




Self care

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What are the roles of a
palliative care nurse ?




What are your feelings when you saw a dying child?





What are your feelings when you saw a desperate parent?



A close-up profile of a dog's head, likely a Weimaraner, looking down towards a field of flowers. The dog's face is in the upper right corner, with its eye and snout visible. The background is a soft, out-of-focus green field. In the foreground, there are several white, fluffy flowers and some blue flowers. The overall mood is peaceful and contemplative.

What are your reactions when
your young patients passed ?



What are your difficulties in your work ?





What are your expectations ?



Compassion fatigue (CF)

- has similar symptoms to burnout
- is a preoccupation with absorbing trauma and emotional stresses of others
- this creates a secondary traumatic stress in the helper
- is a condition characterized by a gradual lessening of compassion over time
- is common among workers who work directly with victims of disasters, trauma, or illness, especially in the health care industry
- exhibit several symptoms including hopelessness, a decrease in experiences of pleasure, constant stress and anxiety, sleeplessness or nightmares, and a pervasive negative attitude



Help yourself

➤ **Stress reduction and anxiety management**

- Taking a break from work
- participating in breathing exercises
- exercising
- other recreational activities
- Conceptualizing one's own ability with self-integration from a theoretical and practice perspective
- establishing clear professional boundaries
- accepting the fact that successful outcomes are not always achievable

➤ **Social self-care**

- Maintaining a diverse network of social support, from colleagues to pet
 - Promotes a positive psychological state



➤ **Self-compassion as self-care**

- use self-compassion as part of their self-care regime have had higher instances of psychological functioning.
- The counselors use of self-compassion may lessen experiences of CF that the counselor might experience through hearing clients stories. ^{It} is beneficial for both clients and counselors.

➤ **Mindfulness as self-care**

Self-awareness as a method of self-care might help to alleviate the impact of compassion fatigue



Burnout

- ◆ This is not just damaging to the individual, but also to the team and patients
- ◆ Factors may come from different aspects
 - Personal factors
 - Psychological factors
 - Organisational factors
 - Team factors
 - Patient factors



Know your heart/feelings

- Be calm and review your feelings
- Be honest and real with yourself
- Understand the cause of your feelings
- Accept your emotion and reactions
- Ventilate properly
- Explore your real needs from your heart



When you are facing a grieving/ desperate parent, you can:

- understand what are these reactions
- understand everyone is different
- don't personalize
- respect others such as different religion,
belief, culture
- remember your roles
- realize your limitations






**Asking for help is
not a failure**



**Get strengths from your
team**



Don't forget the
beginning of your heart
always

A birthday cake with lit candles, balloons, and cookies in the background.

Thank you

You will enjoy good health. You
will be surrounded by luxury.