



HEALING OURSELVES WHILE HEALING OTHERS:

NURSING DURING THE CORONAVIRUS PANDEMIC

*A Webinar Series with Tools & Resources for Professional
Nurses*

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Anne Hofmeyer, PhD, MPHC, RN, MACN



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Donna is a psychotherapist, author and educator, has long addressed a wide range of life-altering experiences in the lives of children and families—loss, trauma, and stress. She has counseled professionals, young people and schools in the aftermath of individual and national tragedies — 9/11, Sandy Hook, and Hurricane Katrina. In addition to academic papers, Donna is the author of *The Seasons of Grief, Helping Children Grow Through Loss*. She taught at Columbia University and holds master's degrees from Teachers College, Columbia University; Rutgers University, and a doctorate from the University of Pennsylvania. Her post-doctoral work includes the Prudential Fellowship for Children and the News at Columbia Journalism School. Donna consults for the New York Life Foundation and the Resilient Parenting for Bereaved Families Program at Arizona State University.

Millie is the founder of M. Elia Wellness, LLC, a service which offers Integrative Health Program Design within local cancer survivorship communities, larger healthcare systems and organizations. She is the proud recipient of the (SIO) Society for Integrative Oncology's 2019 Clinician Stakeholder Award for the impact her services have had, and continue to have, on the cancer survivorship community. She has twenty years of experience as a Nurse Practitioner and received her Master's of Arts from NYU in Advanced Practice Nursing. Additionally, she is a certified Health and Wellness Coach and Yoga Instructor.

Anne holds an Adjunct appointment with the SONM and is a Visiting Professor at Anglia Ruskin University, Cambridge, UK. She is a member of the Royal College of Nursing (RCN) UK and Australian College of Nursing. Her current research is on translating the social neuroscience of empathy and compassion in the context of culture, networks and leadership in nursing and healthcare. Anne holds a PhD and a Master's Degree in Primary Health Care (palliative care specialty) from Flinders University, Australia. Following completion of her PhD in 2002, she was recruited to the Faculty of Nursing, University of Alberta, Canada in 2003. In 2004, she completed an Intensive Bioethics Course at the Joseph P. & Rose F. Kennedy Institute of Ethics, Georgetown University, Washington DC.

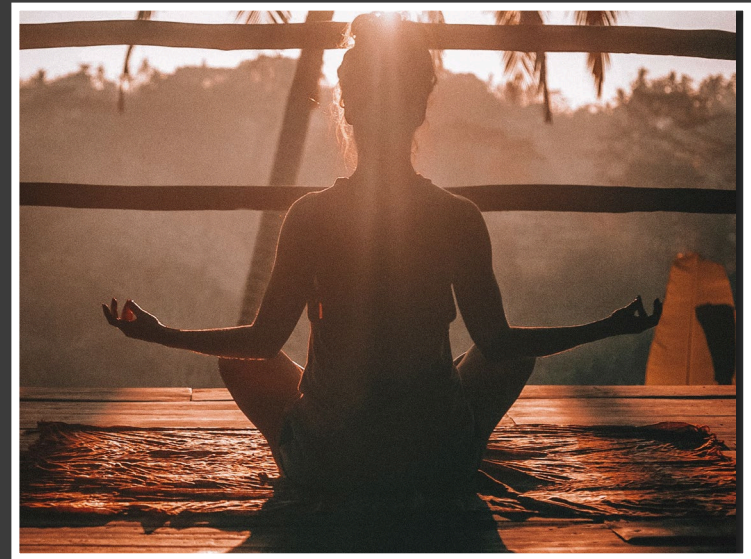
Peg is an Advanced Practice Psychiatric Nurse and licensed Marriage and Family Therapist. She works with children, individuals and families to help them become more aware of themselves and others through talking and experiencing their feelings. As a Disaster Crisis Counselor and therapist, Peg has counseled individuals after 9/11, hurricanes Rita, Floyd and Sandy. Peg has served as Adjunct Faculty and Guest lecturer in several nursing programs and taught family therapy at Drew University. As a facilitator for the Recovery and Monitoring Program (RAMP), Institute for Nursing, Peg helped nurses whose practice was impaired by drugs, alcohol or other issues. She has a Masters of Arts from NYU in Psychiatric Nursing, is a Graduate of Blanton-Peale Graduate Institute and earned a PHD from Union Institute and University. Peg has a private practice in Cranford, NJ and is a Certified Holotropic Breathwork Facilitator.



This webinar series will support you in your professional and personal lives and provides:

- Relevant content to help you recognize what nursing professionals are experiencing, both at work and at home.
- Exercises, activities and resources that will enhance your own self-care.

The goals of all webinars will be to help you thrive, not just survive.



OUR GOALS . . .

- 60 minute webinars (45-50 minutes of content and 10-15 minutes for activities and questions) will raise awareness and encourage discussion among participants.
- Webinars 1 (What We Carry) and 2 (Welcoming Self-compassion, Finding Support and Self Care) will provide a foundation for the entire series.
- Participants can select other webinars based on their needs, personal and professional experiences. Although we suggest you attend all of the sessions. The last webinar (Transforming Helplessness to Wholeness) is recommended for all participants.





WHY SELF CARE?
WHY SELF-COMPASSION?

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



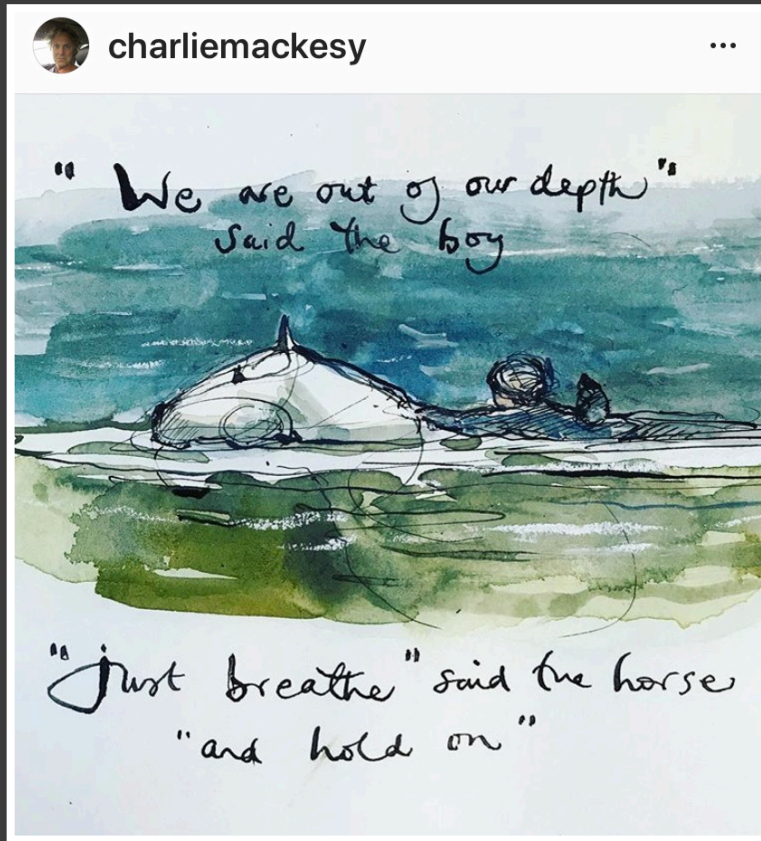
“ As soon as you notice you’re suffering you automatically embrace yourself with compassion.”

— Kristin Neff, Self Compassion

This frequently cited analogy is often used to describe self-care— if you don't put on your own oxygen mask first you won't be able to help others. But it doesn't go far enough. Not only do we need oxygen before and during the emergency, but afterwards well. Self-care is essential and the need for it doesn't end when the stressful situation is over.

Welcoming Self-Compassion, Finding Support and Self-Care

Monday 4-13-20



- Identify your ability to provide self-compassion.
- Locate support in your work and personal lives.
- Recognize toxicity in relationships and environments.
- Identify and practice mind-body self-care strategies.

Offering Compassion and Comfort from a Distance

Friday 4-17-20

- Describe how to be present for colleagues and patients.
- Develop actions that enhance compassion and comforting.
- Reaffirm compassion for self and others.

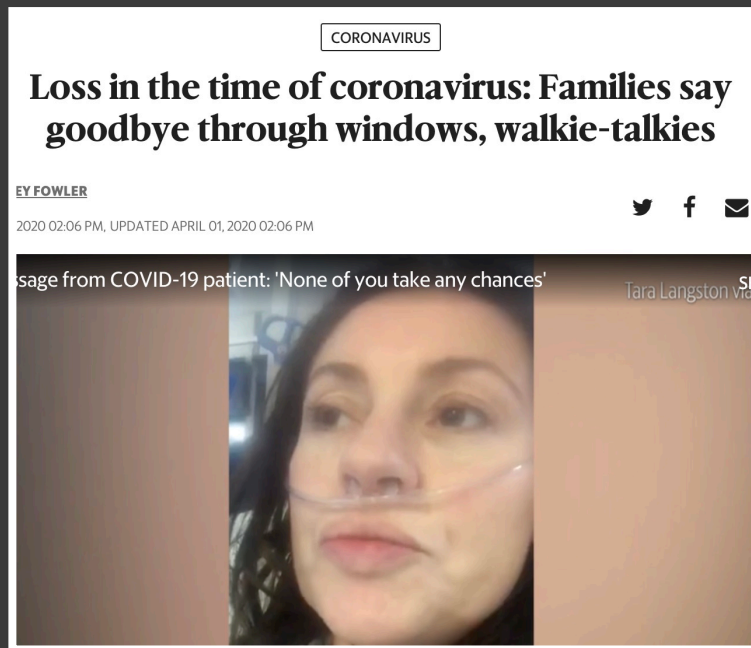


When Bearing Witness is Too Much to Bear

Monday, April 20, 2020

- Name trauma and traumatic Responses in yourself and environment.
- Recognize vicarious trauma.
- Identify how and when to ask for help.





Facing Grief and Grieving

Friday, April 24, 2020

- Discuss the effectiveness of videocalls when saying goodbye *with* Patients.
- Recognize your role in a family's mourning.
- Discuss loss, grief, and grieving colleagues.
- Recognize vicarious grief.
- Practicing The Pause.

Families and Relationships Matter

April 27, 2020

- Discuss how 'social distancing' can narrow one's world of support and connection.
- Make a workable plan when practicing physical distancing and social connections.
- Find effective ways to bridge separations.
- Diffuse tension in relationships.
- Discuss longing for normalcy.



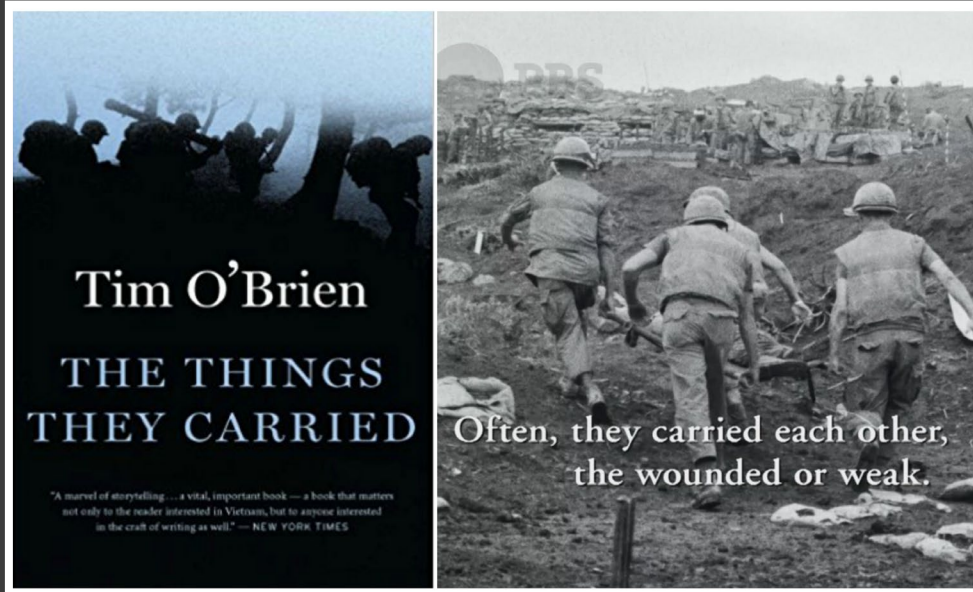
Transforming Helplessness to Wholeness

Thursday, April 30, 2020

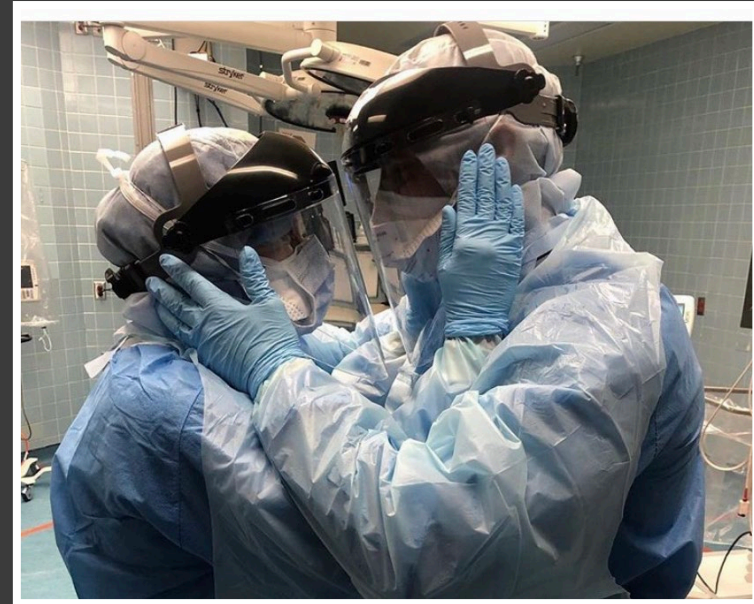
- Recognize and accept vulnerability.
- Reframe uncertainty and fear.
- Identify your best actions and approaches to build growth and strength.
- Make a difference in your own life and the lives of others.
- Emerge from the pandemic whole and on a journey of healing and growth.



THE THINGS THEY CARRIED . . .



. . . THE THINGS WE CARRY

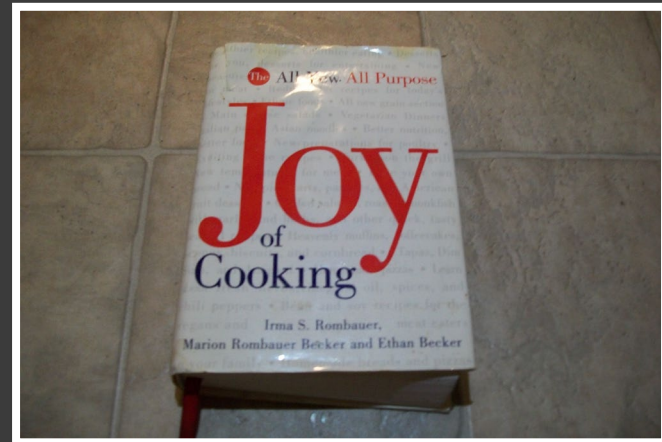
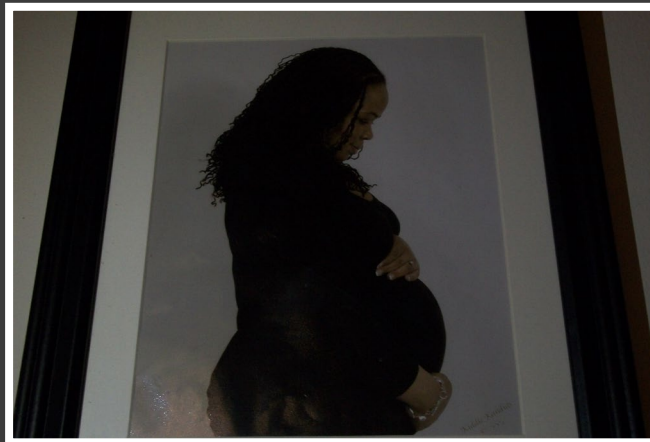


THE THINGS THEY CARRIED. . .

. . . THE THINGS WE CARRY

The things they carried are very similar to what we carry to our clinical settings. . .

- “The things they carried were largely determined by necessity, or near-necessities, were can openers, pocket knives, heat tabs, wristwatches, dog tags, mosquito repellent, chewing gum, candy, cigarettes, salt tablets, packets of Kool-Aid, lighters, matches, sewing kits, Military Payment Certificates, C rations, and two or three canteens of water. “
- They carried photographs. bibles, letters, good luck mementos, even jokes and humor.
- What they carried varied by mission—some more complicated than others.
- “And because it was Standard Operating Procedure, they all carried steel helmets that weighed 5 pounds including the liner and camouflage cover.”
- “They carried the sky. The whole atmosphere, they carried it, the humidity, the monsoons, the stink of fungus and decay, all of it, they carried gravity.”
- “They carried all they could bear, and then some, including a silent awe for the terrible power of the things they carried.”



#What We Carry. . . Words and images from Children

Take a few moments to think about what you carry.

In my backpack. . . in my pockets. . . on my shoulders . . . in my heart?

- My work.
- My colleagues.
- My family.
- My life.
- My memories.
- My emotions.
- Lessons I have learned.
- My hopes and dreams.



And now. . . .





Time for . . .





And now. . . .



Dr. Andrew Weil's 4. 7. 8. Breathing

Before you begin this breathing exercise please remember if at any time or for any reason this exercise doesn't feel comfortable to you or there are parts of it that you'd prefer not to do, simply follow along.

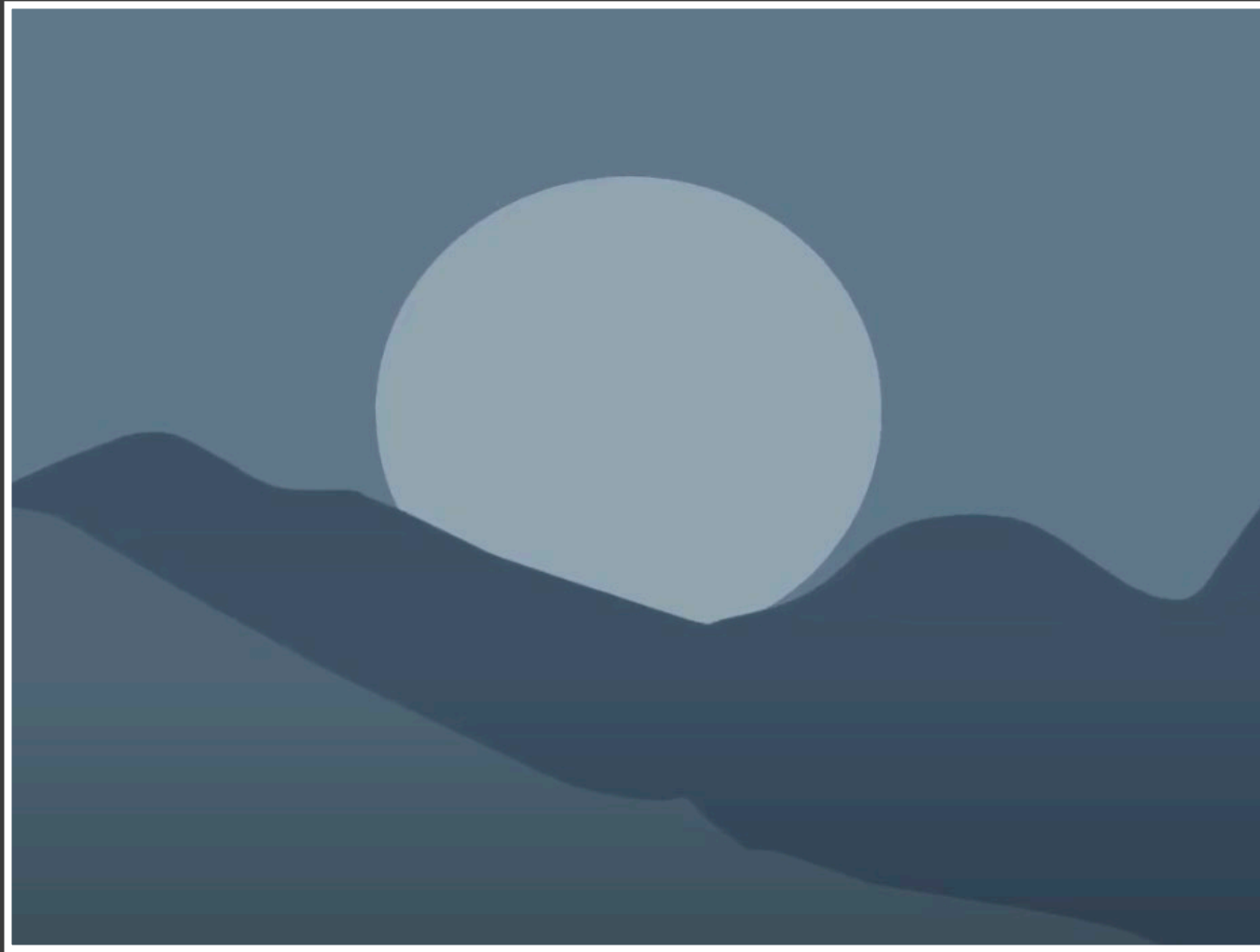
Start by bringing the tip of your tongue to the roof of your mouth. Once the tip of your tongue is at the roof of your mouth, just behind your teeth, you'll want to inhale naturally through your nose and begin to exhale completely through your mouth.

Begin to inhale quietly through your nose to the mental count of four, at that point you would pause your breath for a count of seven, and now begin to exhale completely through your mouth making a whooshing type sound to the count of eight.

Now, these numbers don't have to be exact. If you prefer a smaller number of inhalations or a pause that is a bit shorter, you can always alternate. The main thing is that the exhalation count is longer than the inhalation count.

It's recommended to practice once or twice a day. It can take some time to get used to it, and may feel a little bit uncomfortable in the beginning. Remember it's something you can do anywhere, at any time. The exercise can be done silently, in a seated position or laying down, and at any time during your day.

. . . Go to the link on the next slide for the exercise.



<https://www.youtube.com/watch?v=1Dv-ldGLnIY>

Dr. Andrew Weil's 4. 7. 8. Breathing

What We Carry

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Let us know how you are doing!

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