

# The Human Cost of Providing Care

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Many days are feeling like this!

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Other days feel like this!

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**DOING A GOOD JOB HERE**

*Is Like Wetting Your Pants  
In A Dark Suit*

**YOU GET A WARM FEELING  
BUT NO ONE ELSE NOTICES**



## Compassion Fatigue/Burnout/Moral injury

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Compassion fatigue results from our relationships/interactions with people

Burnout results from interactions with our work

Moral injury results from having to make ethical choices about who receives care and there is a mismatch with our values

# Compassion Fatigue

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## What does it look like?

- **Cognitive:** perfectionism, preoccupation with trauma, spacing out, self-doubt, intrusive thoughts
- **Emotional:** sadness, grief (for what we've lost and for what we've been through), anger, guilt, anxiety, irritability, dread
- **Behavioral:** sleep disturbance, nightmares, withdrawal, impatience, hypervigilance, decreased empathy, avoidance
- **Physical:** somatic complaints
- **Relational:** withdrawal, mistrust, overprotectiveness, loneliness
- **Spiritual:** loss of purpose/meaning, lack of satisfaction

# Compassion Fatigue

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## Risks for developing compassion fatigue:

- Personal characteristics
- Previous exposure to trauma
- Loss of empathy and emotional energy
- Prolonged exposure to patient trauma
- Our response to stressors
- Work environment
- Work related attitudes

## What is resiliency?

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*“ Resilience is the ability to bounce back after being psychologically stressed.”*

# Compassion Fatigue

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## What to do?

- Understand the impact of our work on us – self-awareness
- Remember & reconnect with purpose
- Set boundaries at work & at home
- Refuel
- Self-care strategies
  - **Physical** – eat, sleep, exercise
  - **Emotional** – self-reflect, manage stress, reframing, faith
  - **Social** – connect with friends, family
  - **Workplace** – connect with trusted others, challenge old medical culture beliefs, advocate for a healthy work environment

**Permission to ask for help/support**



# Establishing Self-Care

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Permission

Creating Space

Getting Creative

Realistic and Attainable Goals



# Self-Care Activities

in 10 minutes or less

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Stretch

Get Fresh Air

Have a warm drink

Hydrate or nourish yourself

Listen to your favorite music

Use a scent you enjoy

Put your feet up

Dance

Connect with someone

Meditate

Read (for enjoyment)

Clip or Paint (toe) nails

Gratitude lists or affirmations

Hot shower

Color

Watch a funny video

Go for a walk

Draw a cartoon character

Book an appointment you

have been meaning to



## A resilient person has:

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- A sense of AUTONOMY
- A sense of MASTERY
- A sense of PURPOSE
- A sense of CONNECTION

# Physician Health Program

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Thank you