

Coping Strategies after Patient Death For Medical Professionals

Session 1 of 1



Participant Guide

Updated April 2023

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General Information

Agenda

1. Welcome
2. Patient Death - Numbers, Experiences, Effects on Medical Professionals
3. Break
4. Coping Strategies & Communication
5. Develop Individual Plan
6. Summary
7. Q&A

Time

This course will be 150 minutes (2.5 hours) long with a 10 minute break and several self-reflection periods.

Suggested Materials and Supplies

- Zoom connection
- Smart phone, tablet, or computer with web capabilities
- Paper and pen or word processing software
- Highlighters, markers, colored pencils, if desired
- Online participant guide

Technology Considerations

All participants will need access to a computer, laptop, tablet, or phone with internet capabilities, a camera, and microphone.

- Zoom
- All participants will need to access a separate web page during the presentation for polls and Q&A
- Optional use of Participant Guide on Google Docs

Slido.com







This course uses the site slido.com for participants to engage in interactive polls, group word cloud generation, and question and answer features.

The code for the course will be given to you and will be the same throughout the entire course.





Code: _____

Visual Cues

Visual cues are used throughout the course to help you quickly and easily organize, recognize, and navigate through content. Cues used in this course are outlined below.

Visual Cue	English translation	Visual Cue	English translation
	Time		Poll
	Do		Breakout Room / Group activity
	Steps of an activity		Group share




Learning Objectives

Learning Objectives			
			
Identify	Explain	Construct	Employ
physical, mental, emotional, and social effects of patient deaths on medical professionals.	how thoughts, emotions, and behaviors are connected.	an individual plan to use short and long term coping strategies.	assertive communication to express needs and feelings.




Course Guide

Directions: Use this guide to follow along with the facilitator.




1. Poll 1

Time	Activity	Directions
		
2 min	Poll	<ol style="list-style-type: none">1. Scan the QR code on the screen or visit slido.com and enter the numerical login number.<ol style="list-style-type: none">a. This will be the identical number and site throughout the course.2. Answer the question on the screen.3. Click the green "Send" button.

2. Poll 2

Time	Activity	Directions
		
2 min	Poll	<ol style="list-style-type: none">1. Scan the QR code on the screen or visit slido.com and enter the numerical login number.<ol style="list-style-type: none">a. This will be the identical number and site throughout the course.2. Answer the question on the screen.3. Select as many as are relevant to you.4. Click the green "Send" button.

3. Word Cloud 1




Time	Activity	Directions
		
2 min	Word Cloud	<ol style="list-style-type: none">1. Scan the QR code on the screen or visit slido.com and enter the numerical login number.<ol style="list-style-type: none">a. This will be the identical number and site throughout the course.2. Answer the question on the screen.3. Click the green “Send” button.4. If you’d like to submit additional answers, you may.

4. Breakout Room: Share

Time	Activity	To Do
15 min	Breakout Rooms	<p>In Breakout Rooms, each person should share about their own experiences. (In 15 minutes, each person should have 3-5 minutes.)</p> <ul style="list-style-type: none"> • Share one experience that sticks with you. • What were the effects of that experience on you: <ul style="list-style-type: none"> • as an individual? • as a medical professional? • What support did you get to help you through that experience? <p>When we return to the large group, you will have an opportunity to share your thoughts from this activity..</p>

Notes:

5. Group Share from Breakout Rooms

Time	Activity	To Do
		
5 min	Group Share on Zoom Whiteboard	<p>Share your thoughts and takeaways from your breakout room. Choose a sticky note and type right on it.</p> <p>Some of the things you might want to share are:</p> <ol style="list-style-type: none"> What common themes did your room share? What feelings did sharing bring up for you? How did it feel to talk about these experiences with other medical professionals?

Notes:

6. Common Experiences & Effects

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

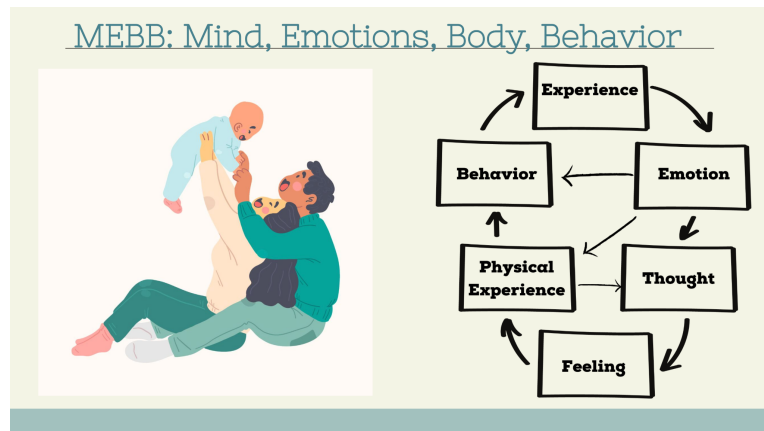
Notes:

7. Check-In

Time	Activity	Directions
		
3 min	Q&A	<ol style="list-style-type: none"> 1. Scan the QR code on the screen or visit slido.com and enter the numerical login number. <ol style="list-style-type: none"> a. This will be the identical number and site throughout the course. 2. Type in any questions or comments that you have. 3. You may choose to remain anonymous or you may choose to enter your name. 4. Click the green “Send” button. 5. If you’d like to submit additional questions or comments, you may. 6. You can upvote any questions that others have asked if you share the question or comment. 7. If we run out of time now, questions and comments will be revisited throughout the course.




8. Break

9. Mind, Emotions, Body, and Behavior Connections



Notes:

10. Individual Self-Reflection

Time	Activity	Directions
		
		<p>Think of a recent event or situation where you felt strong emotions. Close your eyes and put yourself in that situation again.</p> <ol style="list-style-type: none"> 1) What were your thoughts? 2) What were you feeling? 3) How did you behave? <p>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?</p>


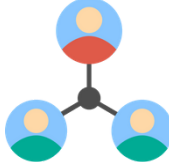

Notes:

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11. Group Sharing: Thoughts on Self-Reflection

Time	Activity	To Do
		
8 min	Group Sharing	<p>If you would like to, share your thoughts and takeaways from the writing exercise. Choose a sticky note and type right into it.</p> <p>Some of the things you might want to share are:</p> <ol style="list-style-type: none"> What did you notice about the ways that your brain tries to make sense of stressful events? How were your thoughts, behaviors, physical self, and emotions connected - or not? How did it feel to look back and analyze that event from a distance?

Notes:

12. Breakout Rooms: Coping Strategies

Time	Activity	To Do
		
6 min	Breakout Room: Brainstorm	<p>As a group, brainstorm as many healthy coping strategies that you can in these four categories:</p> <ul style="list-style-type: none"> - Physical well-being - Mental - Spiritual - Social <p>Consider both short-term (in the moment) and long-term (to develop resilience) strategies</p>

Notes:

13. Coping Strategies

Notes:


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

14. Construct an Individual Coping Plan

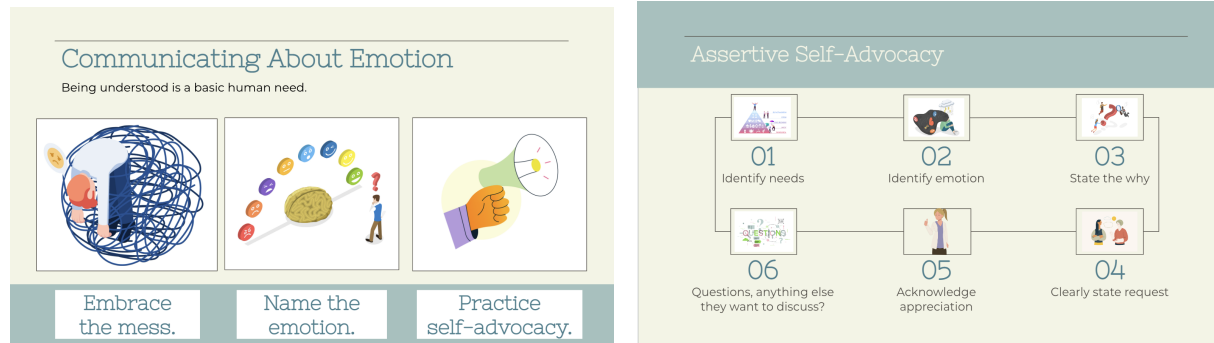
Time	Activity	Directions
10 min	Individual Work	<ul style="list-style-type: none"> Identify three things you believe might help you to do at the time a patient dies. Identify three things you can start doing now to develop resiliency to support you when a patient dies.

Notes:

[illegible]




[illegible]

15. Communication & Self-Advocacy







Notes:

16. Breakout Rooms: Practice Assertive Self-Advocacy




Time	Activity	Directions
		
10 min	Breakout Room	<ul style="list-style-type: none"> 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. <p><u>Scenario 1:</u> 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.</p> <p><u>Scenario 2:</u> 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.</p>

Notes:

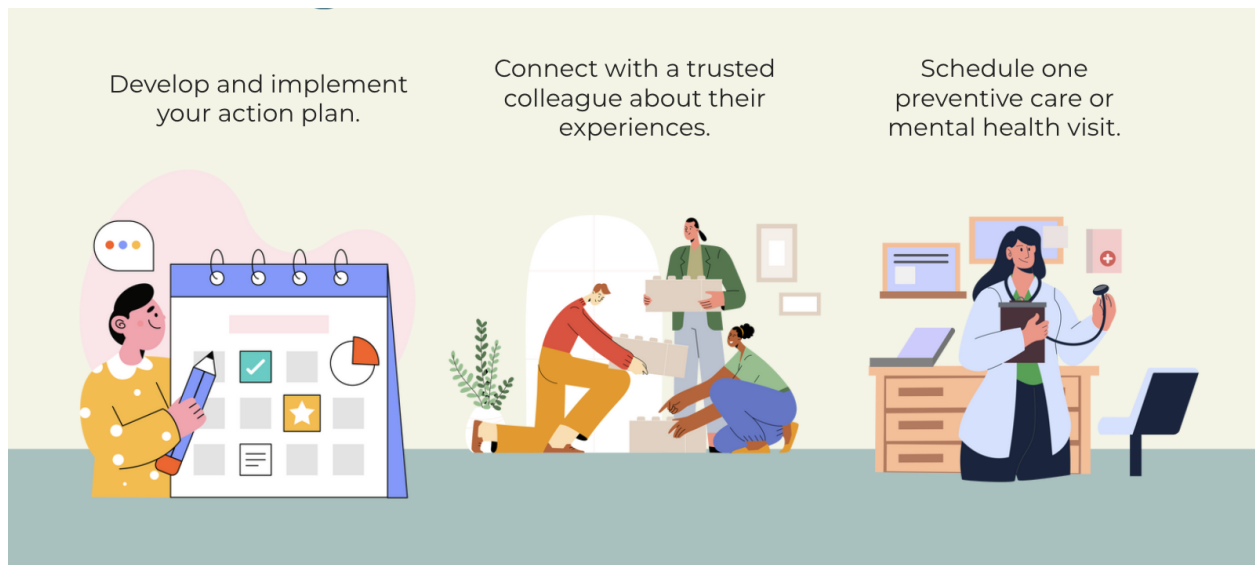
17. Summary

			
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

18. Word Cloud 2

Time	Activity	Directions
		
2 min	Word Cloud	<ol style="list-style-type: none"> 5. Scan the QR code on the screen or visit slido.com and enter the numerical login number. <ol style="list-style-type: none"> a. This will be the identical number and site throughout the course. 6. Answer the question on the screen. 7. Click the green “Send” button. 8. If you’d like to submit additional answers, you may.

19. Challenge






20. Q&A

Time	Activity	Directions
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10 min	Q&A	<ol style="list-style-type: none">1. Scan the QR code on the screen or visit slido.com and enter the numerical login number.<ol style="list-style-type: none">a. This will be the identical number and site throughout the course.2. Type in any questions or comments that you have.3. You may choose to remain anonymous or you may choose to enter your name.4. Click the green "Send" button.5. If you'd like to submit additional questions or comments, you may.6. You can upvote any questions that others have asked if you share the question or comment.

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Resources

Employee Handbook

Please see your employee handbook for the most current information about:

- Requesting time off
- Mental health benefits
- Mindfulness classes
- Family and Medical Leave Act (FMLA)
- Employee Assistance Plan
- Gym membership
- Preventive Care Visits

All of these benefits are yours as a valued member of this medical team and can help you after a patient dies.

Quiet Spaces in the Hospital

There are several locations for quiet contemplation and reflection when you need time to step away from patient care.

- There are 6 Serenity Spaces throughout the hospital that are dedicated spaces for staff to recharge. 4 of them (in the emergency, oncology, NICU, and Psychiatric ICU departments) are equipped with zero-gravity massage chairs and are available to any staff member in the hospital.
- A small exercise / yoga room on the -1 level is available for staff use.
- The non-denominational chapel is open 24/7 for anyone. It may be locked after 10pm, but any member of the maintenance staff can open it.
- The central courtyard can often offer a place of respite and quiet.
- Family bathrooms are equipped with 2 lactation rooms. Please use this space conscientiously so as not to impede mothers needing to pump or nurse their babies.

Within walking distance of the campus are several churches, parks, and government buildings that can provide a needed change of scenery and respite during times of stress.

Grief Support Groups

Virtual Grief Support Group
Meets monthly.
Contact: XXX

Downtown Coalition for Grief Support
meets Saturdays 9:30-11:30 a.m.
Location varies.
<http://mplsgriefsupport.com/>

Capital City Grief Coalition
meets Thursday evenings 5:30-7:00
p.m.
Location varies.
Contact XXX

Bloomington Richfield Grief Coalition
<https://brgriefcoalition.com/>

Edina Coalition for Grief Support
<https://edinagriefsupport.org/>

West Suburban Grief Coalition
<https://westsuburbangriefmn.org/>

Southwest Grief Coalition
<https://www.swgriefcoalition.org/>

Growing Through Loss – Twin Cities
South Suburban
<https://www.growingthroughlosstcsouth.com/>

Twin Cities North Suburban Grief
Support Coalition
<http://www.growingthroughloss.org/>

The Compassionate Friends
supporting family after a child dies
<https://www.compassionatefriends.org/>

Family Means Center for Grief & Loss
<https://www.griefloss.org/>

Brighter Days Grief Center
<https://www.brighterdaysgriefcenter.org/>

The Grief Club of Minnesota
<https://griefclubmn.org/>

She Climbs Mountains
<https://www.sheclimbsmountains.org/>

Mental Health Resources

Minnesota Mental Health Resources
<http://www.mhresources.org/>

National Alliance on Mental Illness (NAMI) Minnesota

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<https://namimn.org/support/information-and-resources/general-mental-health-resources/>

Ramsey County Mental Health and Crisis Services

<https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-health>

MN Department of Human Resources Mental Health Services

<https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/>

Amherst H. Wilder Foundation

<https://www.wilder.org/what-we-offer/mental-health-wellness-services>

The Mental Health Center at Regions Hospital

<https://www.healthpartners.com/care/hospitals/regions/specialties/mental-health/>

Better Help - online mental health services

www.Betterhelp.com

Talkspace - online mental health services

www.talkspace.com

Teladoc - online mental health services

www.teladoc.com

GRIEV_ING Death Notification Protocol Course

Notifying a family about a loved one's death is the most difficult, emotionally laden communication that physicians must perform. The "GRIEV_ING" course provides emergency physician educators with a practical, efficient, easy-to-teach intervention proven to enhance death notification skills.

Normally offered to resident emergency doctors during medical training, this two-hour course will be offered in January and June through our facility for all interested doctors.

St. Paul Community Education Catalog

We strongly encourage you to explore your passions and hobbies outside of care for others. Perhaps you'd like to take a class in American Sign Language (ASL), clay sculpture, learn to play racquetball, or cook a Thai dish. As a member of this medical team, you receive 15% off class enrollment in the St. Paul Community Education classes.

<https://www.spps.org/Page/83>