feedback, around 95% of past participants said they would either "recommend" or "strongly recommend" our training to other colleagues working in caring roles. Simple to implement yet powerful, these techniques can change how you feel, reduce fatigue and release energy.



Ms Karen Brennan is founder of Self Care for Carers, Ireland's leading organisation providing healthy caregiving strategies in health and social care settings. Karen is a passionate speaker, teacher and writer in the area of compassion fatigue relief through energy management. She trained in Psychology BSc. MSc. (Psych) and worked in acute care roles before specialising in Compassion Fatigue Education after observing the effects of stress and trauma on caregivers. Karen is an Advanced Tutor with an international trauma relief organisation and regularly contributes to nursing and healthcare publications. From 2002-2005, she moved to Asia in order to spend time in Buddhist monastic practice as a way of developing the mind and heart towards greater compassion. Self Care for Carers clients include the International Migration Organisation, the NHS, HSE HR Directorate, Our Lady's Hospice and Care Services, The Alzheimer Society, UL Hospitals, St Vincent's Private Hospital.