



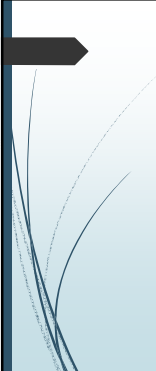
BE THE PROOF

The Ethics and Challenges of Self Care

What are the challenges?

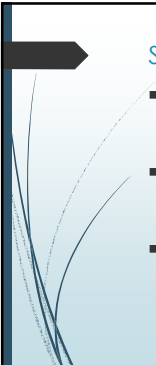
“Ethics of self care”

Does The stress of the nurse impact the stress of the patient?




Is the therapeutic use of self important?

And what if 3.4 million nurses took care of themselves and their health..... would it impact the health care system?



Sad statistics

- Nurses experience more muscular skeletal DO than the general populations (Letvak, Ruhm &McCoy, 2012)
- Hospital bedside nurses have depression at rate 17% compared to national rate 9% (Letvak, Ruhm &McCoy, 2012)
- Nurses who work with pain and depression report more medication errors and patient falls and over all lower quality of care provided (Letvak, Ruhm & Gupta, 2012)



-Recent studies can show that nurses wellbeing and quality of care are interdependent (Maben et el 2012)

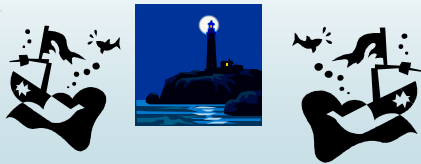
-Watson's theory of human caring supports the interdependence of nurse self care with care of others

-Comprehensive studies show that self compassion is linked with increased compassion for others (Jazaieri et., 2013; Neff and Germer, 2013; Neff and Pommier, 2013)

Conceptual shift

- From feeling responsible for to being responsible to
- What does that mean?

Compassionate Satisfaction is the ultimate knowing that the light house is not responsible for the safety of the ship but only responsible to be the light!



Lighthouse and the Patient

- Compassion Satisfaction – I love my job and I love coming to work: Light is on
- Compassion Fatigue – I love my job but I am tired: light is low
- Burnout – I hate my job – I hate coming to work: Light is off

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Self care is more than a massage
FILL THE CUP


F - Feedback
I - Intention
L - Love
L - Let Go

T - Transform
H - Heal
E - Evaluate

C - Connect
U - Under the Faucet or under the Umbrella
P - Play and Pray

See Handout!

Where you get your water
And how fast it flows determines
how full your glass is





BE THE PROOF

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