

# Long-Term Care Community of Practice Series

Mental Health and Resilience During COVID- Part 2



Host: Holly Finn, PMP

Presenter: Françoise Mathieu

Date: December 8<sup>th</sup>, 2022

# Territorial Honouring



# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected: [www.echopalliative.com](http://www.echopalliative.com)**

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



# LEAP Long-Term Care

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Case studies contextualized to the long-term care setting.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) working in long-term care and nursing homes.
- Accredited by CFPC for **27.5 Mainpro+ credits** (online) and **26.5 Mainpro+ credits** (in-person).



Learn more about the course and topics covered by visiting

[www.pallium.ca/course/leap-long-term-care](http://www.pallium.ca/course/leap-long-term-care)

# Introductions

## Host

**Holly Finn, PMP**

Senior Manager of Program Delivery, Pallium Canada

## Presenter

**Françoise Mathieu, M. ED., RP., CCC.**

Secondary Traumatic Stress Specialist

Executive Director, TEND Academy

# Disclosure

Relationship with Financial Sponsors:

## **Pallium Canada**

- Not-for-profit
- Funded by Health Canada

# Disclosure

## **This program has received financial support from:**

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

## **Host/ Presenters**

- Holly Finn: Senior Manager, Program Delivery, Pallium Canada
- Françoise Mathieu: Executive Director of TEND

# Disclosure

## Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content.

# Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	Introductory Session	Dec. 9, 2021 from 12-1pm ET
Session 2	The Palliative Approach as Part of the Continuum of Care	Jan. 13, 2022 from 12-1pm ET
Session 3	The Palliative Approach as an Inter-Professional, Team-Based Approach	Feb. 10, 2022 from 12-1pm ET
Session 4	Individuals and their Families as Members of the Team	Mar. 10, 2022 from 12-1pm ET
Session 5	Advance Care Planning	Apr. 14, 2022 from 12:30-1:30pm ET
Session 6	Resources for Long-Term Care	May 12, 2022 from 12:30-1:30pm ET
Session 7	Spiritual and Religious Care as Part of the Holistic Approach	Jun. 9, 2022 from 12-1pm ET
Session 8	Supporting New Team Members	Jul. 14, 2022 from 12-1pm ET
Session 9	Honouring Personhood in Dementia Care	Aug. 11, 2022 from 12-1pm ET
Session 10	Diversity and Inclusion in the Long-Term Care Setting	Sep. 8, 2022 from 12-1pm ET
Session 11	Meaningful Measurement to Support Health System Improvements in LTC	Oct. 13, 2022 from 12-1pm ET
Session 12	Mental Health and Resilience During COVID: Part 1	Nov 10, 2022 from 12-1pm ET
Session 13	Mental Health and Resilience During COVID: Part 2	Dec 8, 2022 from 12-1pm ET

# Welcome and Reminders

- Please introduce yourself in the chat! Let us know what province you are joining us from and what your role is in the Long-Term Care setting
- Your microphones are muted. There will be time during this session for questions and discussion.
- You are welcome to use the chat function to ask questions, if you have any comments or are having technical difficulties, but also please also feel free to raise your hand!
- This session is being recorded- this recording and a copy of the slides will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session
- This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **12 Mainpro+** credits.

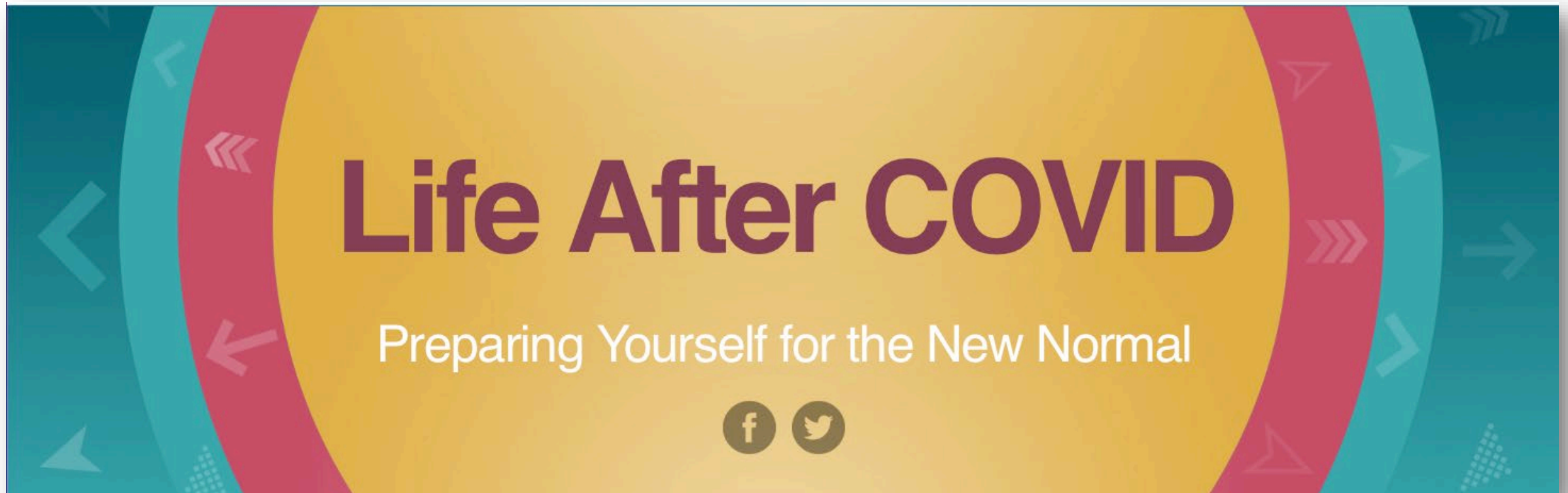


# These Brightly Colored Threads: Lessons learned from the pandemic

Françoise Mathieu, M.Ed. RP.  
Executive Director

“[...] One of the most useful things that people can do is be **intentional** on a **review** [...]. And, some people will do that, some people won't  
- Dr. Bruce Perry

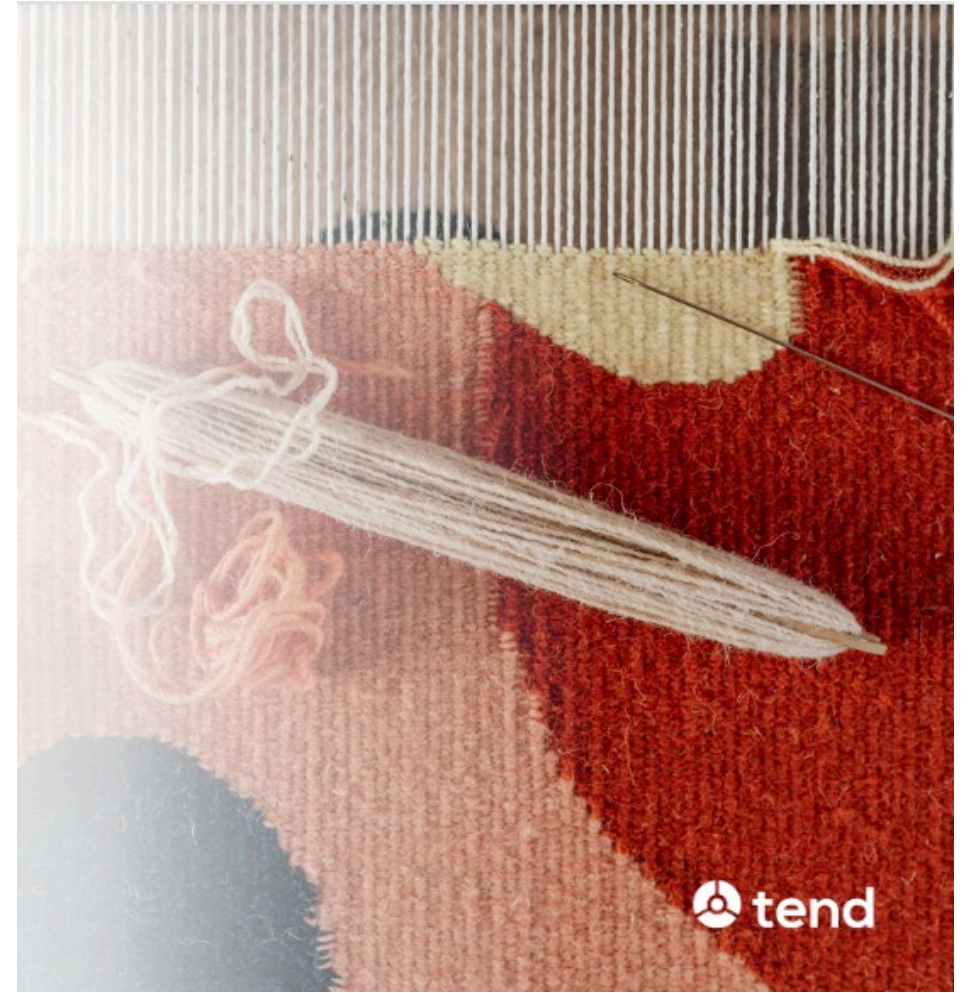
(2021, May 21-21). *Life After COVID: Preparing yourself for the new normal*. <https://www.rickhanson.net/life-after-covid-free-online-summit/>



“...Instead of viewing the pandemic experience as one thing, I would encourage people to start to dissect out the strands of this tapestry.”

Dr. Bruce Perry

Source: Life After COVID: Preparing Yourself or the New Normal, free Online Summit.



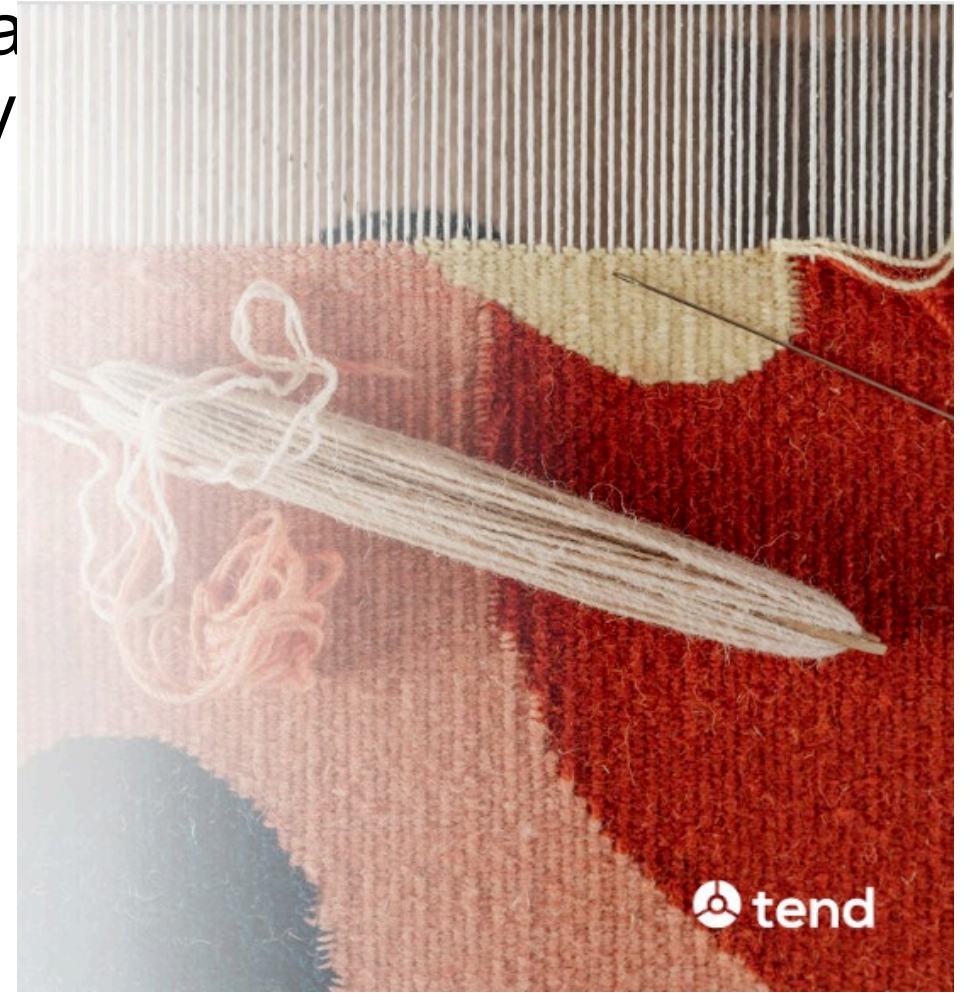
“What are these brightly colored threads that actually are little things that we should carry forward?”

What are the things that we don't want to carry forward?

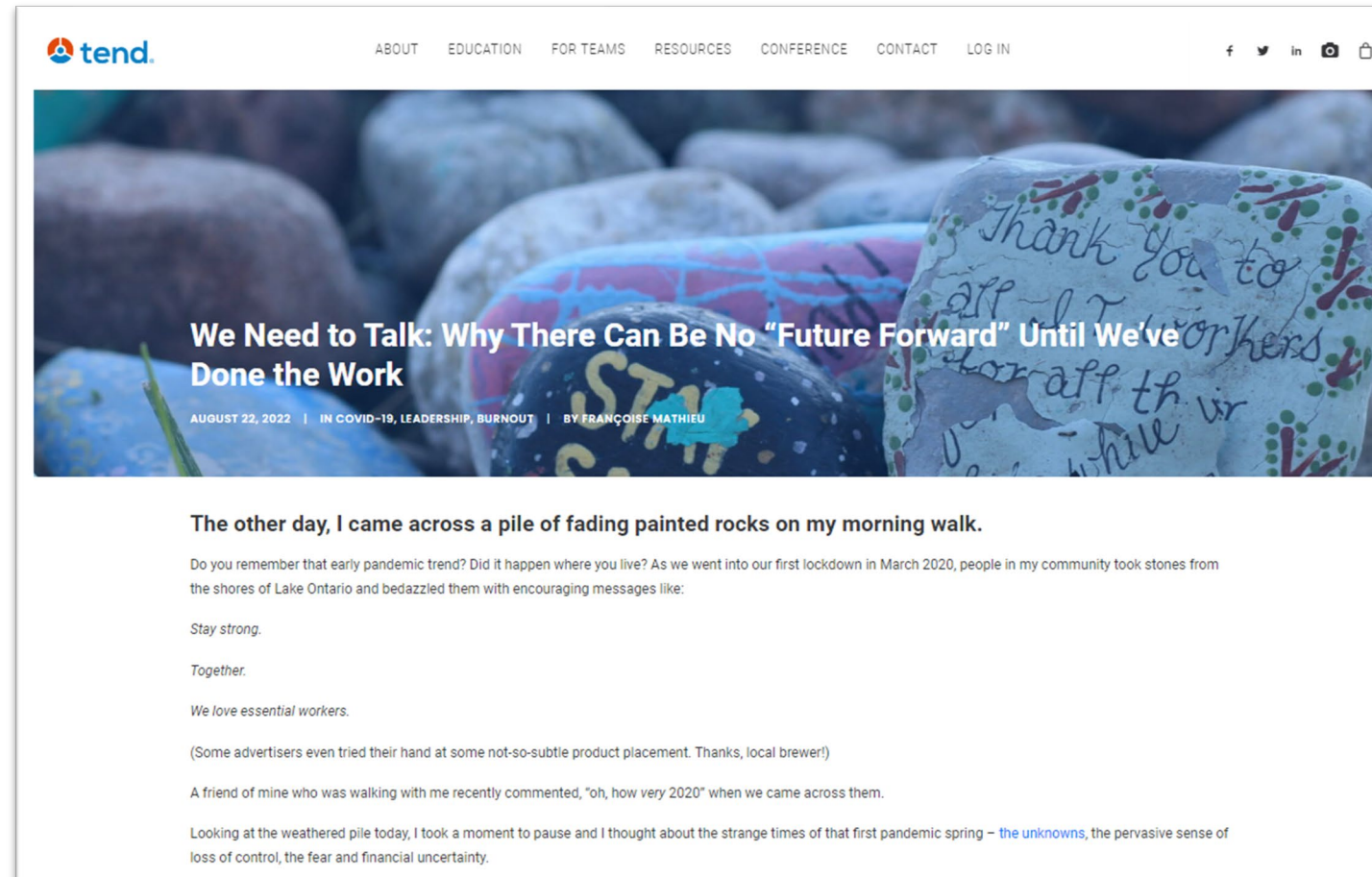
And what did we learn?”

Dr. Bruce Perry

Source: Life After COVID: Preparing Yourself for the New Normal, free Online Summit.



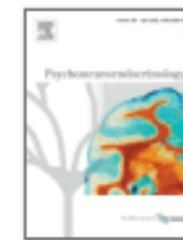
# The Myth of the “Great Resignation”



[www.tendacademy.ca/we-need-to-talk](http://www.tendacademy.ca/we-need-to-talk)

# Re-evaluation The “Great ~~Resignation~~?”

# Self-preservation The “Great ~~Resignation~~?”



# Hair cortisol change at COVID-19 pandemic onset predicts burnout among health personnel

Marie-Joëlle Marcil <sup>a, b, 1</sup>, Samuel Cyr <sup>a, c, 1</sup>, Marie-France Marin <sup>b, d, e</sup>, Camille Rosa <sup>f</sup>, Jean-Claude Tardif <sup>a, g</sup>, Stéphane Guay <sup>b, h</sup>, Marie-Claude Guertin <sup>f</sup>, Christine Genest <sup>h, i</sup>, Jacques Forest <sup>j</sup>, Patrick Lavoie <sup>a, i</sup>, Mélanie Labrosse <sup>g, k</sup>, Alain Vadeboncoeur <sup>a, g</sup>, Shaun Selcer <sup>a, g</sup>, Simon Ducharme <sup>l, m</sup>, Judith Brouillette <sup>a, b</sup>  

# Impact on women who are also primary caregivers



Free access

Research article

First published online March 8, 2022

## Changes in Maternal Depression and Children's Behavior Problems: Investigating the Role of COVID-19-Related Stressors, Hair Cortisol, and Dehydroepiandrosterone

[Stacey N. Doan](#)  , [Madeleine Ding](#), [...], and [Cindy H. Liu](#) ,  [View all authors and affiliations](#)

OnlineFirst | <https://doi.org/10.1177/21677026221076845>



Contents



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Metrics and citation

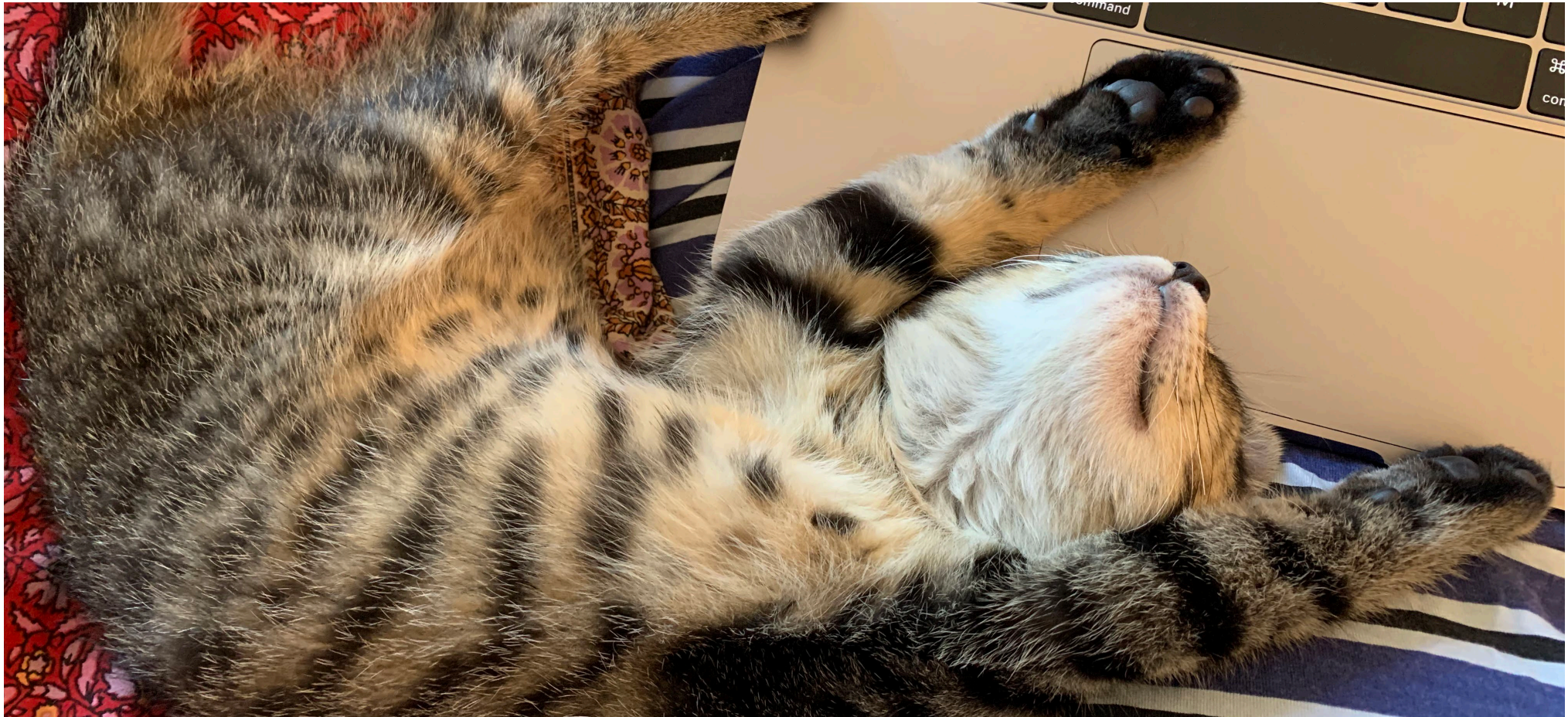


We don't all cope in  
the same way

We're not  
*“all in  
the same  
boat”*



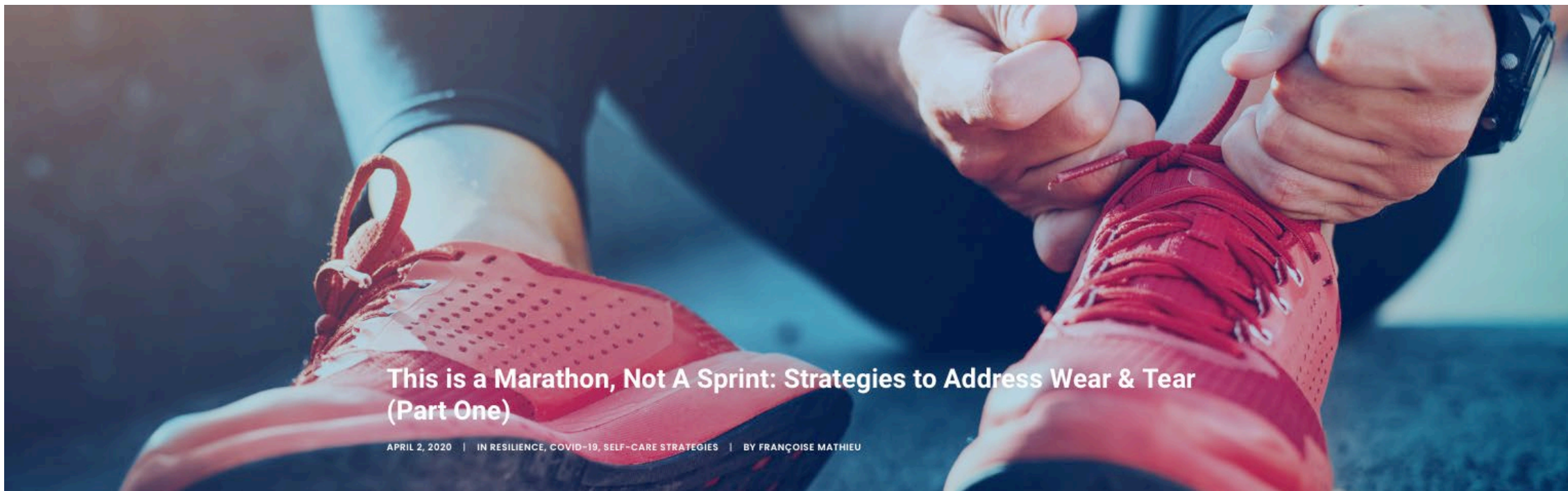
# Impact of constant change and uncertainty



# What humans need in chaotic times

- A sense of safety
- Information (how much?)
- Connection with others
- Time to express emotions
- Time to pause





## This is a Marathon, Not A Sprint: Strategies to Address Wear & Tear (Part One)

APRIL 2, 2020 | IN RESILIENCE, COVID-19, SELF-CARE STRATEGIES | BY FRANÇOISE MATHIEU

<https://www.tendacademy.ca/marathon-not-sprint-covid19/>

# “Pandemic Amnesia”





# “Pandemic Amnesia”

“After each pandemic, there's a tension between [...] needing to pass these stories on and needing the victims to be remembered;

and [...] a very understandable,  
**basic need to move on with our lives [...].”**

Olivia Humphreys

Ayed, N. (Host). (2022, Nov 12). *Pandemic amnesia* [Audio podcast episode]. In *Ideas*. CBC Radio One.

many of us?

Why it's too soon for ~~some of us~~  
to experience  
“Pandemic Post-Traumatic Growth”

# Post-Traumatic Growth

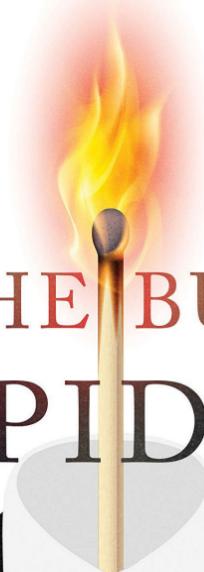
“The first condition to experience PTG is that the **traumatic event needs to be over.**”

Diana Tikasz



HARVARD BUSINESS REVIEW PRESS

THE RISE OF CHRONIC STRESS AND  
HOW WE CAN FIX IT

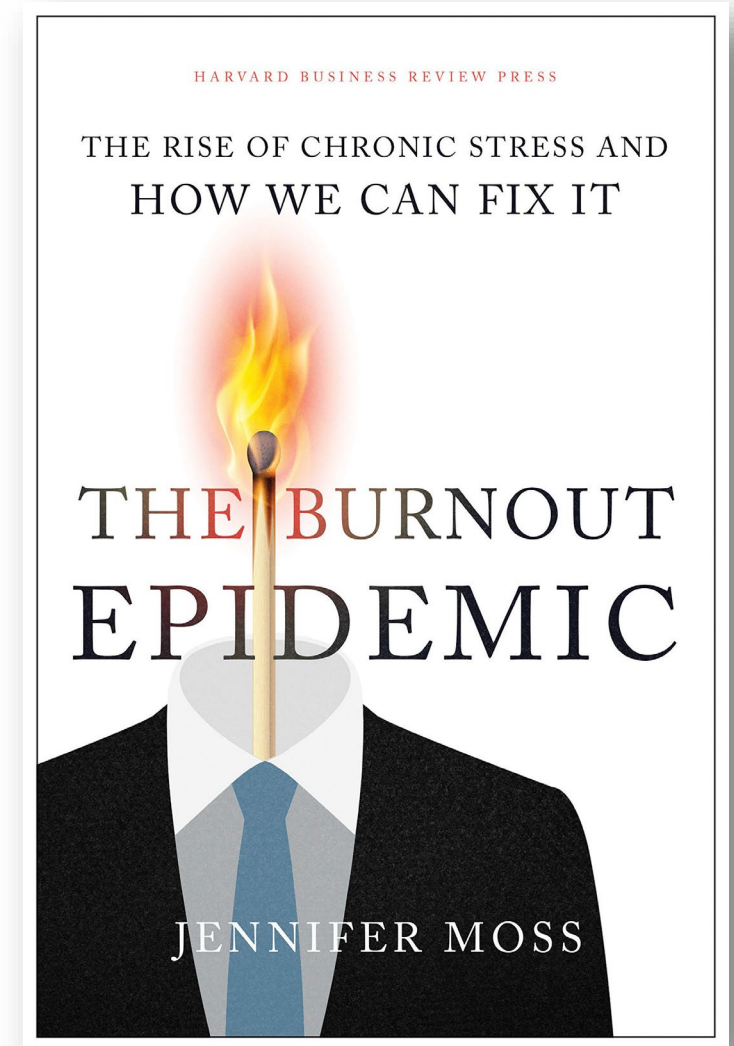


THE BURNOUT  
EPIDEMIC

JENNIFER MOSS

# The six causes of burnout:

1. Workload
2. Perceived lack of control
3. Lack of reward or recognition
4. Poor relationships
5. Lack of fairness
6. Values mismatch



Moss, J. (2021). *The burnout epidemic: The rise of chronic stress and how we can fix it*. Harvard Business Review Press.

More ▾

April 7, 2020

## **Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic**

Tait Shanafelt, MD<sup>1</sup>; Jonathan Ripp, MD, MPH<sup>2</sup>; Mickey Trockel, MD, PhD<sup>1</sup>

# Addressing Staff Anxiety & Stress During COVID

01

Hear me

02

Protect me

03

Prepare  
me

04

Support  
me

05

Care for  
me

Shanafelt, T., Ripp, J., & Trockel, M. (2020). Understanding and addressing sources of anxiety among health care professionals during the COVID-19 pandemic. *JAMA*, 323(21), 2133–2134. doi:10.1001/jama.2020.5893

# Psychological Safety

- “Refers to a climate in which people are comfortable being (and expressing) themselves.” Amy Edmondson
- To nurture a psychologically safe culture, we need to stay focused on the bigger picture



## Workplace Strategies for Mental Health

[www.clwsmh.com](http://www.clwsmh.com)



## Stratégies en milieu de travail sur la santé mentale

[www.ssmcv.com](http://www.ssmcv.com)

<https://www.workplacestrategiesformentalhealth.com>

# How to apply the key tenets of compassionate care to support patients and ourselves



# Compassion satisfaction





Compassion satisfaction is the rewarding feeling that we've done a good job and have helped others

# Take the Proqol

Professional Quality of Life Measure  
(ProQOL 5.0)

<https://proqol.org/proqol-measure>

Burnout  
Secondary Trauma  
Compassion satisfaction


# Compassion can be learned

“Several weeks of regular compassion training can have a beneficial impact on self-reported feelings of positive affect, personal resources, and well-being during everyday life.”

Dr. Barbara Fredrickson, UNC Chapel Hill



# Loving Kindness Meditation

**Greater Good in Action**  
Science-based Practices for a Meaningful Life

PRACTICES ▾ ABOUT US 🔍


Sign In/Register


## Loving-Kindness Meditation


Strengthen feelings of kindness and connection toward others.





★★★★★ (22 ratings)

⌚ Duration: 15 mins 📅 Frequency: 1x/day ⌚ Difficulty: Moderate

 Save Practice

 Mark as Tried





# Why does it work?

## Current Biology

Volume 24, Issue 18, 22 September 2014, Pages R875-R878



Primer

## Empathy and compassion

Tania Singer<sup>1</sup>  , Olga M. Klimecki<sup>2, 3, 4</sup>

# COMPASSIONOMICS

THE REVOLUTIONARY  
SCIENTIFIC EVIDENCE  
THAT CARING  
MAKES A DIFFERENCE



STEPHEN TRZECIAK  
ANTHONY MAZZARELLI

*Foreword by SENATOR CORY BOOKER*

# “40 seconds of compassion”



# Conclusion



# THE FIVE Rs

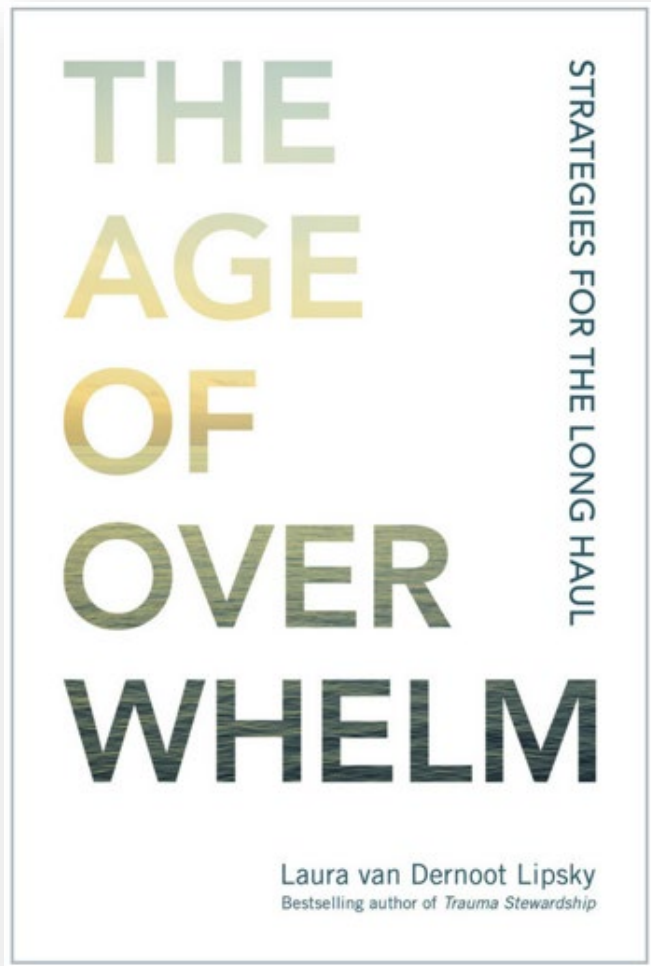


# THE AGE OF OVER WHELM

STRATEGIES FOR THE LONG HAUL

Laura van Dernoot Lipsky  
Bestselling author of *Trauma Stewardship*





“Quiet the mind, tend to the world”

Laura Van Dernoot Lipsky

# Wrap Up

- Please fill out the feedback survey following the session! Link has been added into the chat
- A recording of this session and a copy of these slides will be emailed to registrants within the next week

# Thank You



**Stay Connected**  
**[www.echopalliative.com](http://www.echopalliative.com)**