CARING TEXTS, CARING STAFF.

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PATIENT EXPERIENCE

INNOVATION

EMPATHY
STORIES
What resources are available to nursing staff to help them:
Meet the demands of their workload,
Continue to develop and access resilience,
Stay engaged with their patients?
Potential benefits of study:
Increased awareness of the spiritual resources available to support resilience in the face of compassion fatigue.
Choose the texts, the stories.
Recruit volunteers.
Schedule!
Pre-study self-assessment.
Read the text aloud.

Reflect, discuss.

Post-session Self-assessment.
"Illness is the night-side of life, a more onerous citizenship. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use only the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place."

from the preface ILLNESS AS METAPHOR (1978) by Susan Sontag
The transcripts reveal:
Increased access to the nurses’ own spirituality and spiritual strength.
Increased awareness of the resources that support their resilience
Deepened sensitivity to the quality of interactions with patients, families and team members
Improved awareness of aspects of cultural competence
An integration of professional and personal:

“It’s really nice to step out of the chaos on the floor and to get in touch with our emotional side”;

“This has touched something I don’t normally pay any attention to. I think about what we read and talked about the rest of the day. I put spirituality in the foreground.”;

“The things we talked about connected with what was going on during the rest of the day. Everything was more pertinent. Even if we were being funny about it.”
“I saw the patient differently.”
The shared experience stimulated staff intellectually and spiritually and provided time and tools to:

Process unit losses,
Learn about different cultures, and
Explore using spirituality as an element in their patient care and self-care.

The texts and conversations provided language and ideas applicable to the floor.
Thank you.