
Resiliency

Abstract wavy lines in shades of red, orange, and yellow, flowing across the middle of the slide.

Taking care of yourself to ensure success

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

ACCREDITED CONTINUING EDUCATION

Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by AXIS Medical Education and Texas Hospital Association. AXIS Medical Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Learning Objectives

Describe challenges to frontline staff in CAHs

Identify mal-adaptive coping measures

Identify ways to promote wellness and resiliency among frontline staff



Second victim (vicarious trauma)

Emotional impact on clinicians who committed unintentional errors

- *Near miss episodes*
- *Actual patient care errors*
- *sometimes resulting in actual patient harm*

Exposure to traumatic events in the workplace

- *patient death*
 - *repeated exposure to severe trauma*
 - *patient history of events*
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Contributing factors to “burnout”

- **Working short staffed**
 - **More complex patients**
 - **Lack of resources**
 - **Lack of support**
 - **Bullying / workplace violence**
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How does it manifest

Fatigue

Guilt

Shame

Insomnia

Self-medication

Night terrors/flashbacks



Other manifestations

Problems in interpersonal relationships at work and at home

Absenteeism / Tardiness

Depression

Anxiety

Suicidal thoughts/tendencies

PTSD

How do
you
view:

mistakes

failures

poor outcomes

Why is this important?

- Average age of nurses = 50 (40% are over age 50)
 - Numbers leaving the profession have doubled since 2010 (almost 80,000 left the profession in 2020)
 - Nursing school admissions have begun to level off (not enough to keep up with vacancies)
 - Aging population means need for more healthcare providers
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It is time for the tough conversation....

How do we care for others if we do not care for ourselves? Each other?

Resiliency

What is your
definition of
resiliency?



Resiliency

re·sil·ience

[rəˈzilyəns]

NOUN

resiliency (*noun*)

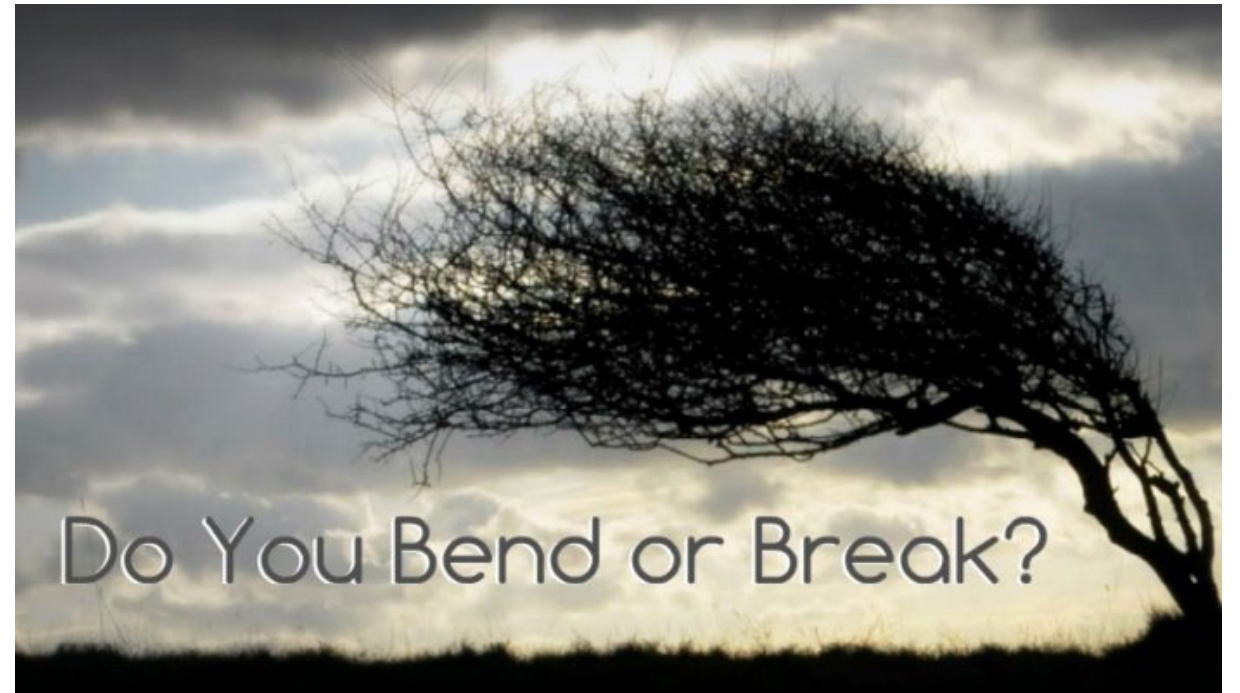
1.the capacity to recover quickly from difficulties; toughness:

1. "the often remarkable resilience of so many British institutions"

2.the ability of a substance or object to spring back into shape; elasticity:

1. "nylon is excellent in wearability and resilience"

Does that mean
nothing bothers
you?



Pathway to Resiliency



What is self-care?

- Taking care of your own needs
- Recognizing the things that cause you stress
- Building a toolkit of healthy coping skills
- Knowing when to ask for help
- Being able to ask for help

Knowing what makes you happy

Practicing self care allows you to....

Live life to the fullest



Enjoy those around you by being the best version of you



Allows others to enjoy being around you



Allows you to appreciate the little things

Happiness through self- care

What does that look like
to you?

What do you have to do
to achieve it?

How do you sustain it?

How do you manage personal stress?

Quiet activities like reading?

Hiking?

Gym?

Spa?



How do you do self care?



How do you manage work related stress?

Don't talk about it?

Vent to peers?

Vent to everyone at home?

Take it out on social media?



Self-Care Tips (physical)



Eat a healthy diet



Regular exercise



Get outside!



Healthy sleeping habits

Self-Care Tips (emotional/mental)

Participate in staff debriefing

Employee Assistance Program

Meditation

Seeking Therapy

Don't be afraid to speak up and ask for help!!!

Change is hard
Step outside the box
Set healthy boundaries
Try something new



Hope and fear
cannot occupy
the same space.
Invite one to stay.

Maya Angelou







THANK YOU FOR JOINING US!!!!

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