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

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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.
• Krista Nelson, MSW, LCSW, OSW-C

- Program Manager, Quality and Research of Cancer Support Services & Compassion,
- Providence Cancer Institute
- President, Association of Community Cancer Centers (2013)

• GPS For the Soul
• Moving Toward Your Values
Presenter Disclosure
Faculty: Krista Nelson
I disclose the following relationships with Athenex Oncology. I have received funding for participation in Patient Advocacy Council.

Today I will be sharing a perspective, I encourage you to listen, engage and agree or disagree. The point, is that I hope you take this pause with me to consider your work, and how that experience is aligning with your values, or not.
Agenda

1. Reflection
2. COVID
3. Resilience and Suffering
4. Aligning with Values
5. Finding Meaning
6. Finding your North

Finding Meaning
Work, Relationships and Suffering
Personal Values

- Family
- Professional/Work
- Community
- Life experience
- Education
- Spirituality
- Culture
Social Work Core Values

- Service.
- Social justice.
- Dignity and worth of the person.
- Importance of human relationships.
- Integrity.
- Competence.
Finding What's Meaningful to You
(Modified from Drs. Hansen & Keltner, UC Berkley)

- Family Relationships
- Learning & Personal Growth
- Adventure & Risk Taking
- Community Connections
- Work
- Status & Power

- Fun and Play
- Spirituality
- Service
- Integrity & Honesty
- Freedom & Independence
- Innovation & Creativity
Share in the chat some of your values
### Value Sheet

<table>
<thead>
<tr>
<th>Domain</th>
<th>Valued direction (write a brief summary, in one or two sentences.)</th>
<th>Importance</th>
<th>Success</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family relationships</td>
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</tr>
</thead>
<tbody>
<tr>
<td>Family relationships</td>
<td>To be a loving and supportive daughter. I will work on calling them often and will plan visits to see them more often</td>
<td>10</td>
<td>8 (just flew to visit)</td>
<td></td>
</tr>
<tr>
<td>Community Connections</td>
<td>To be an engaged community member. I hope to be a resource to my neighbours, friends and co-workers.</td>
<td>7</td>
<td>10 (volunteering weekly with houseless, helped friend with illness)</td>
<td></td>
</tr>
<tr>
<td>Learning &amp; Personal Growth</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Personal Values

- Know what they are
- How to prioritize them
- How to use them to make decisions
- Use them for goal setting
- Make decisions in alignment when you can
- How and when to reflect and adapt as needed
What Distracts Us From Our True North?

- Time
- Lack of clarity
- Burnout
- When an organizations values don’t align with yours
- Worrying about others’ perceptions
- If your values are in conflict with wider society
- Grief
- ……
## Healthcare Workers: Impacts of COVID (March-May 2020)

<table>
<thead>
<tr>
<th>Location</th>
<th>Depression</th>
<th>Chronic Anxiety</th>
<th>PTSD</th>
<th>Source</th>
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<tbody>
<tr>
<td>China</td>
<td>16.5%</td>
<td>28%</td>
<td>53%</td>
<td>International Journal of Environmental Research 2020</td>
</tr>
<tr>
<td>Italy</td>
<td>25%</td>
<td>20%</td>
<td>49%</td>
<td>JAMA open 2020</td>
</tr>
<tr>
<td>ICU MDs (85 countries)</td>
<td>30%</td>
<td>46%</td>
<td>51%</td>
<td>Annals of Intensive Care 2020</td>
</tr>
<tr>
<td>NYC</td>
<td>48%</td>
<td>33%</td>
<td>57%</td>
<td>Gen. Hosp. Psychiatry 2020</td>
</tr>
</tbody>
</table>
United Kingdom ICU Mental Health Study (June-July 2020)

- Problem Drinking: Physicians 7, Nurses 8
- Depression: Physicians 31, Nurses 58
- Anxiety: Physicians 28, Nurses 48
- PTSD: Physicians 32, Nurses 54
Combatting Burnout

- Finding meaning in your work has been proven to be a protective factor
- Positive significant total effect that meaning of work has on life satisfaction
- Improving the meaning of work can have a protective effect against stress, thereby improving the quality of care provided by palliative care professionals
- Healthcare professionals with the most stress tend to assign less meaning to their work
How to keep walking forward, and even find renewal along the way, in this year of things blown apart?

What sustains us?

How to hold on to our sense of what is whole and true and undamaged, even in the face of loss?

Krista Tippett
Dr. Bernstein
Between the stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.

Victor Frankl
Discovering Meaning

• Love/Relationships
  • By experiencing something or encountering someone

• Work
  • By creating a work or doing a deed

• Suffering
  • By the attitude we take toward unavoidable suffering, and that everything can be taken from a man but one thing: to choose one’s attitude at any given set up circumstances.
Finding Meaning in Suffering

Post-traumatic Growth
• Personal Strength
• Relationships
• Greater Life Appreciation
• Beliefs
• New Possibilities
Meaning & Cancer

- Understanding the significance of the illness (mind, body & spirit)
- Life review
- Change in self and relationships
- Re-evaluation of values
Key Everyday Lessons

- Create something
- Develop/maintain relationships
- Find purpose in suffering
- Agree that life is not fair
- Freedom to find meaning
- Focus on others
- Quiet
- Writing or Nature
The “After” Covid Experience

- Take a moment to reflect… on your life, on your work… What is sacred for you? Right now, in this moment?
Blessing for Work: 
John O’Donahue

May the light of your soul bless your work with love
and warmth of heart.
May you see in what you do the beauty of your
soul.
May the sacredness of your work bring light and
renewal to those who work with you and to those
who see and receive your work.
May your work never exhaust you.
Rather, may it release wellsprings of refreshment,
inspiration and excitement.
May your work be infused with a loving heart,
May you know that your work is an offering of
ministry
May you truly know that you are a revelation of
God’s love
Especially as you serve those in need.
May you be filled with the knowledge that this IS
sacred work,
You are CALLED to be here.. NOW at this time and
this place.
Peace... to you.
Questions?
References

- Kaya H, İşlik B, Şenyuva E, Kaya N. *Personal and professional values held by baccalaureate nursing students*. Nurs Ethics. 2017 Sep;24(6):716-731.
- Moren0-Milan, B. et al. *Meaning of work and personal protective factors among palliative care professionals*. Palliat Supportive Care, 2019. 17(4) 381-387
- Serwint, J, Stewart, M. *Cultivating the joy of medicine*: A focus on intrinsic factors and the meaning of our work Curr Probl Pediatr Adolesc Health Care. 2019 Dec;49(12)
- Wei, H. et al. *Self-care Strategies to Combat Burnout Among Pediatric Critical Care Nurses and Physicians*. Crit Care Nurse. 2020 Apr 1;40
Sponsorship and Acknowledgement
<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Session Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>6/5/21 1 pm – 2 pm EST</td>
<td>Beyond Band-Aids: Growing Mighty as a Team</td>
<td>Elizabeth M. Muenks, Ph.D. Psychologist, KU Medical Center</td>
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<tr>
<td>5/26/21 1 pm – 2 pm EST</td>
<td>Behind the Mask: Moral Distress and Compassionate Care</td>
<td>Lara Traeger, Ph.D. Assistant Professor, Psychiatry, Harvard Medical School Staff Psychologist, Department of Psychiatry, Mass General Hospital</td>
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<tr>
<td>7/10/21 1 pm – 2 pm EST</td>
<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 Senior Director, Health Equity and Clinical Services, Cancer Support Community</td>
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For More Information

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