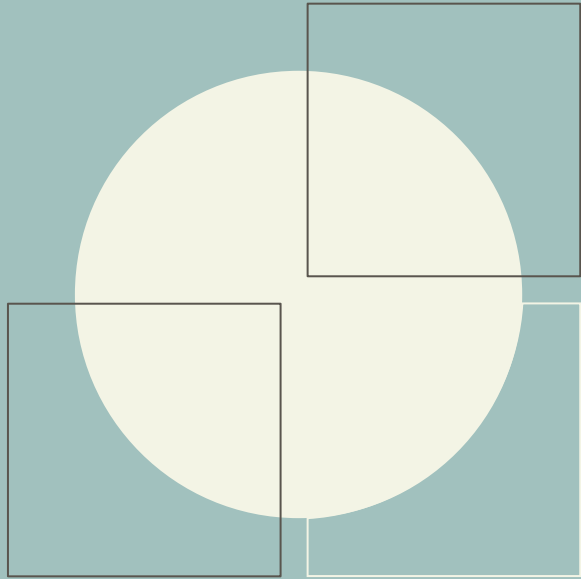


Welcome

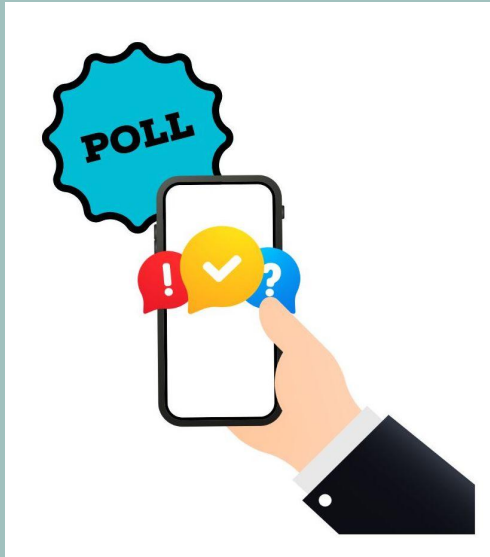


Coping Strategies

Death of a Patient and the Medical Professional

Instructor Name
vILT Presentation Date

Poll



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Have you experienced the death of a patient?

① Start presenting to display the poll results on this slide.

Announcements



Learning Objectives



Identify

physical, mental, emotional, and social effects of patient deaths on medical professionals.

Explain

how thoughts, emotions, and behaviors are connected.

Construct

an individual plan to use short and long term coping strategies to build resilience.

Employ

assertive communication to express needs and feelings.

Poll



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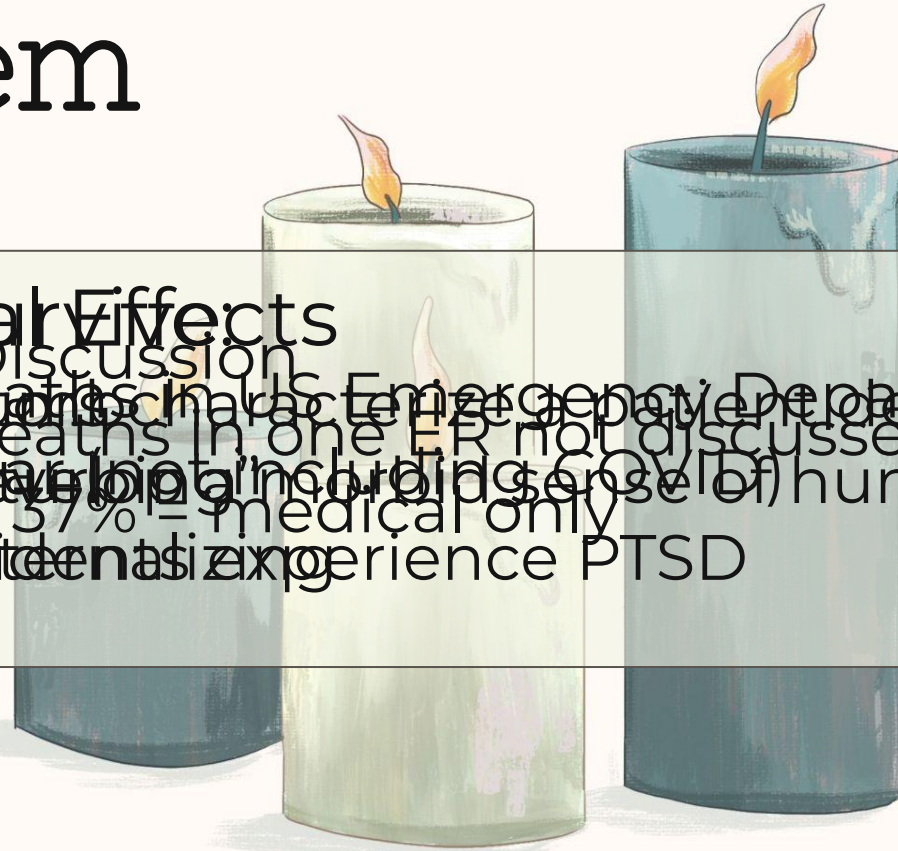
What did you experience around processing the experience after the death of a patient? (If you have experienced more than one death, focus on the most recent.) Select as many as are relevant to your situation.

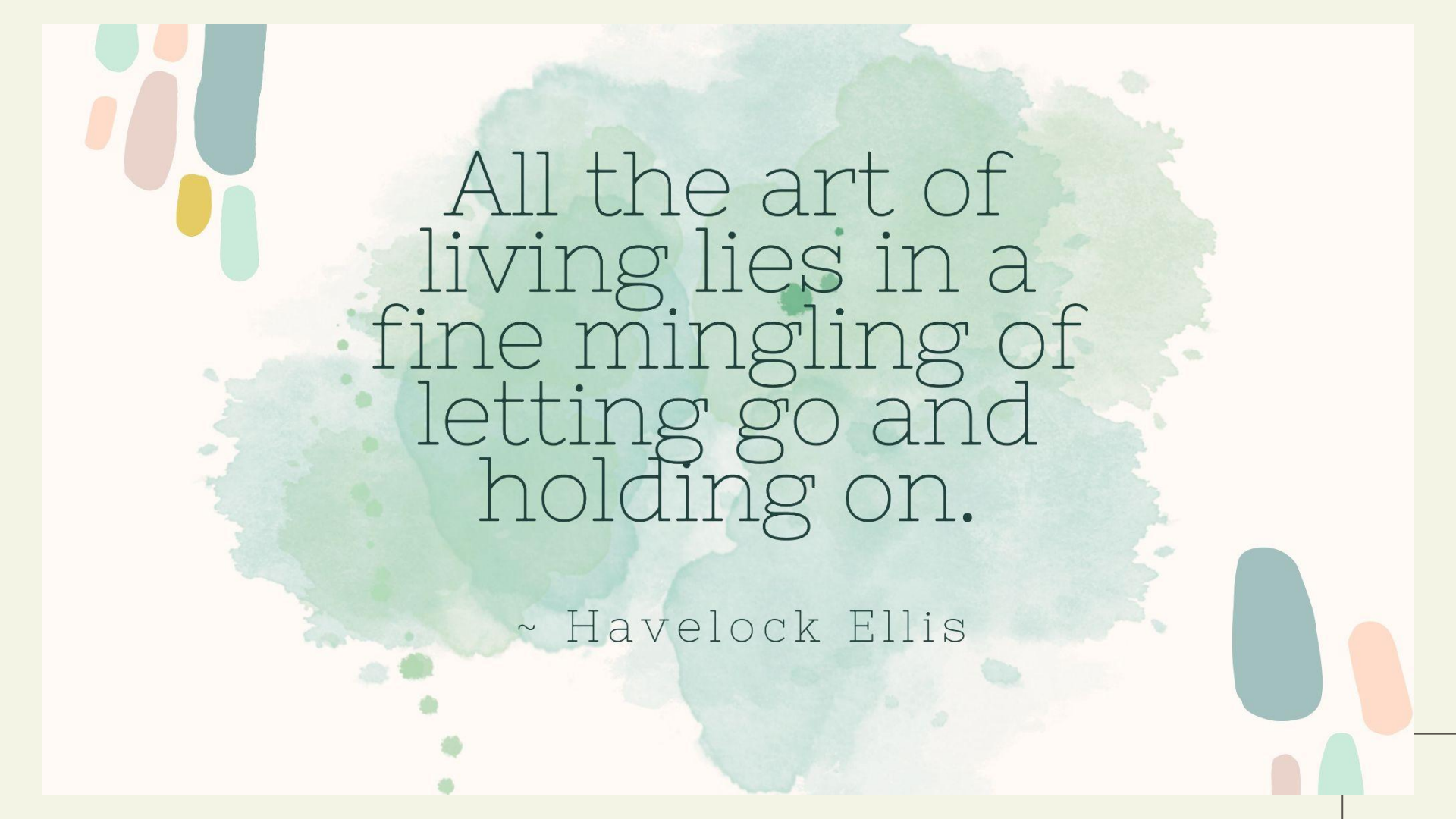
① Start presenting to display the poll results on this slide.

Problem

Emotional Effects

- 250,000 deaths annually in U.S. Emergency Departments
- 65% deaths in one ER not discussed
- Other 37% = medical only
- 30% Residents experiencing PTSD

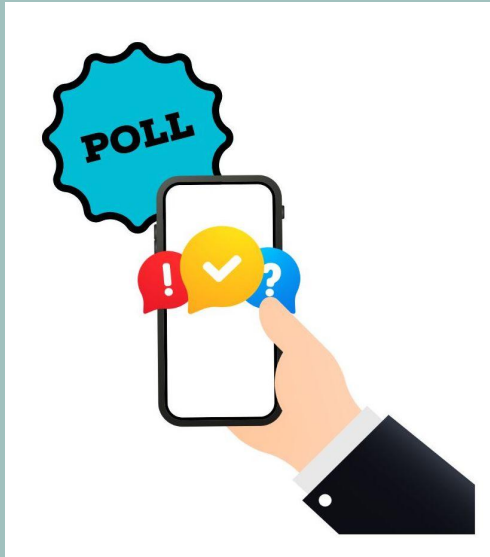


The image features a central watercolor splash in shades of green and teal. In the top-left and bottom-right corners, there are clusters of abstract, rounded shapes in various colors including teal, orange, pink, and yellow. The background is a light, pale green.

All the art of
living lies in a
fine mingling of
letting go and
holding on.

~ Havelock Ellis

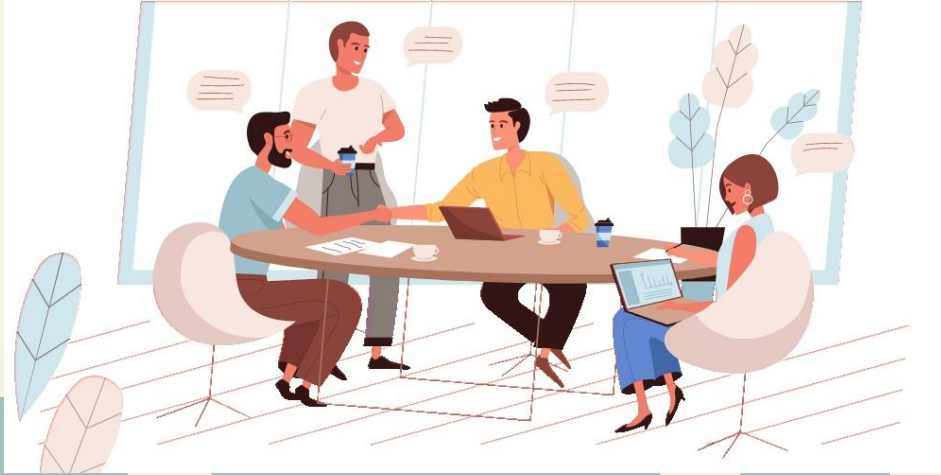
Word Cloud



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Think about your experiences with patient death. Type in a word or phrase about your personal experiences - how did you feel? How did it affect you? You can type several words or phrases if you would like; hit enter after each one.



Breakout Rooms

- Share one experience that sticks with you.
- What were the effects of that experience on you:
 - as an individual?
 - as a medical professional?
- What support did you get to help you through that experience?

15 minutes

Share

Directions:

Choose a sticky note to share your thoughts and feelings after the breakout room.

- a. What common themes did your room share?
- b. What feelings did sharing bring up for you?
- c. How did it feel to talk about these experiences with other medical professionals?



Common Experiences

Feeling loss, guilt, failure to meet own expectations, fear, questioning, sadness, bitterness, emptiness, numb, impaired

Emotionally exhausted

Confronting own mortality - and family / friends

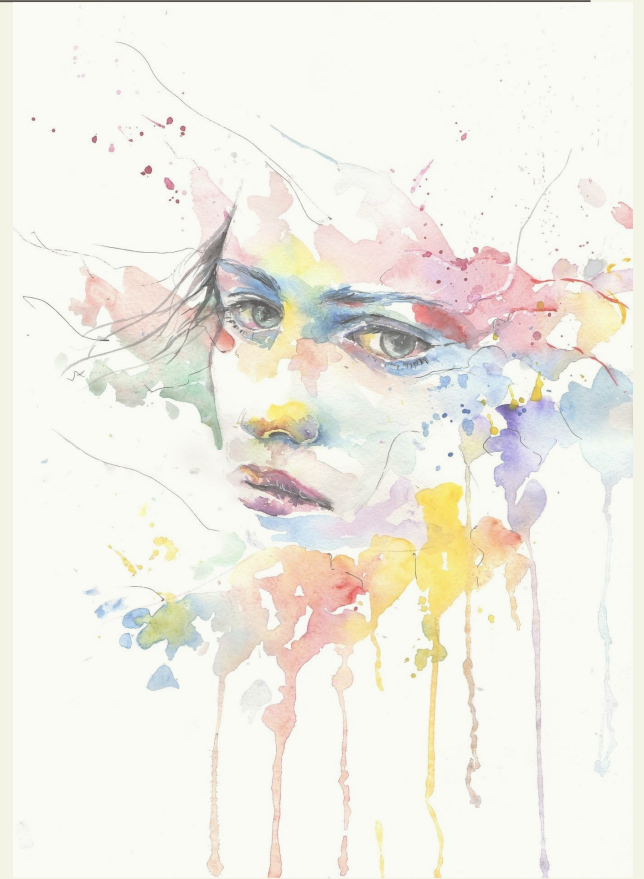
Question competence

Need to be strong for others

Comparing feelings / reactions to others

Let down by medical system

Worried about malpractice

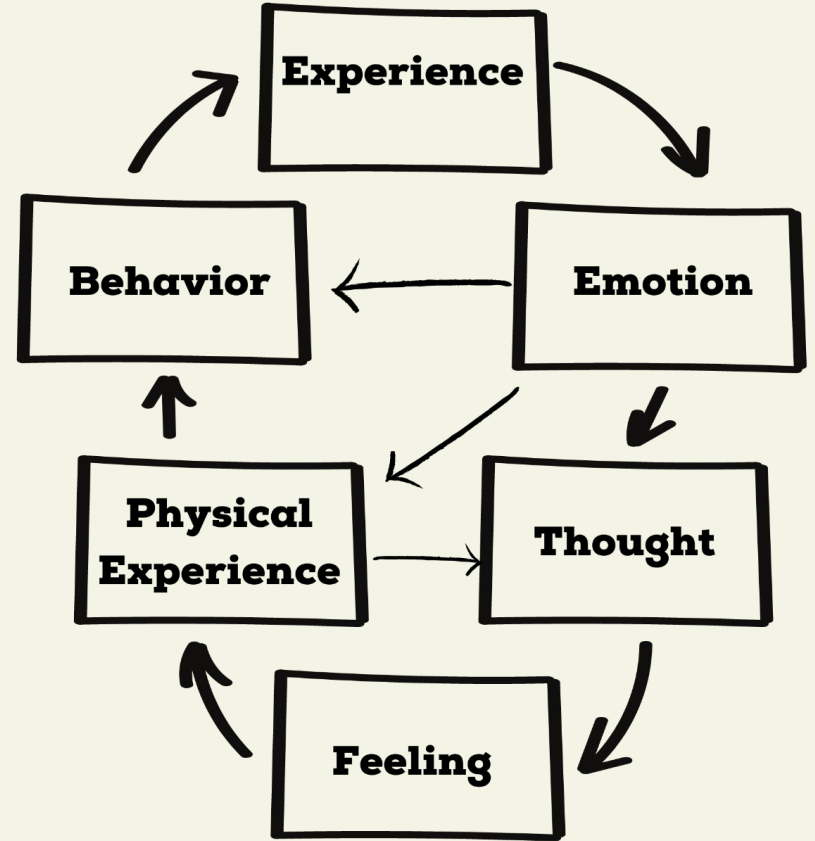


Check In

Break



MEBB: Mind, Emotions, Body, Behavior



Solo Reflection Activity

Directions:

Think about a recent event or situation where you felt strong emotions. Close your eyes and put yourself in that situation again. Imagine the day, what it looked like, felt like. What was the temperature? Who was there? To the best of your ability relive that event.

Now, grab a piece of paper and pen or a computer and answer the following questions.

- 1) What were your thoughts?
- 2) What were you feeling?
- 3) How did you behave?

** What were the facts of the event that your brain was making sense of through those thoughts, feelings, and behaviors? How did they help you manage the events?

Share

Directions:

Choose a sticky note to share your thoughts and feelings after self-reflection.

- a. What did you notice about the ways your brain tries to make sense of stress?
- b. How were your thoughts, behaviors, physical self, and emotions connected – or not?
- c. How did it feel to look back and analyze that event from a distance?





Coping Strategies

Your well being and resilience **MATTERS.**

- For you
- For your family and loved ones
- For the care of your patients and colleagues

Everyone deals differently. But to your family and loved ones, you will eventually have to deal with the thoughts and emotions that come with the death of a patient.

Breakout rooms (6 minutes)

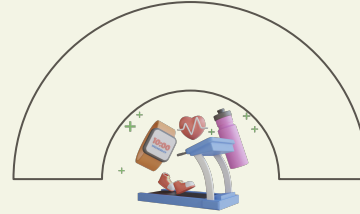
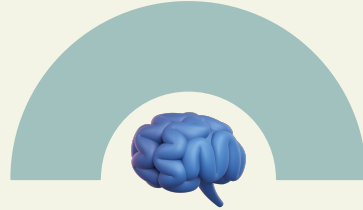
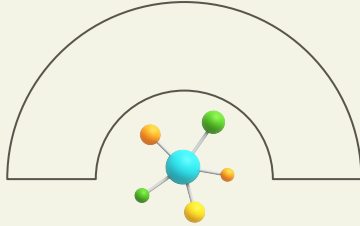
Directions:

As a group, brainstorm as many healthy coping strategies that you can in these four categories:

- Physical well-being
- Mental
- Spiritual
- Social

Consider both short-term (in the moment) and long-term (to develop resilience) strategies

In the moment



Social	Mental	Physical	Spiritual
<ul style="list-style-type: none">● Acknowledge the weight● Talk● Sit with pain● Awareness	<ul style="list-style-type: none">● Focus on what you control● Mental break● Slow breathing	<ul style="list-style-type: none">● Physical break● Exercise● Lay down● Go outside	<ul style="list-style-type: none">● Meditate● Pray● Feel emotions● Nature

Long term strategies



Social	Mental / Spiritual	Physical	Training
<ul style="list-style-type: none">• Peers• Support group• Counseling• Connection• Local resources• Patient funeral• Provide resources	<ul style="list-style-type: none">• Meditate• Chunk• Gratitude• Prioritize• Schedule self• Create meaning• Self-awareness• Volunteer• EMBRACE JOY	<ul style="list-style-type: none">• Lower heart rate• Prioritize sleep• Appropriate outlets• Physical activity• Preventive Care visits	<ul style="list-style-type: none">• GRIEV_ING training course

Others?

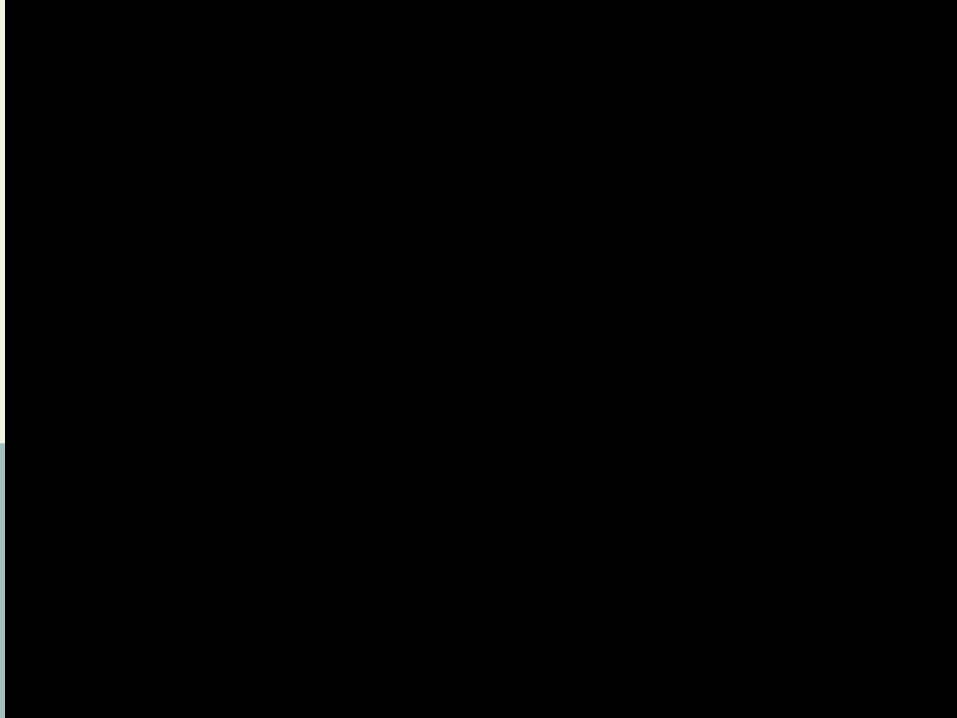
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Open Text response - will show on screen

Look back at the list you brainstormed with your group. Are there others we should add to our list?

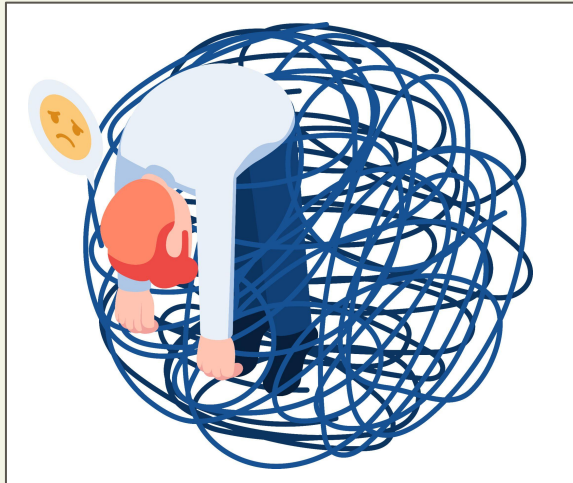
Construct a plan to develop resiliency

- Identify three things you believe might help you to do at the time a patient dies.
- Identify three things you can start doing now to develop resiliency to support you when a patient dies.



Communicating About Emotion

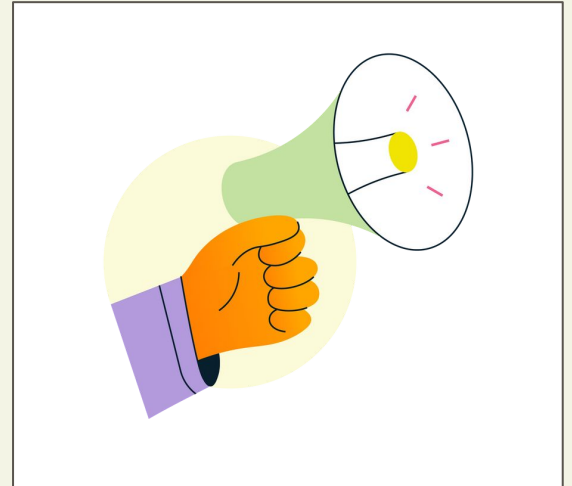
Being understood is a basic human need.



Embrace
the mess.



Name the
emotion.



Practice
self-advocacy.

Assertive Self-Advocacy



01

Identify needs



02

Identify emotion



03

State the why



06

Questions, anything else they want to discuss?



05

Acknowledge appreciation



04

Clearly state request

Practice in Breakout Rooms (6 minutes)

- Brainstorm ways to assertively self-advocate to have needs met in each of the 2 scenarios.
- Come up with three different ways of stating a need for each scenario.

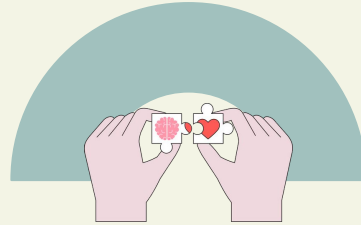
Scenario 1:

You are feeling a flood of emotions after one of your long-term patients dies in an accident and feel as though you are not performing well in your job. Ask your boss for time away from the job to heal.

Scenario 2:

While doing rotations, you witness a young patient die from complications of pneumonia. Having a family member roughly the same age, it hit you very hard. Communicate with your family about having your needs met.

Summary



Effects	MEBB connection	Coping Skills	Assertive Communication
<ul style="list-style-type: none">● Physical● Mental● Emotional● Social	<ul style="list-style-type: none">● Mind● Emotions● Body● Behaviors	<ul style="list-style-type: none">● Short and Long-term● Social● Mental● Spiritual● Physical	<ul style="list-style-type: none">● Need / Emotion / Why / Request / Appreciation / Questions● Rights / Records

Word Cloud



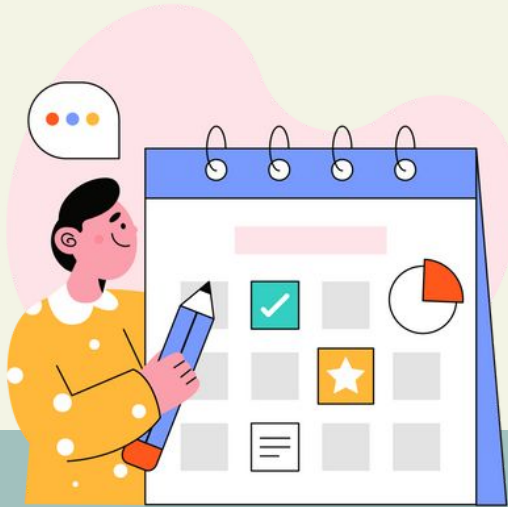
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**What will you take away
from today's workshop?**

Challenge

Develop and implement your action plan.



Connect with a trusted colleague about their experiences.



Schedule one preventive care or mental health visit.



Questions & Comments