



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

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Session Eight: Reviewing and Reassessing Pre-Post Traumatic Stress

- COVID-19 Stress
- Compassion Fatigue
- Trauma Symptoms
- PTSD Symptoms
- The Cycle of Cynicism
- The Cycle of Hope
- The Cycle of Self-Compassion
- Guidepost For Diminishing Suffering



As human beings we are storytellers.

Trauma triggers within us the need to tell stories to make sense of what has happened.

Stephan Joseph – What Doesn't Kill Us

BODY

MIND

Headaches
Frequent infections
Muscular tension
Fatigue
Skin irritations
Breathlessness

Worrying
Muddled thinking
Inability to concentrate
Nightmares
Indecisions
Negativity
Hasty decisions

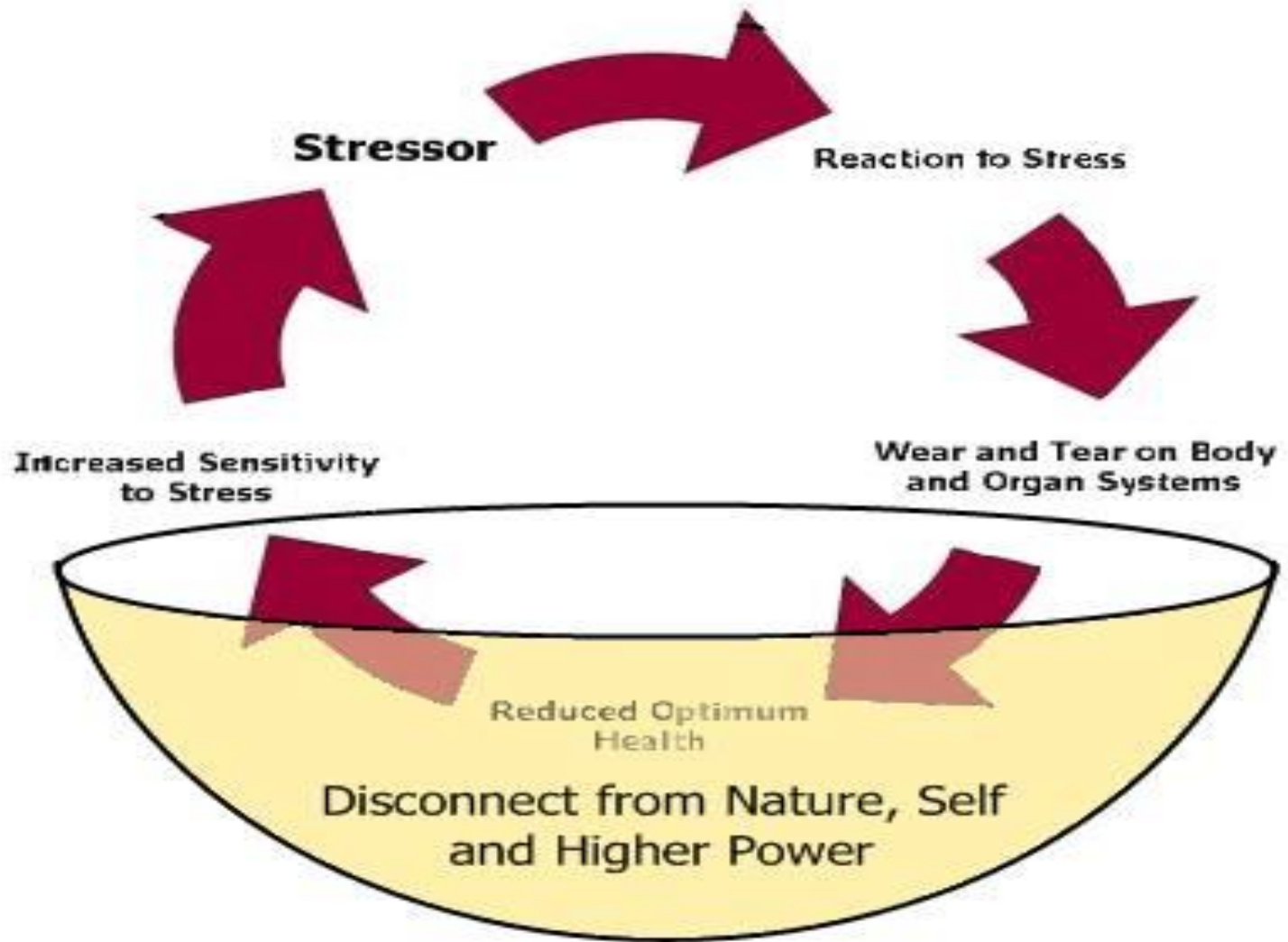
STRESS

Loss of confidence
More fussy
Irritability
Depression
Anger
Anxiousness
Apprehension

Accident prone
Over- / under-eating
Loss of sex drive
Drinking more
Sleeplessness
Restlessness
Smoking more

EMOTIONS

BEHAVIOUR

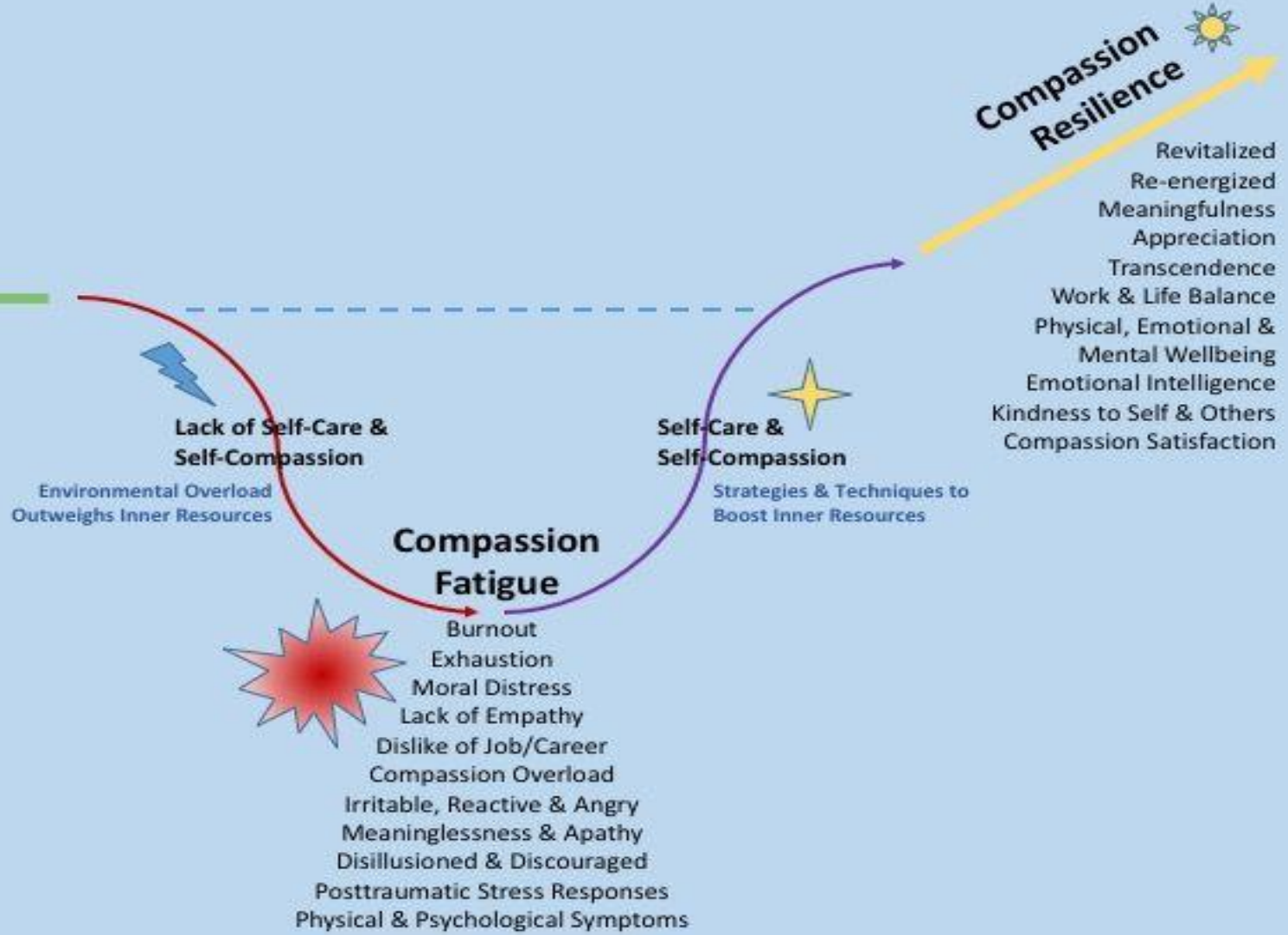




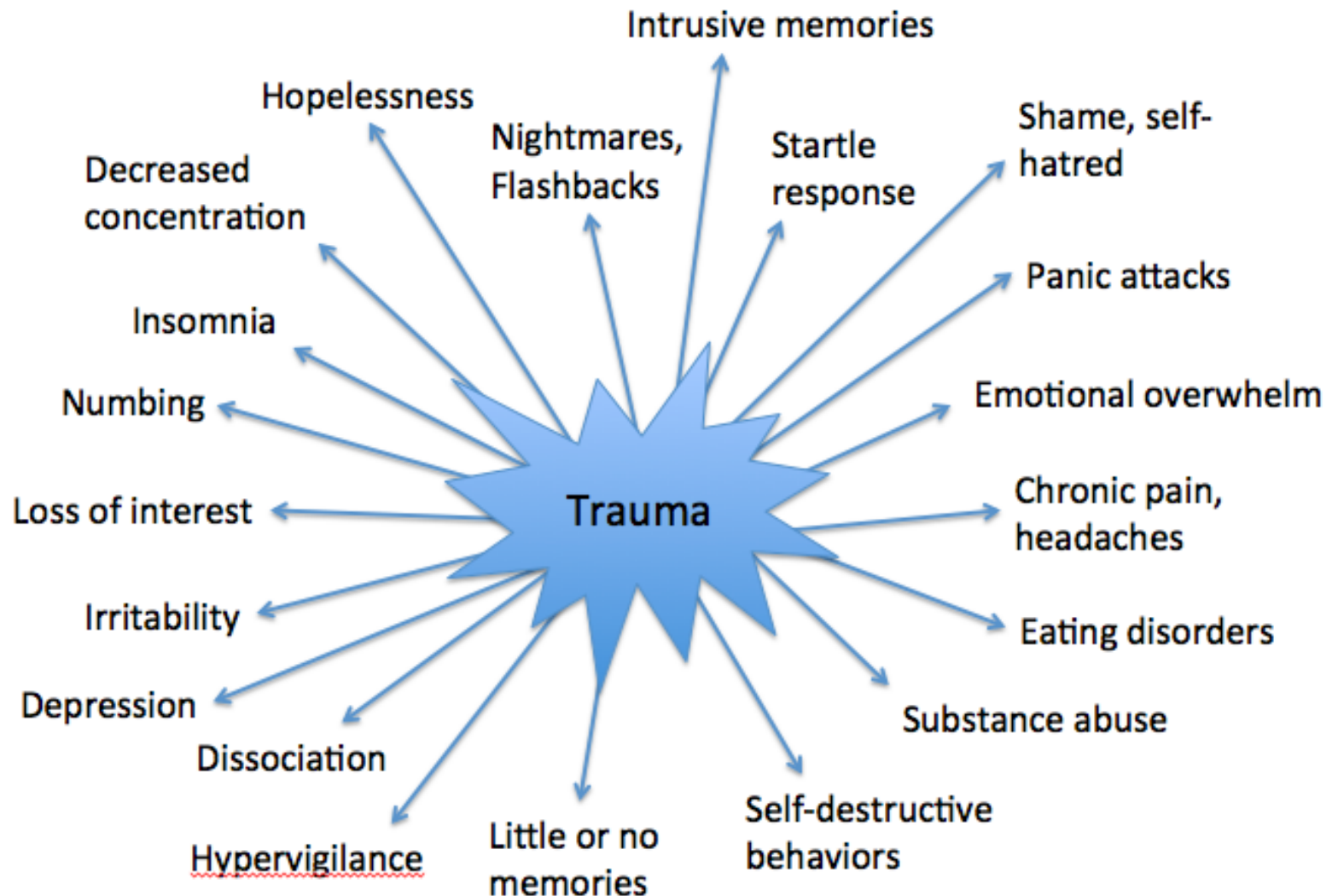
Compassion Cycle: Moving from Compassion Satisfaction, Through Compassion Fatigue, To Compassion Resilience

Compassion Satisfaction 😊

- Excited about Work
- Meaning in Work
- Passion & Purpose
- Making a Difference
- Energized
- Motivated
- Creative
- Goals
- Values







Adapted from Janina Fisher

To be diagnosed with PTSD, an adult must have all of the following for at least 1 month:

- At least one re-experiencing symptom
- At least one avoidance symptom
- At least two arousal and reactivity symptoms
- At least two cognition and mood symptoms

Re-experiencing Symptoms:

- Flashbacks—reliving the trauma over and over, including physical symptoms like a racing heart or sweating
- Bad dreams
- Frightening thoughts

Avoidance Symptoms:

- Staying away from places, events, or objects that are reminders of the experience
- Avoiding thoughts or feelings related to the traumatic event

Arousal and Reactivity Symptoms:

- Being easily startled
- Feeling tense or “on edge”
- Having difficulty sleeping, and/or having angry outbursts

Cognition and Mood Symptoms:

- Trouble remembering key features of the traumatic event
- Negative thoughts about oneself or the world
- Distorted feelings like guilt or blame
- Loss of interest in enjoyable activities

Risk Factors for PTSD Include:

- Living through dangerous events and traumas
- Getting hurt
- Seeing people hurt or killed
- Childhood trauma
- Feeling horror, helplessness, or extreme fear
- Having little or no social support after the event
- Dealing with extra stress after the event, such as loss of a loved one, pain and injury, or loss of a job or home
- Having a history of mental illness or substance abuse

The Six Needs of Mourning

During our journey through grief and mourning, we all encounter six needs we must meet if we are to heal:

1. Acknowledge the reality of the death.
2. Embrace the pain of the loss.
3. Remember the person who died.
4. Develop a new self-identity.
5. Search for meaning.
6. Receive support from others.

The Cycle of Cynicism

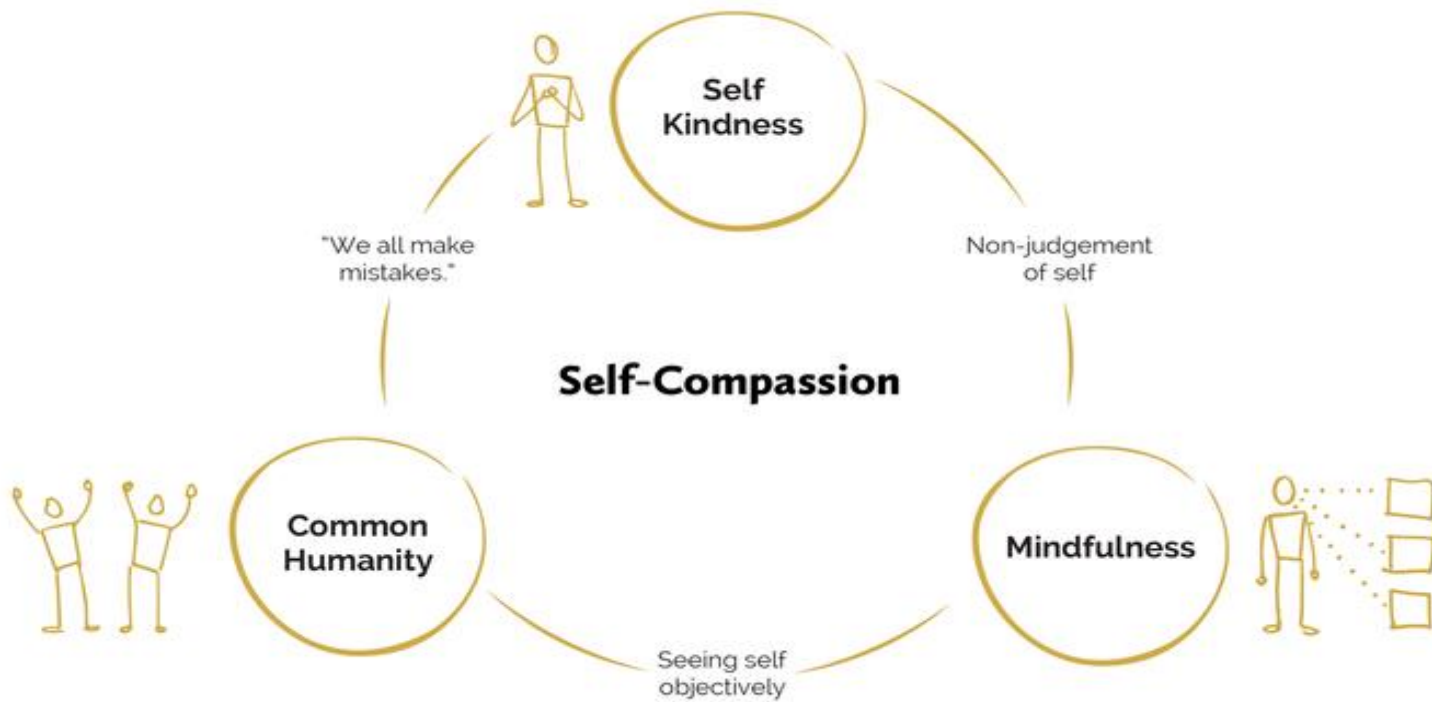
1. Finding out about a problem.
2. Wanting to do something to help.
3. Not seeing how you can help.
4. Not doing anything about it.
5. Feeling sad, powerless, angry.
6. Deciding that nothing can be done.
7. Beginning to shut down
8. Wanting to know less about problems.

Repeat until apathy results.

The Cycle of Hope

1. Finding out about a problem.
2. Wanting to do something to help.
3. Seeking out quality information about problem.
4. Discovering practical options for action.
5. Acting in line with your values.
6. Taking personal responsibility for being a good person.
7. Creating a vision of a better world based on your values.
8. Recognizing you can't do everything.

Repeat until better world results.



Based on Neff, 2003

Resilience Factors That May Reduce the Risk of PTSD Include:

- Seeking out support from other people, such as friends and family
- Finding a support group after a traumatic event
- Learning to feel good about one's own actions in the face of danger
- Having a coping strategy, or a way of getting through the bad event and learning from it
- Being able to act and respond effectively despite feeling fear



PEPE

HUGG



Guidepost For Diminishing Suffering

1. Acknowledging Suffering and the Sufferer.
2. Inviting, Listening To, And Witnessing Stories Of Suffering.
3. Recognizing and Challenging Our Own Constraining Beliefs About Suffering.



Guidepost For Diminishing Suffering

4. Creating A Healing Context For Reducing Suffering.

5. Inviting Reflections About Suffering

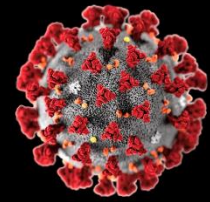
6. Reverencing And Loving

7. Prayer And Praying (Inspiration)



Healing does not mean
the trauma never existed.
It just means the trauma
no longer controls our lives.





Weekly webinars
See website for
topics

COVID-19 SPECIFIC CONVERSATION GUIDES:

- Proactive Goals of Care (GOC) conversations
- GOC conversations for a person with mild/mod COVID-
- GOC conversation for a person with severe COVID-19
- Phone conversations with families of a dying person

OTHER COVID RESOURCES:

- Palliative symptom management suggested order set for LTC
- Advance Care Planning guides for patients and SDM
- Sample letter from LTC facilities to families and residents

ALWAYS AVAILABLE:

- Advance Care Planning, Goals of Care and Consent resources for healthcare providers (conversation guides, e-learning modules)
- Person-Centred Decision-Making Toolkit

NEW