



Providing Excellent and Compassionate Care to
Our Clients, Their Families, Our Coworkers and Ourselves
During the COVID – 19 Pandemic.

Session Two
Coping With The Fear of Infection

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Two Focuses of Webinar:

Focus One: Provide the Health Care Worker an opportunity to debrief and defuse from the suffering that you have been experiencing. The webinars will help you identify “Pre-Post Traumatic Symptoms and helpful ways of coping with these reactions to long term suffering.

Focus Two: Provide the Health Care Worker with added skills on how to support our clients, family members and our coworkers during this time of multiple and complicated losses.

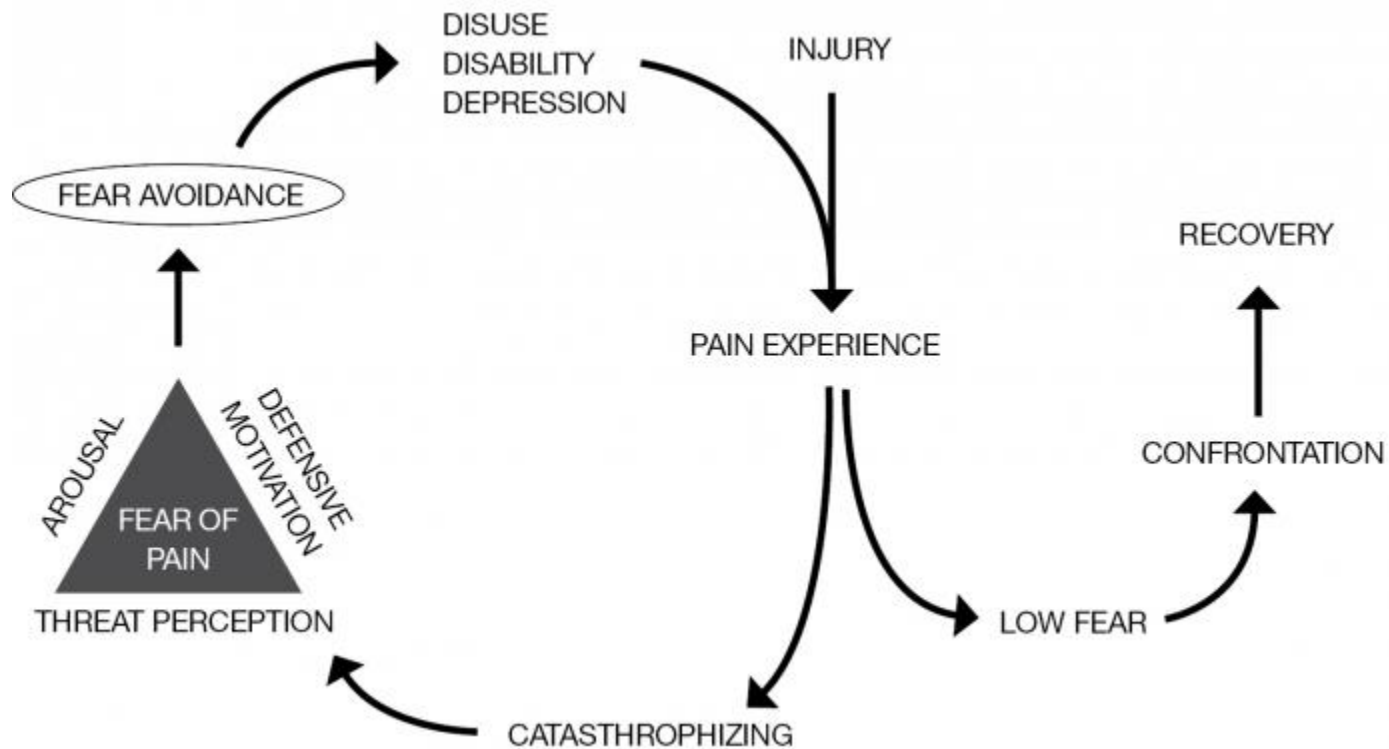
Session Two: Coping With The Fear of Infection

- Identifying the fears of infection.
- Coping with the fear of infection.
- My brain will just not shut off.
- Fear of infecting my family.
- How will we cope with the possible death of coworkers?

One of the hardest things we must do
sometimes is to
be present to another person's pain
without trying to
"fix" it,
to simply stand respectfully
at the edge of that
person's mystery and misery.

Parker J. Palmer

Awareness of Fear

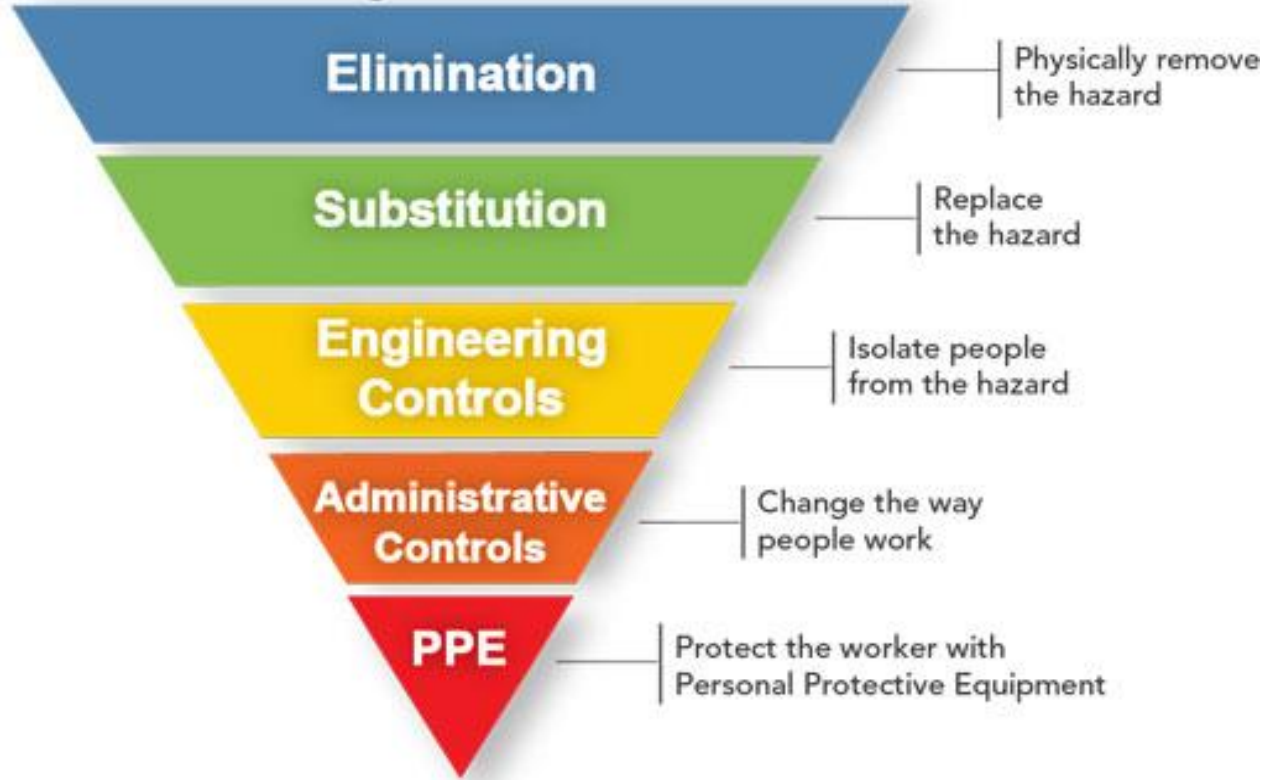


Hierarchy of Controls

Most effective



Least effective



Elimination

Physically remove the hazard

Substitution

Replace the hazard

Engineering Controls

Isolate people from the hazard

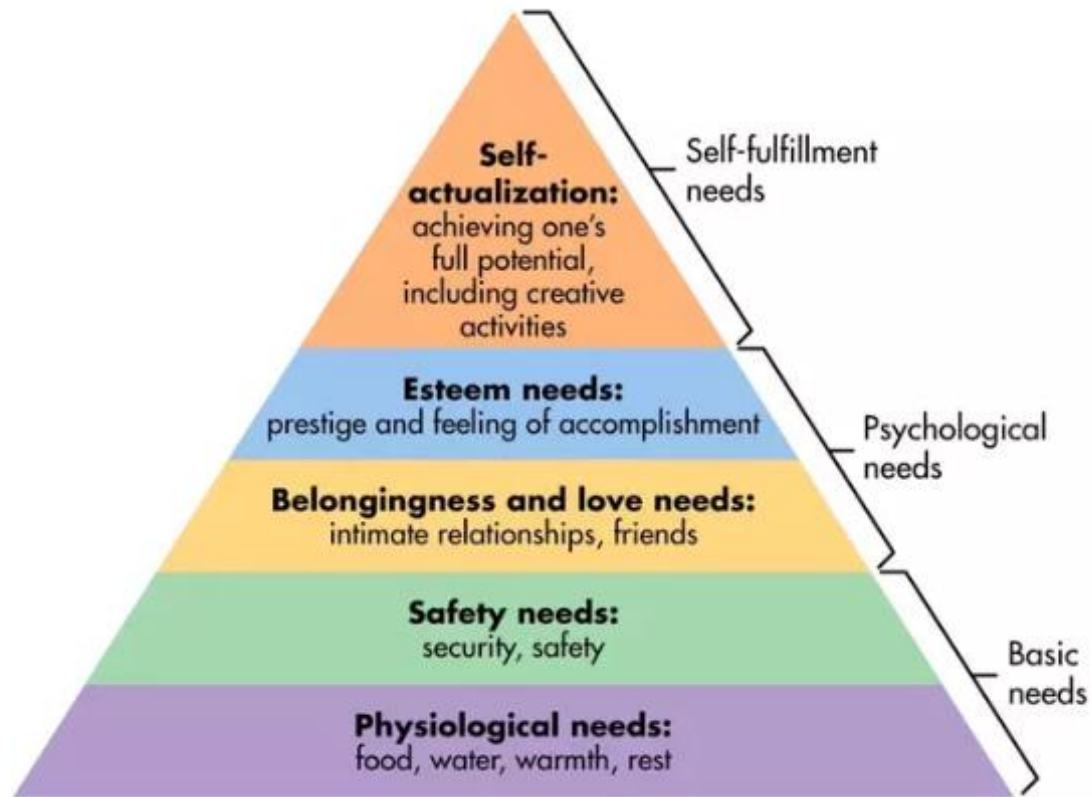
Administrative Controls

Change the way people work

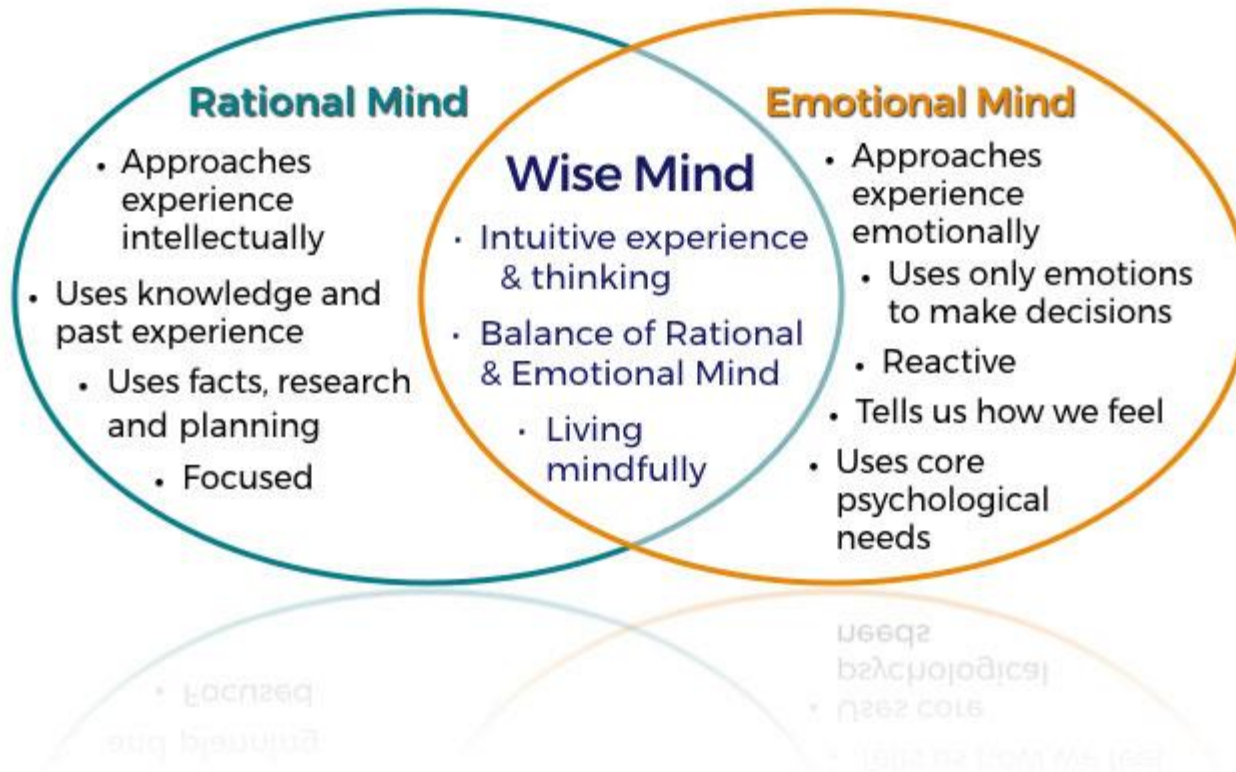
PPE

Protect the worker with Personal Protective Equipment

Awareness of Needs



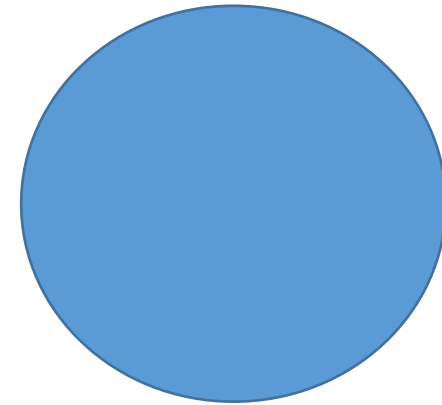
Wise Mind



Starting from a place of fear:

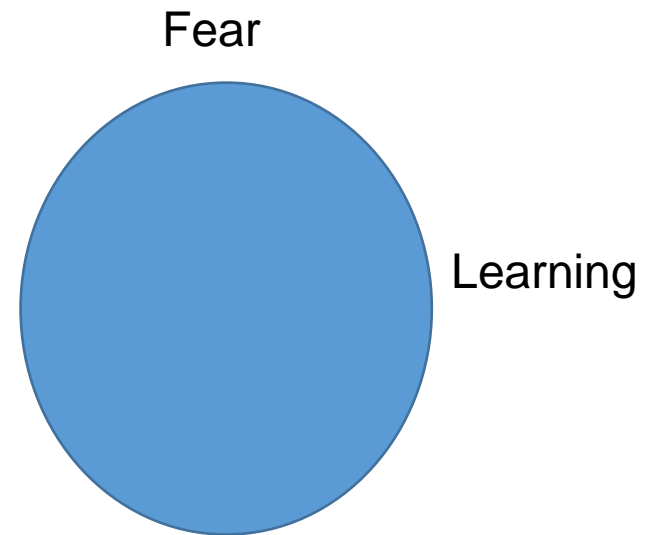
- Hoarding
- Complaining
- Becoming infected
- Displaced anger

Fear



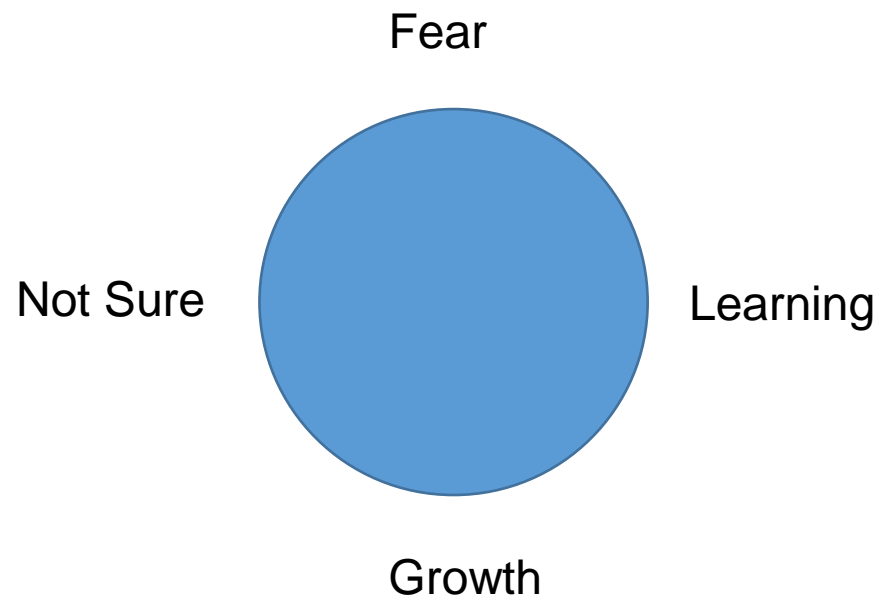
Moving to a place of learning:

- Stop compulsively consuming food and news
- Letting go of control
- Identify emotions
- Awareness
- Acknowledge good will



Risking Growth:

- Meaning and Purpose
- Service to others
- Empathy
- Compassion
- Self-Compassion
- Gratitude
- Open to change
- Calmness



Virtual Goodbye - Suggestions

1. Try and get someone who is not as emotionally involved to take care of the technology. This allows you to be totally present for the virtual session.
2. Make sure the technical person has all the numbers ready in case the session gets dropped.
3. Makes sure all devices are charged and programs are updated.
4. Facetime, Messenger and What's App are simple and effective. Zoom is excellent also.

Virtual Goodbye – Suggestions

5. Have a back up plan already in place in case one of the apps fails.

6. It is helpful to have a support person there for you while you participate in the session.

7. If you want private time during the session...ask for it.

Virtual Goodbye – One Model

Dr. Ira Byock has a wonderful guide that works for a Virtual Goodbye. A dying person and his / her family may need to say:

1. Thank you.
2. Please forgive me.
3. I forgive you
4. I love you.
5. Goodbye.

This short relationship review covers all the significant issues in life.

Virtual Goodbye – Model Two

Frank Ostaseski outlines the five central “invitations” — habits of mind, orientations of spirit — through which an open acceptance of death can become a love-expanding, life-expanding force:

Five Invitations:

1. Don't wait.
2. Welcome everything, push away nothing.
3. Bring your whole self to the experience.
4. Find a place of rest in the middle of things.
5. Cultivate don't know mind.

Some journeys are direct,
and some are circuitous;
some are heroic,
and some are fearful and muddled.
But every journey,
honestly undertaken,
stands a chance of taking us
toward the place where our deep gladness
meets the world's deep need.

Parker J. Palmer