

WHAT'S IN YOUR FIRST AID KIT?

Resources and Tools to Help You Survive and Thrive



First Aid 
TOOLKIT



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What's in Your First Aid Toolkit?

Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.





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Behind the Mask

*Moral Distress and Compassionate
Care*

First Aid 
TOOLKIT

PRESENTER DISCLOSURE

Presenter Disclosure

Faculty: Lara Traeger

I, Lara Traeger have no financial relationships or affiliations to disclose



Agenda

1

What is moral distress?

Definition, causes, coping strategies, correlates

2

How can we address moral distress at the system level?

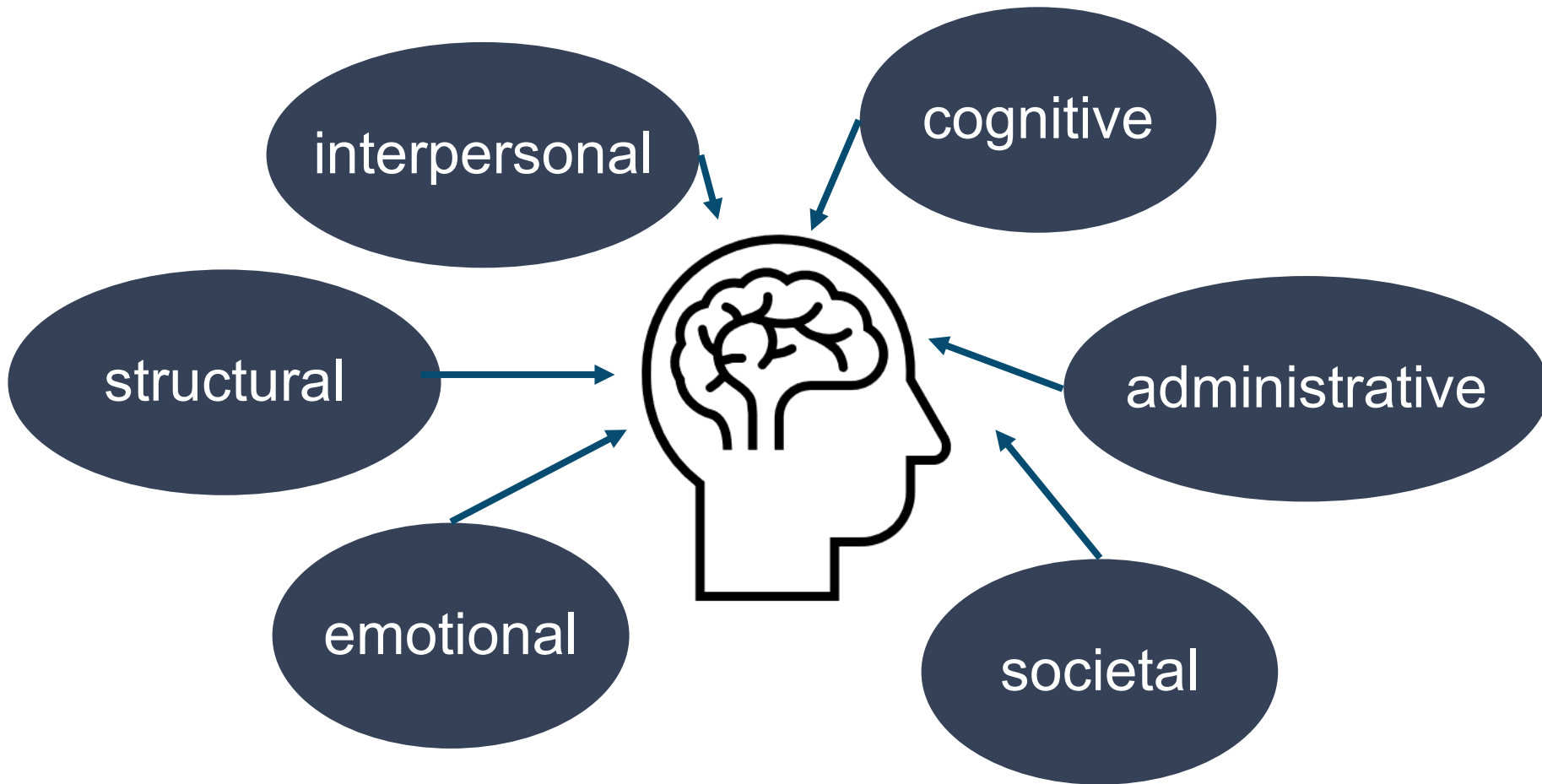
Resources, metrics, research

3

How can we address moral distress at the individual and team levels?

Coping with intense thoughts and emotions, engaging evidence-based interventions

Behind the mask: Consider the demands of delivering cancer care



WHAT IS MORAL DISTRESS?

Distress in response to situations that constrain you from acting in line with your moral values

What causes us to experience moral distress?

INTERNAL CONSTRAINTS

- Perceived lack of efficacy or role expertise
- Incomplete understanding of situation, issue or clinical context

CLINICAL SITUATIONS

- Healthcare system gaps
- Inequities in distribution/use of limited resources
- Belief that treatment plan is not in patient's best interest

EXTERNAL CONSTRAINTS

- Conflicts between policies, priorities and patient care needs
- Pressures to reduce healthcare costs or litigation risks
- Gaps in collegial support or community culture

Coping with moral distress

Each case can cause a certain level of moral distress because I'm always reflecting on the choices I make and the steps I take. (surgeon)

If things do not turn out for the better, I contemplate what I could have done differently. (nurse)

[I shouldn't] doubt whether to start chemotherapy. There are evidence-based guidelines... and, in the end, it's the chemotherapy that does or doesn't do its job. (internist)

Internalize

Externalize

Coping with moral distress

What would help me are lectures about such subjects. (nurse)

What helps with moral distress is a well-structured formal debate with all parties. You ideally have enough time for everybody to formulate their rationale (surgeon)

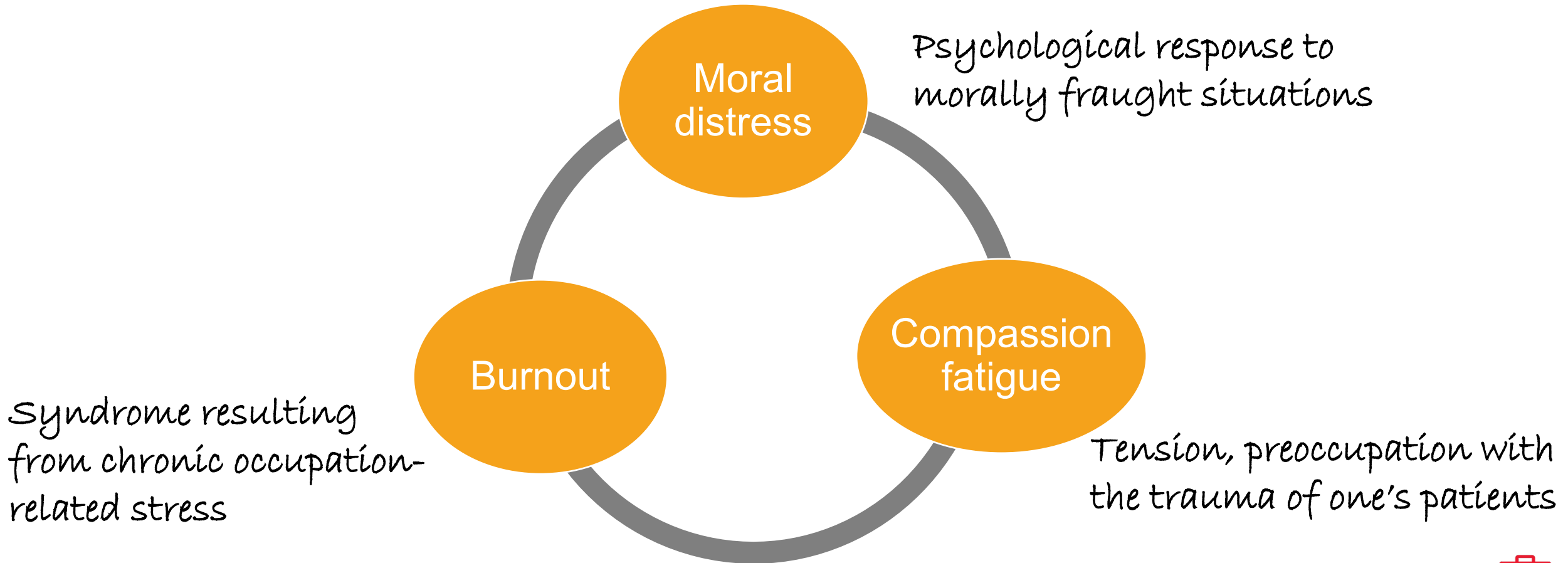
[Our] debriefings... tend to focus on 'how can we get things done better and more efficiently.' It's not that you can talk about how you feel and how a case affects you as a person. (resident)



Focus on rational elements

Focus on experiential elements

Correlates of moral distress: implications for compassionate care



HOW DO WE ADDRESS MORAL DISTRESS?

Multi-level approaches are needed to change workplace culture and reduce clinician stress

SYSTEM LEVEL

Recommendations adapted from *Burnout and Moral Distress in Oncology Roundtable* (ASCO Ethics committee, 2019)

BROADEN RESOURCES

- a) Integrate moral distress and wellbeing into curricula
- b) Use existing activities/settings to promote discussion of moral issues
- c) Develop resources for trainees

ESTABLISH QUALITY METRICS

- a) Create guidelines or criteria for positive practice settings
- b) Publish results of successful programs
- c) Make programs more broadly available
- d) Recognize best practices, highlight awardees

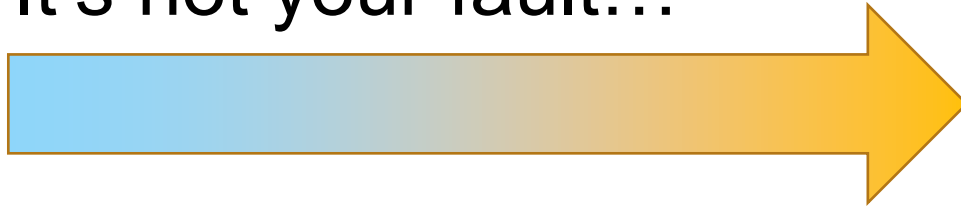
PROMOTE RESEARCH

Topics: risk factors, interventions, outcomes

- a) Support and promote internal funding opportunities
- b) Support grant proposal development

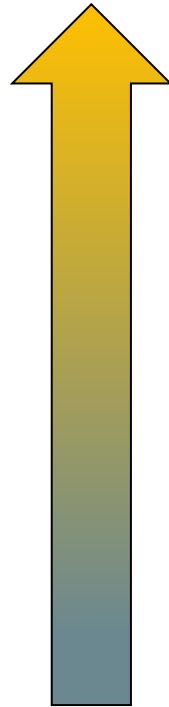
INDIVIDUAL/TEAM LEVEL

It's not your fault...



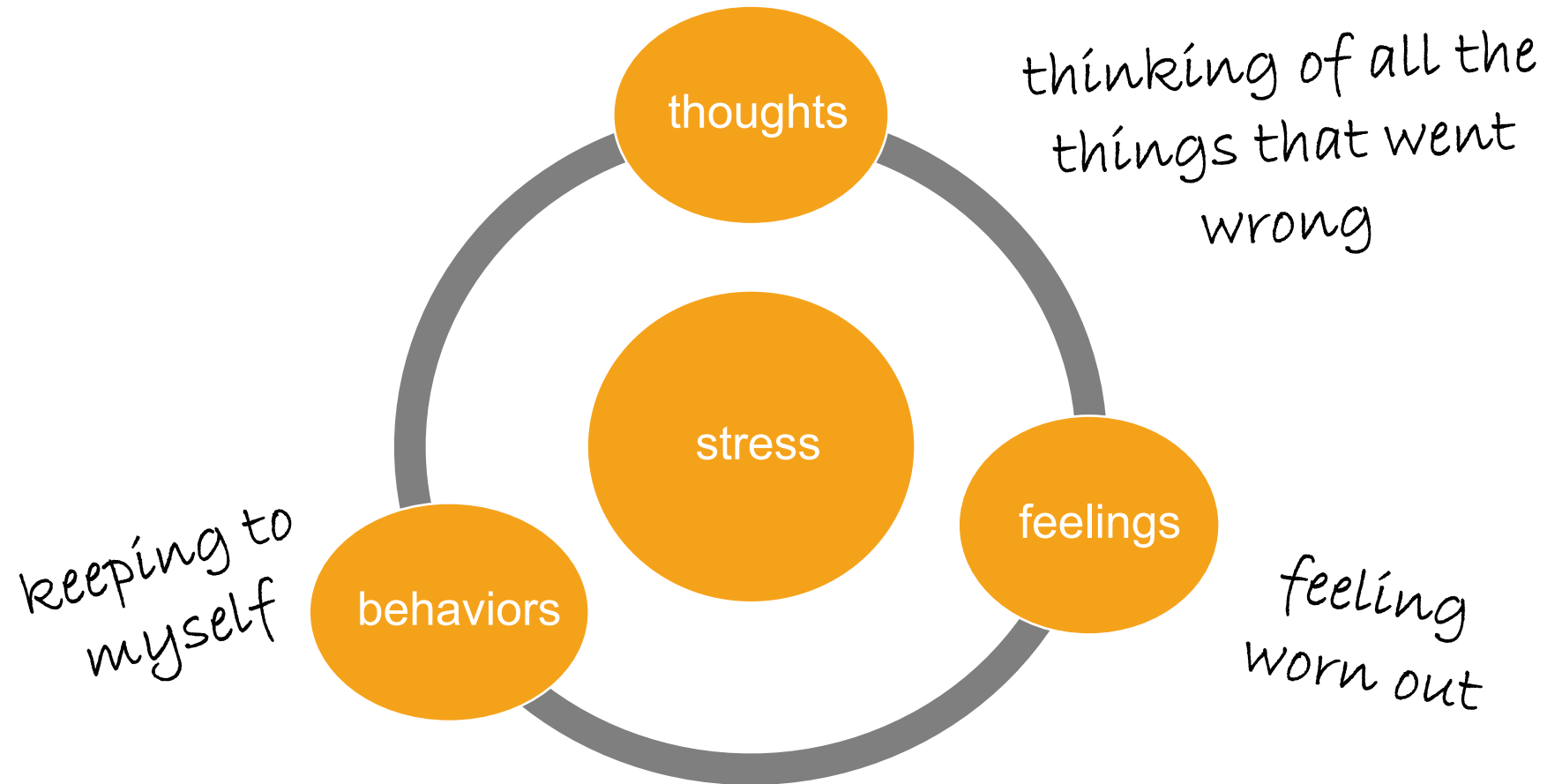
Take this mindfulness class!...

THE STRESS RESPONSE

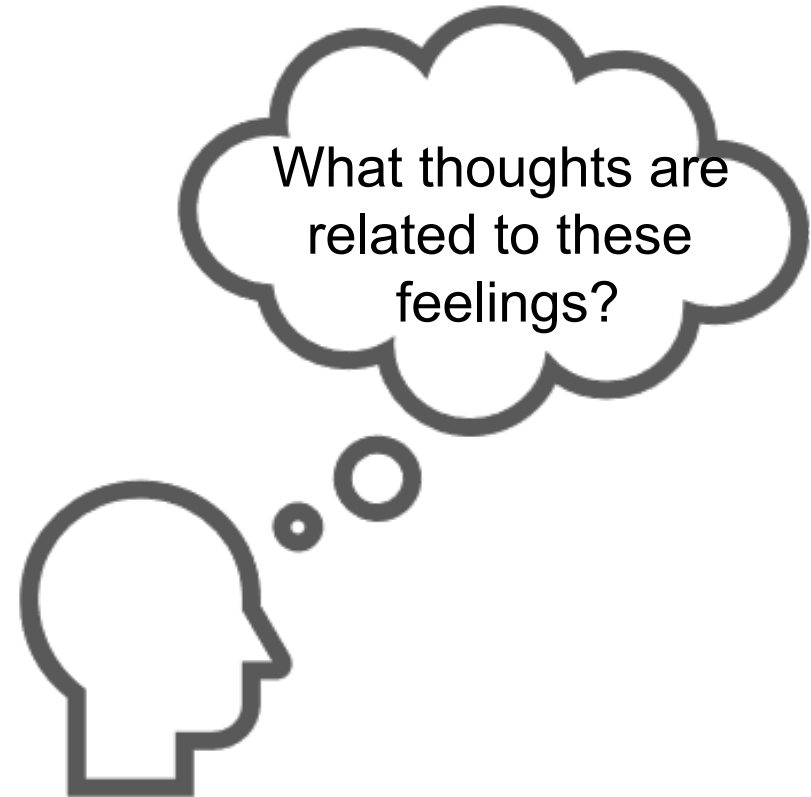
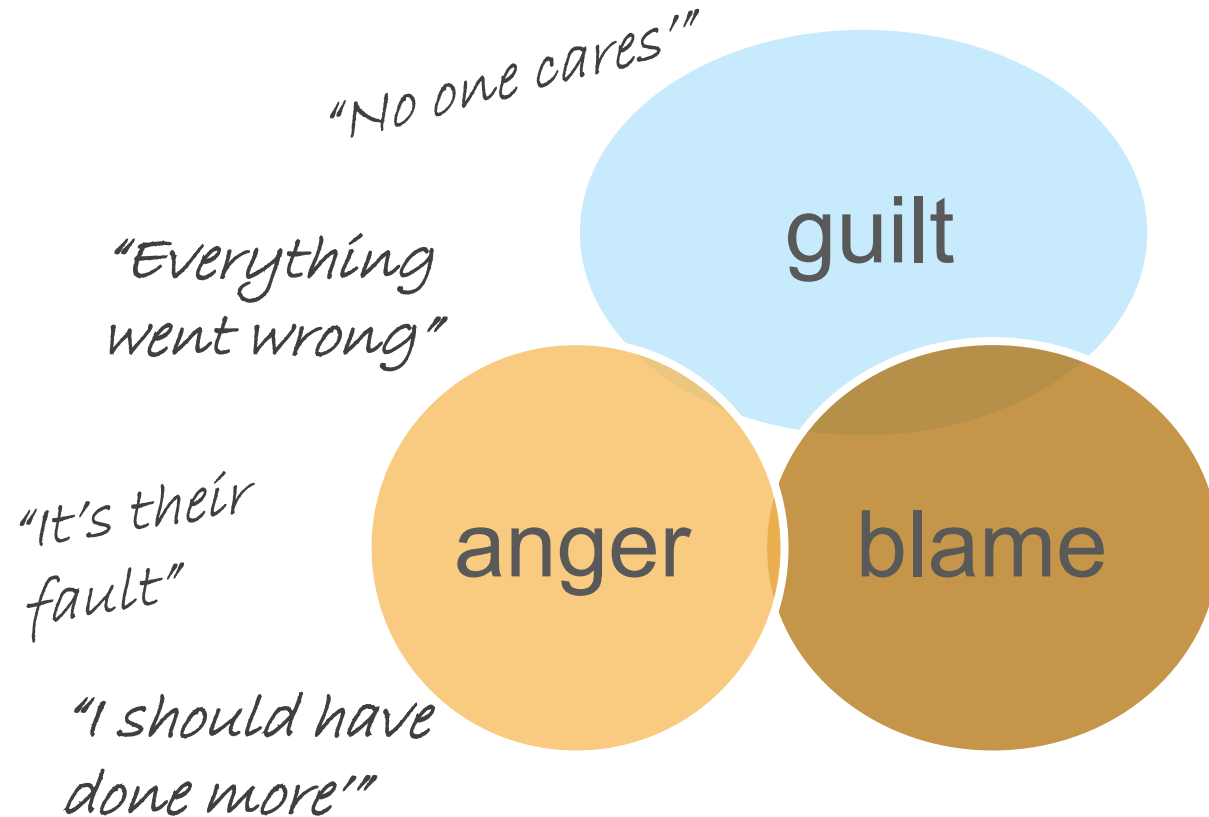


- Adrenalin
- Heart rate
- Blood pressure
- Breathing rate
- Muscle tension
- Memory/concentration difficulties

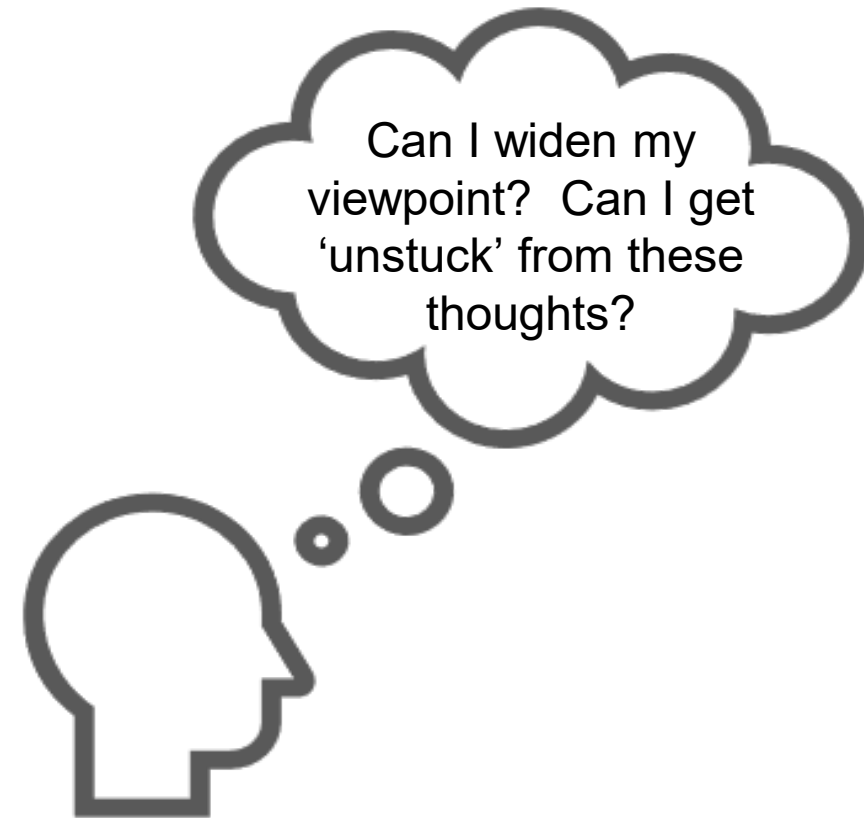
Signals of stress



Emotions and thoughts



Widen your lens



Individual and team interventions

Education

CBT

Peer support

Mindfulness

Communication
skills

Health
promotion

Activism

Self
compassion

We must promote workplace cultures that support direct attention to issues of moral distress



THANK YOU

Sponsorship and Acknowledgement



Stay Tuned for More Sessions

Date and Time	Session Title	Speaker
7/8/21 12 pm – 1 pm EST	There Is Nothing Wrong with Your Kit: It's a System, Not a Self-Care Problem	Eucharía Borden, MSW, LCSW, OSW C Senior Director, Health Equity and Clinical Services, Cancer Support Community

For More Information



First Aid TOOLKIT

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