

# WHO'S CARING FOR THE CAREGIVER: THE CARING CONNECTION

ASPAN 41<sup>st</sup> National Conference  
April 7-10, 2022  
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## THE ART OF CARING

- Lippincott Nursing Center defines the art of caring as a loving-kindness, an authentic presence, and a spiritual practice.
- Watson's theory of caring is seen as "a significant humanitarian, ethical, philosophical, and epistemic endeavor and cultivated practice that contributes to the preservation of humanity."

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## CAREGIVER ROLES

### PROFESSIONAL

- Nurses
- Aids/techs
- Physical therapists
- Social workers
- Home care

### VOLUNTEER

- Hospice
- Respite
- Community care

### FAMILY

- Chronic illness
- Acute illness
- Rehabilitation
- Memory care

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## CAREGIVER ISSUES

PHYSICAL

EMOTIONAL

STRESS EFFECT CIRCLE

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## BURNOUT vs COMPASSION FATIGUE

BURNOUT can come from a variety of things. Exhaustion from workload, work culture/toxicity, poor job satisfaction, feelings of powerlessness, poor health care benefits or a decrease in salary.

Compassion Fatigue can be thought of as extreme burnout. Intense physical, mental, and emotional erosion that occurs when healthcare workers are unable to refuel

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## BURNOUT

### SIGNS

- Fatigue
- Anger
- Frustration
- Negative reactions
- Cynacism
- Negativity
- Withdrawal

### SYMPTOMS

- Physical
- Psychological
- Cognitive
- Relational disturbances

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## COMPASSION FATIGUE

### SIGNS

- Sadness & Grief
- Avoidance
- Indifference
- Somatic complaints
- Addiction
- Nightmares
- Sleeping disorders
- Change in beliefs
- Detachment

### SYMPTOMS

- Physical
- Headaches
- Digestive problems
- Muscle tension
- Fatigue
- Psychological distress
- Cognitive shifts/poor judgement
- Relational disturbances
- Poor concentration, focus

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## STRESS EFFECT CIRCLE

- New study on the physical and psychological states of frontline medical workers during the pandemic. COVID-19 represents a psychological challenge, for both those who experience it and healthcare providers.
- Stress factors likely to induce a PTSD like response, immunosuppressive effects and cellular shifts cause the stress to keep circling.

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## ETHICAL ISSUES

### Professional Responsibility

- The perianesthesia registered nurse owes the same duties to self as to others, including responsibility to promote health and safety, preserve wholeness of character, and integrity, maintain competence, and continue personal and professional growth
- Recognize need for work life integration.

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### Advocacy

Maintains commitment to patients, practice and profession

Provides ongoing education and information on current topics impacting communities, healthcare organizations, and healthcare policy

Advances the public's understanding and awareness of the role and image of perianesthesia nursing through community outreach and education.

## ETHICAL ISSUES

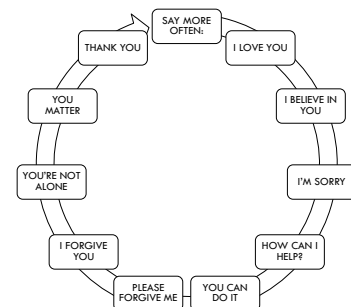
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Self-care is not selfish.  
You cannot serve from an empty vessel.

1. RECHARGE
2. REPAIR
3. REWARD
4. RECOGNIZE

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## RECHARGE



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## RECHARGE / RECONNECT

WORDS OF AFFIRMATION

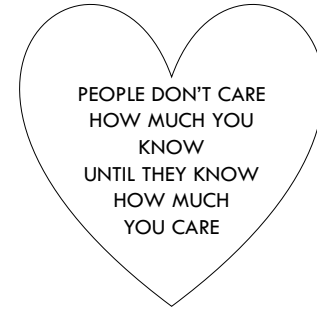
QUALITY TIME

MEANINGFUL TOUCH

GIFTS

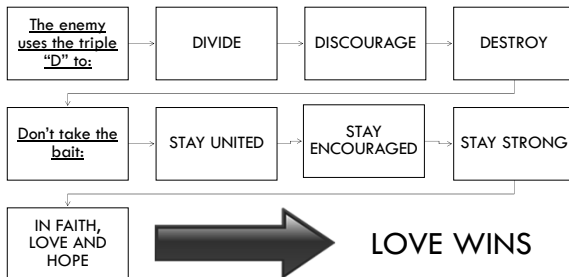
ACTS OF SERVICE

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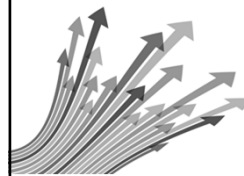
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## RECHARGE



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## REPAIR



DON'T WASTE ENERGY ON THINGS YOU CAN'T CONTROL. FOCUS ON WHAT YOU CAN CONTROL, SUCH AS GETTING BETTER AND MAKING OTHERS AROUND YOU BETTER

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Retired Navy Seal Rich Devaney talks about individual "attributes" using the analogy of cars/trucks. Every single one of you are different, you all have unique attributes and excel at different things!

FOR OPTIMAL PERFORMANCE – CHECK YOUR ENGINE

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## CARING FOR THE CAREGIVER

1. Laugh
2. Take care of your health
3. Eat well
4. Talk with friends
5. Let others help
6. Give permission to cry
7. Exercise
8. Adequate rest
9. Avoid stress at night
10. Reduce caffeine
11. Get professional help if needed
12. Take breaks every day
13. Use community resources
14. Listen to music
15. Use relaxation techniques
16. Attend support/education groups
17. Give yourself a TREAT
18. Know your limitations

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## REPAIR

WHEN YOU FEEL  
LOST, PRAY FOR  
GUIDANCE

WHEN YOU FEEL ALL IS  
IMPOSSIBLE.  
KNOW THAT WITH GOD ALL  
THINGS ARE POSSIBLE



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YOU WILL ALWAYS  
FEEL FEAR,  
EVERYONE WILL.  
BUT YOUR TRUST  
MUST BE BIGGER  
THAN YOUR FEAR



THE BIGGER YOUR  
TRUST,  
THE SMALLER YOUR  
FEAR BECOMES.



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If you change the  
way you look at  
things  
The things you look  
at change



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## REWARD

WHEN YOU FEAR,  
TRUST  
LET YOUR FAITH BE  
GREATER THAN YOUR  
DOUBT



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## RECOGNIZE



WHEN YOU FEEL  
ALONE, THINK OF  
ALL THE PEOPLE  
WHO HAVE HELPED  
YOU ALONG THE  
WAY AND WHO  
LOVE AND SUPPORT  
YOU NOW!

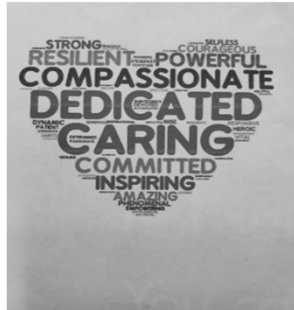
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## RESOURCES

- FORMAL PROGRAMS
- FACILITY PROGRAMS
- COMPASSION FATIGUE – BOOK
- ONE WORD THAT WILL CHANGE YOUR LIFE – BOOK
- CARING FOR THE CAREGIVER – BOOK
- CHICKEN SOUP FOR THE CAREGIVER'S SOUL – BOOK
- TRANSITIONALSUPPORT.COM
- NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK
- ASPAN <https://www.aspan.org/HOME/Covid-19>
- SAMHSA NATIONAL HELPLINE 1-800-662-HELP

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THROUGH ADVERSITY  
WE CAN RUN AWAY  
FROM EACH OTHER OR  
WE CAN RUN TOWARD  
EACH OTHER.  
REMEMBER:  
CONNECTION  
BREEDS  
COMMITMENT



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## THANK YOU

- THANK YOU FOR YOUR DEDICATION
- THANK YOU FOR YOUR RESILIENCE
- THANK YOU FOR OVERCOMING  
UNSPEAKABLE HARDSHIPS

I SINCERELY HOPE YOU HAVE FOUND  
SOME FUEL FOR YOUR TANK!



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