WHAT’S IN YOUR FIRST AID KIT?
Resources and Tools to Help You Survive and Thrive
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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.
PRESENTER DISCLOSURE

Presenter Disclosure
Faculty: Jamie Aten, Ph.D.
I, Jamie Aten have no financial relationships or affiliations to disclose
Why we need resilience, grit, and fortitude.

When “bouncing” back isn’t possible.

Doing good in the face of adversity.
Rethinking Resilience
Fortitude enables us to reconceptualize flourishing where a positive outcome is not guaranteed or may be difficult for a prolonged period.
Fortitude enables people to endure and make redemptive meaning from adversity through connections with:

- Others
- Spirituality
- Themselves
Whereas resilience might be thought of as what helps us push through suffering to get back to life, we found that fortitude helps us find life amid the suffering.
The New Science of Fortitude

- **Resilience**: Bouncing back
- **Grit**: Pushing through
- **Fortitude**: Enduring adversity
Metabolize suffering

Redeem sense of purpose

Cope in chronic circumstances
Had an intense dream last night. Found myself in an old and poorly constructed community center building near a coastline that has a basement prone to flooding. Then a hurricane warning goes off. The hurricane was headed straight for the front of the building according to weather projections. To my left was a river prone to overflowing. On my right was an old power plant. A condemned toxic chemical plant sat behind the building. Flash floods were already in effect and too strong to even make it to my car. I was trying to get people to take action. But everyone just wanted to "watch." Oh, and we were notified that a small plane was going to try and make an emergency landing on the community center's driveway because of the gale strength winds. I woke up before figuring out how to help and what the best course of action was. Thinking I might need to take a break from thinking about disasters for a day or two this weekend.
Cultural Humility and Hospital Safety Culture

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Abstract Hospital safety culture is an integral part of providing high quality care for patients, as well as promoting a safe and healthy environment for healthcare workers. In this article, we explore the extent to which cultural humility, which involves openness to cultural diverse individuals and groups, is related to hospital safety culture. A sample of 2011 hospital employees from four hospitals completed measures of organizational cultural humility and hospital safety culture. Higher perceptions of organizational cultural humility were associated with higher levels of general perceptions of hospital safety, as well as more positive ratings on non-punitive response to error (i.e., mistakes of staff are not held against them), handoffs and transitions, and organizational learning. The cultural humility of one’s organization may be an important factor to help improve hospital safety culture. We conclude by discussing potential directions for future research.

Keywords Culture · Humility · Safety · Hospital · Organization

Introduction
Positive Social Support
Meaning-Making
Q&A Session
Sponsorship and Acknowledgement
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<td>Emily Gentry, RN, BSN, OCN, HON-ONN-CG</td>
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<td>5/15/21 1 pm – 2 pm EST</td>
<td>GPS for the Soul: Moving toward your values</td>
<td>Krista Nelson, MSW, LCSW, OSW-C</td>
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<td>Oncology Social Worker, Program Manager of Quality &amp; Research, Cancer Support Services &amp; Compassion, Providence Cancer Institute</td>
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<td>Psychologist, KU Medical Center</td>
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<td>5/26/21 1 pm – 2 pm EST</td>
<td>Behind the Mask: Moral Distress and Compassionate Care</td>
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<td>There Is Nothing Wrong with Your Kit: It’s a System, Not a Self-Care Problem</td>
<td>Eucharia Borden, MSW, LCSW, OSW-C</td>
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