

Resilience
in the
Face of Grief and Loss

Spring APPD
2016

Disclosures

We have no financial disclosures

Agenda

- Introduction
- Review objectives
- Reflection exercise
- Overview of curriculum
- Identify resilience strategies
- Discuss wellbeing
- Mindfulness
- Personal wellness plan
- Implementation of curriculum

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Objectives

- Describe the AAP curriculum
- Describe the intersection between resilience and burn out prevention
- Identify five adaptive strategies
- Draft a personal wellness plan
- Identify ways to utilize the components of the curriculum

Our Profession as Pediatricians

- Rewarding
- Challenging
- Our patients experience suffering
- Impact of unexpected outcomes



Rationale for Curriculum

- Request from the AAP Section of Medical Students, Residents and Fellows
- Need to address their grief and loss during training
- Expanded to address the maintenance of wellness and resilience

Why is this Curriculum Important?

- Rates of depression and burnout
- Implications for professionalism
- Impacts relationships
- Impacts satisfaction
- Health of future physicians

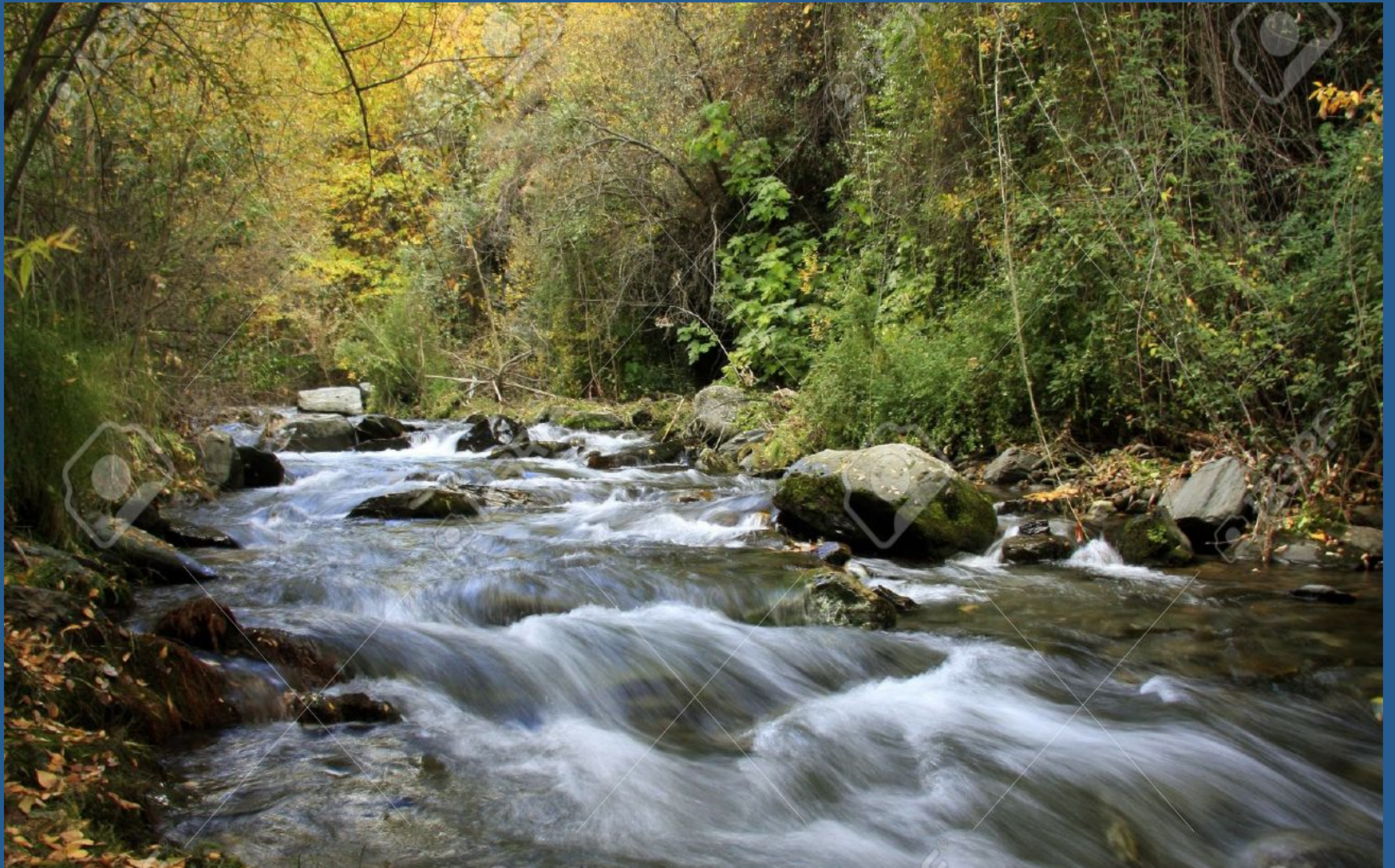


Journaling Exercise

Write about an emotionally challenging experience that you have had as a program director or as a physician.

Focus on:

- What about the experience was stressful?
- Why do you think you were so affected?
- How did you change as a result?



Components of the Resilience Curriculum

- Part A: Understanding Grief and Loss
- Part B: Communication with Families about Critical Incidents and Life Altering Diagnoses
- Part C: Adaptive Behaviors and Coping; Mechanisms for Health Care Providers
- Part D: Introduction to Personal Wellness

Part A: Understanding Grief and Loss

- Knowledge of grief and loss reactions
- Ethical considerations in end of life decision making
- Common religious and spiritual traditions used by families

Part B: Communicating with Families about Life Altering and Terminal Illness

- Skills in sharing bad news: life altering diagnoses, death, medical error
- Discussion on end of life issues
- Listen generously
- How to identify individual experiencing complicated grief

Part C: Adaptive Behaviors for Facing Grief and Coping After A Child Dies

- Physician's response may comfort or interfere
- Identify health care professional's own responses to grief and loss
- Adaptive, healthy behaviors
- Good self care can help one provide better care
- Debriefing meeting

Part D: Introduction to Personal Wellness

- Healthy approaches to life
- Emotional and cognitive strategies
- Healthy and nurturing relationships
- Self care
- Spirituality and personal values/ beliefs
- Individualized Wellness Plan

Components of Curriculum

- Web-based
- Can be individualized to learners
- 14 modules
- PowerPoint with facilitator's guide
- Self study guide
- Cases, role plays, videos, narratives, readings

“We have an obligation as educators to share with learners how we have coped with feelings of anger, anguish, shame or uncertainty in caring for patients.”

– Novack DH et al. *Acad Med*, 1999

What is Burn-Out?

- Emotional exhaustion
- Depersonalization
- Decreased feelings of personal accomplishment

- Maslach E. *J Organiz Behav.* 1981

Burnout is an Occupational Hazard

- Burnout ranges from 25-75%
- Rates of depression, anxiety, substance abuse and suicide
- Onset linked to earlier time in training



Why is this a problem?

- Social isolation
- Self blame
- Ignoring personal needs
- Strong emotional responses

Eckleberry-Hunt J. *Acad Med.* 2009

Factors Related to Burnout

- Perfectionism
- Lack of coping skills
- Personal bad habits (smoking and recreational drug use)
- Lack of control over office processes
- Lack of control over schedule

Eckleberry-Hunt, 2009

Factors Related to Burnout continued

- Difficult and complicated patients
- Poor relationships with colleagues
- Not enough time in the day
- Excessive paperwork
- Regret over chosen career
- Lack of time for self-care

Eckleberry-Hunt, 2009

What is Burn-Out?



*"Tell them we're temporarily out of deep concern.
Will they settle for shallow compassion?"*

Resilience

- Responding to a stress in a healthy way
- Achieving goals at minimal psychological cost
- Rebounding quickly
- Growing stronger

Epstein, Acad Med, 2013



Need to nourish
ourselves to
maintain our
resilience

Well Being

Being challenged and thriving in one's personal and professional life; it goes beyond the absence of distress.



Strategies to Promote Well Being

- One size does not fit all
- Individual and personal journey
- Each of us must find a strategy that works for us



Wellness Promotion

- In the moment
- After the event
- Long term



Immediate, In the Moment Strategies

- Develop self insight
- If you become frustrated or worry that you won't perform in best way:
 - Step away
 - Take a few minutes
 - Go outside or to bathroom and scream
 - Splash water on face
 - Take time to rethink strategies

Strategies for Immediately Following an Event

- Walk away to gain some perspective
- Talk to a colleague
- Play a favorite song
- Do something nice for yourself



Long Term Strategies

- Occupational Strategies
- Approaches to life
- Emotional/cognitive strategies
- Relationships with others
- Spirituality
- Promotion of self care



Develop a Wellness Plan

- We must be nourished ourselves.
- As with an ILP, develop an individualized wellness plan.
- May help one adopt life-long strategies.



Develop a Wellness Plan (continued)

- Strategies should include:
 - Immediate or urgent strategies to incorporate “in the moment”
 - After an event occurs
 - Long term strategies for prevention

Individualized Wellness Plan

Strategy	Goals	How will I achieve my goals?	Indicators of success	Notes on progress (with dates)
Occupational Strategies				
Approaches to Life				
Emotional and cognitive approaches				
Relationships to others				
Spirituality				
Promotion of self-care				

“The secret of the care of the patient
is caring for oneself while caring
for the patient.”

– Candib L, 1995

Implementing the Curriculum

- What do you want to do?
- How will you implement?
- Where does it fit in?
- How do you get buy in from residents, faculty and chair
- Barriers?

Conclusion

- Intellectual and emotional aspects of care.
- Responsibilities and roles: rewarding and challenging.
- Develop strategies for wellness.
- Maintain personal resilience.

Questions

Evaluations

Resilience in the Face of Grief and Loss Curriculum

[http://www2.aap.org/sections/
palliative/
ResilienceCurriculum.html](http://www2.aap.org/sections/palliative/ResilienceCurriculum.html)

