

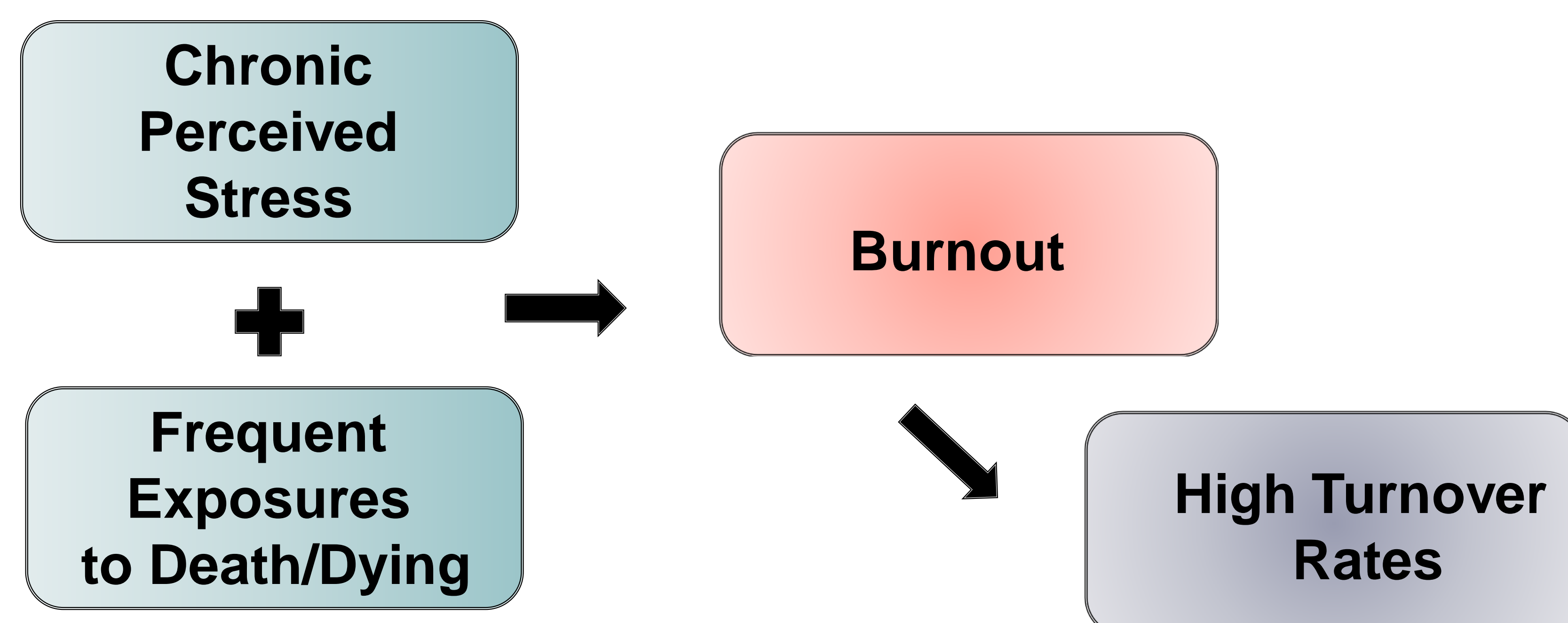


# Increasing Resiliency Awareness in Palliative Care Clinicians through a Series of Educational Sessions

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## Problem Statement



## Background

Techniques aimed at strengthening resilience have been shown to decrease burnout and turnover for clinicians working in emotionally demanding positions.

Specific techniques shown to benefit Palliative Care Clinicians (PCCs) include:

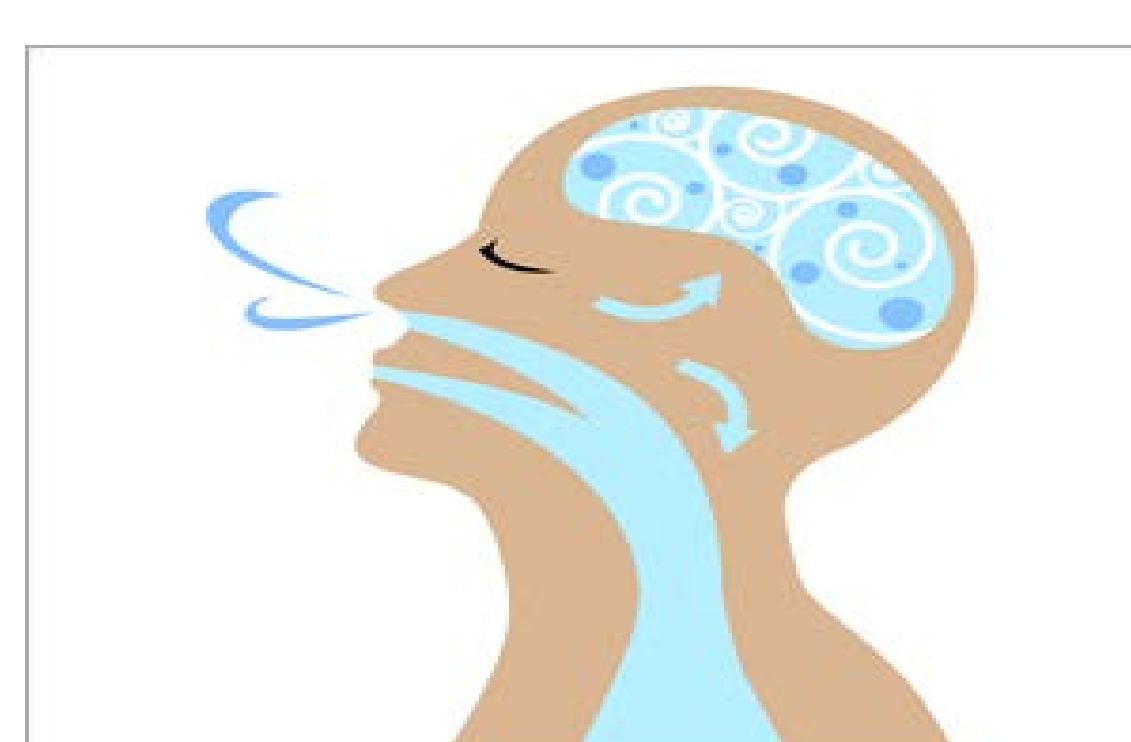
- Developing a sense of meaning in their work
- Establishing a supportive community network
- Practicing mindfulness regularly



Meaning



Community



Mindfulness

## Objectives

- Increase PCCs' awareness of burnout and the benefits of resilience training
- Develop and implement resiliency training and follow-up activities
- Assess changes in PCCs' knowledge regarding the importance of resiliency practice
- Evaluate potential differences in self-reported use of resiliency strategies to prevent burnout

## Methods

- In January and February 2020, six PCCs employed at a home health and hospice agency completed three educational sessions on resilience and burnout.
- Education included one didactic presentation and two experiential sessions.
- The PCCs completed three surveys pre and post educational sessions.
  - Professional Quality of Life Measure (ProQOL) to measure compassion satisfaction and burnout
  - Sexton Thriving Survey to assess burnout, emotional thriving, and emotional recovery
  - Resiliency Quiz to gauge knowledge of burnout, resilience, and self-reported use of resilience strategies
- Analysis focused on the change in knowledge and practice of strategies to promote resilience

## Findings

- Five of six PCCs completed both pre and post surveys
- There were limited changes in burnout, compassion satisfaction, and emotional thriving
- PCCs reported an improved understanding of resiliency
- 80% of participants reported an increase in number of times they performed self-care weekly
- 40% of participants reported an increase in valuing their own well-being

## Acknowledgements



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## Conclusions

- It is feasible and appropriate to incorporate resilience education in home health and hospice settings.
- PCCs may benefit from additional education regarding strategies to improve resiliency.
- This model can be adapted for use in other home health and hospice settings.
- While we did not detect dramatic changes in our response variables, the reported improvements in well-being and self-care indicate the value of resiliency training for PCCs.

## Limitations

- Small number of participants
- Single institution
- Short duration

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