

Reflection #9
By Eugene Dufour

Coping with the Fear of COVID – 19 Infection

Curing and Healing – Never Underestimate The Power Of Your Presence

In Hospice Palliative Care, we focus on the art and skill of healing. The word “healing” finds it’s meaning from the Latin phrases “from the heart” and “to make one whole”. We can never underestimate the power of our presence. The art of presence allows the Hospice Palliative Care worker to be present to pain and suffering. This is a clear message to the “people we walk with” that we will not abandon them. This “presence” allows us to focus on helping the person find meaning and purpose at the end of their lives.

Those working in Hospice Palliative Care – doctors, NP’s, nurses, PSW’s, housekeeping, food service, maintenance, administration, managers, case managers, patient care assistants, our IT folks and all other support staff – **you are healers**. Healing – helping a person feel whole – is the essence of what we do and who we are.

Remember the following key points to the Art of Healing:

- Rely on your Hospice Palliative Care training. (Thank you Pain & Symptom Management Coordinators)
- You possess the art and skill of being a healer – to help the people we walk with to feel whole.
- Personal vision – a self motivator. Reflect on your own personal vision of Hospice Palliative care.
- Let your own personal values guide your healing.
- **Domino Effect** -Rely on your team and let your team rely on you.
- Find opportunities to plant the seeds of hope.
- Create your own personal rituals that acknowledges and let’s go of accumulative loses.
- Breathe

You can do this.....your team “has your back”.