

# Are WE fit for the future?

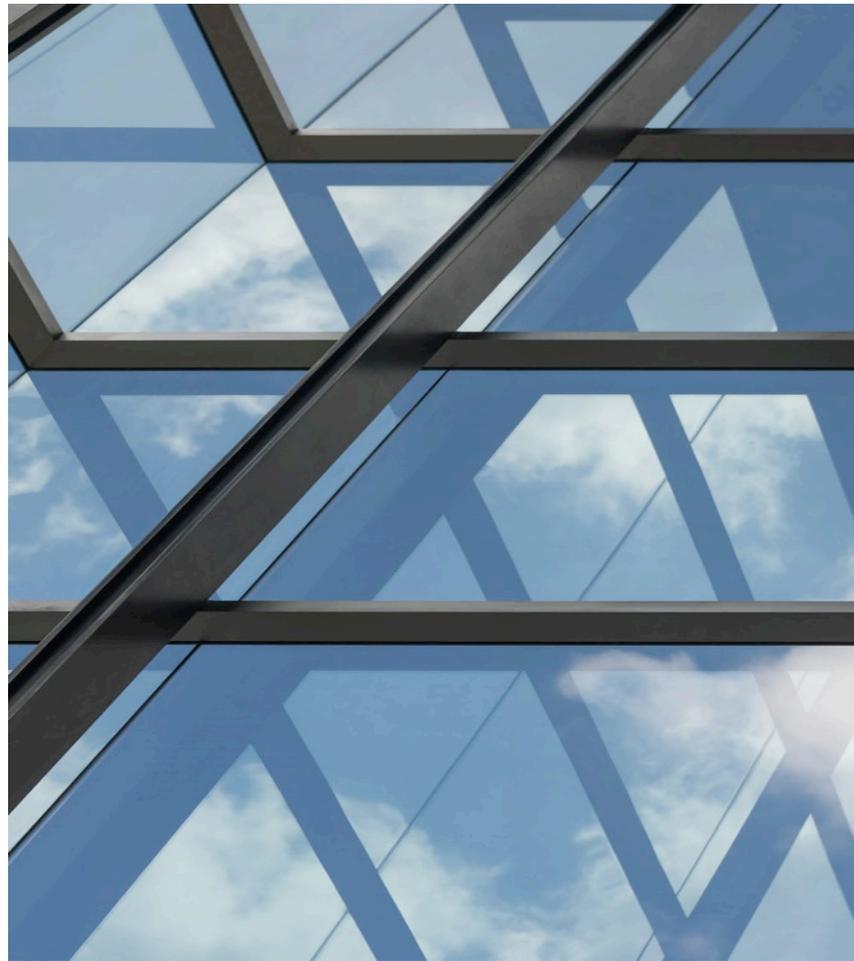
## Self-care strategies to future-proof compassionate palliative care.

### Presented by

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# Introduction: *The Self-care Study*

## Background

The use of effective self-care strategies is mandated in the national palliative care standards,<sup>1</sup> yet very little is known about the utility or uptake of self-care practices in the Australian palliative care workforce.

## Research question:

*What self-care strategies are practised by Australian nurses and doctors working in palliative care?*

## Design

Descriptive cross-sectional survey

# Survey platform

## Research Electronic Data Capture (REDCap) software



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# Recruitment

## Survey link distributed via email invitation

To Australian members of:

- *Australian and New Zealand Society for Palliative Medicine (ANZSPM)*
- *Palliative Care Nurses Australia (PCNA)*

The survey link was also sent to palliative care services around Australia.

### Eligibility:

Nurse (EN/RN/NP) or medical practitioner (including registrars) working in Australia, with palliative care as their main area of practice.

- *Inclusive of clinical, management, education and research roles.*

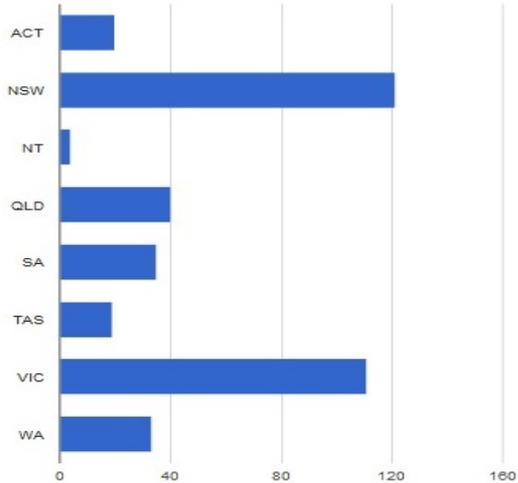
# Questionnaire

## Demographics; Professional role; Self-care practices

- *How important do you think self-care is for nurses and doctors working in palliative care?*
- *How regularly do you practice self-care strategies during a normal week?*
- *Have you received formal training or education/resources about the use of effective self-care strategies?*
- *Do you use a self-care plan?*
- *List examples of effective self-care strategies that you use*

# Results: Demographics

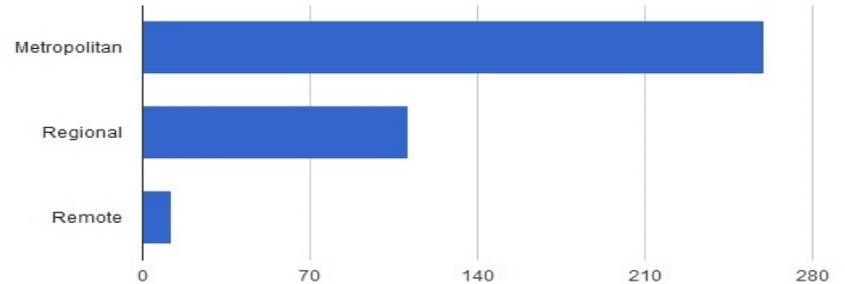
Counts/frequency: ACT (20, 5.2%), NSW (121, 31.6%), NT (4, 1.0%), QLD (40, 10.4%), SA (35, 9.1%), TAS (19, 5.0%), VIC (111, 29.0%), WA (33, 8.6%)



## State/Territory location of survey respondents

## Geographical Area\*

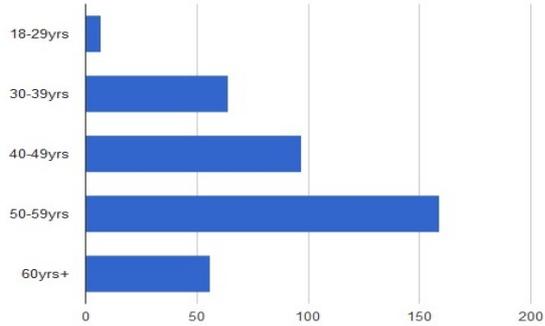
Counts/frequency: Metropolitan (260, 67.9%), Regional (111, 29.0%), Remote (12, 3.1%)



\* ABS (2010). *Australian Standard Geographical Classification (ASGC) Remoteness Structure*. Australian Bureau of Statistics, Canberra ACT.

# Results: *Demographics*

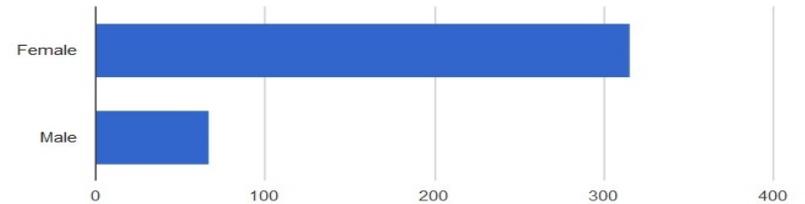
Counts/frequency: 18-29yrs (7, 1.8%), 30-39yrs (64, 16.7%), 40-49yrs (97, 25.3%), 50-59yrs (159, 41.5%), 60yrs+ (56, 14.6%)



## Age ranges

## Proportion of females to males

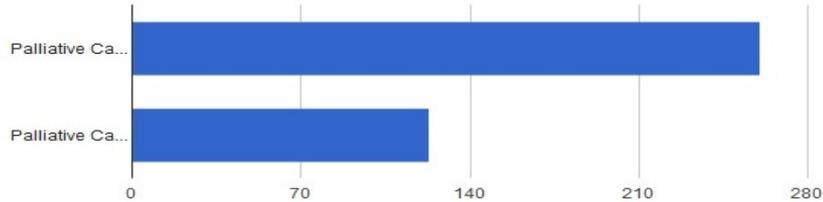
Counts/frequency: Female (316, 82.5%), Male (67, 17.5%)



# Results: Discipline and Professional Role

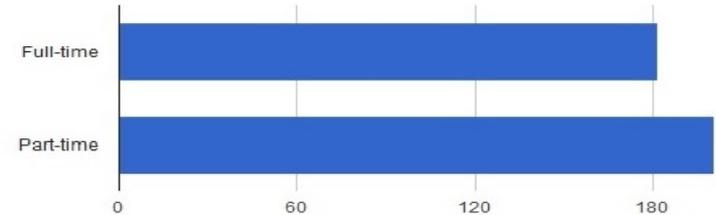
## Nurses and Doctors working in Palliative Care

Counts/frequency: Palliative Care Nurse (260, 67.9%), Palliative Care Doctor (123, 32.1%)



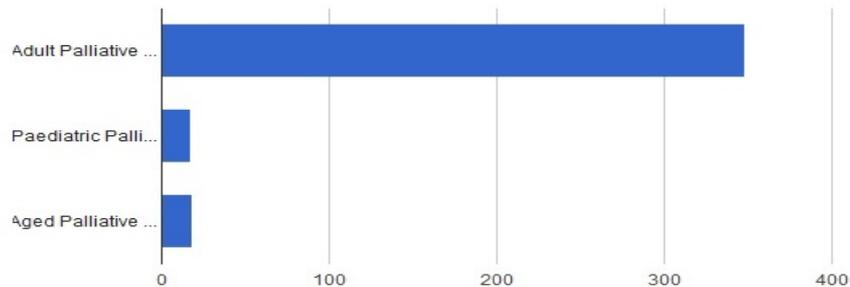
## Full-time and Part-time Roles

Counts/frequency: Full-time (182, 47.5%), Part-time (201, 52.5%)



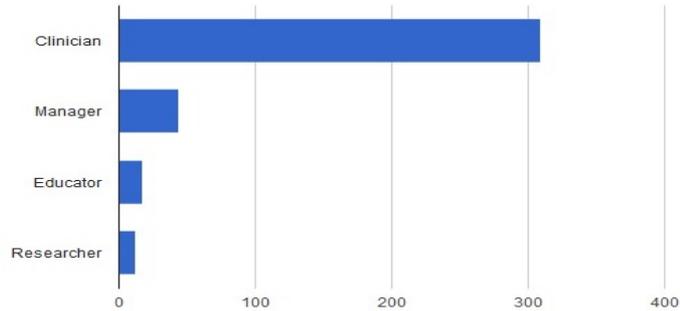
## Palliative Care Population focus

Counts/frequency: Adult Palliative Care (348, 90.9%), Paediatric Palliative Care (17, 4.4%), Aged Palliative Care (18, 4.7%)



# Results: *Discipline and Professional Role*

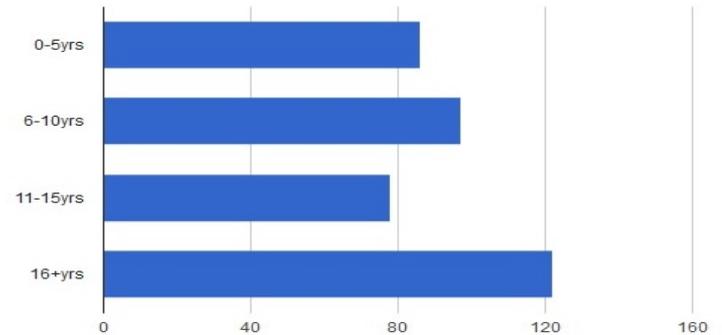
Counts/frequency: Clinician (309, 80.9%), Manager (44, 11.5%), Educator (17, 4.5%), Researcher (12, 3.1%)



## Main role in palliative care setting

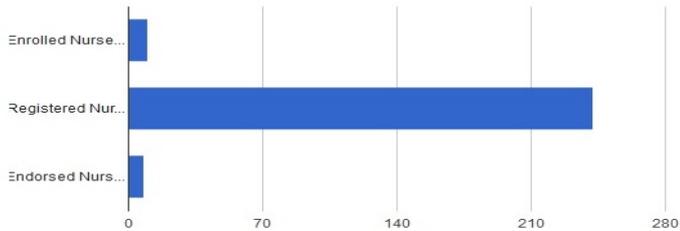
## Years experience working in palliative care

Counts/frequency: 0-5yrs (86, 22.5%), 6-10yrs (97, 25.3%), 11-15yrs (78, 20.4%), 16+yrs (122, 31.9%)



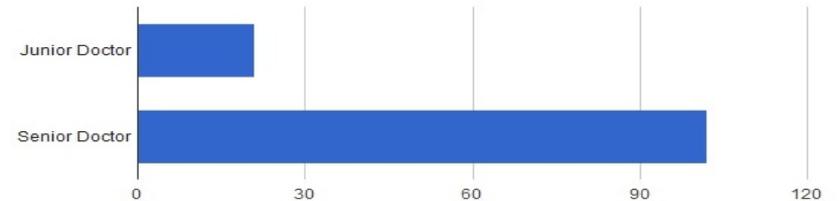
# Results: *Discipline and Professional Role*

**Counts/frequency:** Enrolled Nurse (Div. 2 EN) (10, 3.8%), Registered Nurse (Div. 1 RN) (242, 93.1%), Endorsed Nurse Practitioner (NP) (8, 3.1%)



## Enrolled Nurses, Registered Nurses, Endorsed Nurse Practitioners

**Counts/frequency:** Junior Doctor (21, 17.1%), Senior Doctor (102, 82.9%)

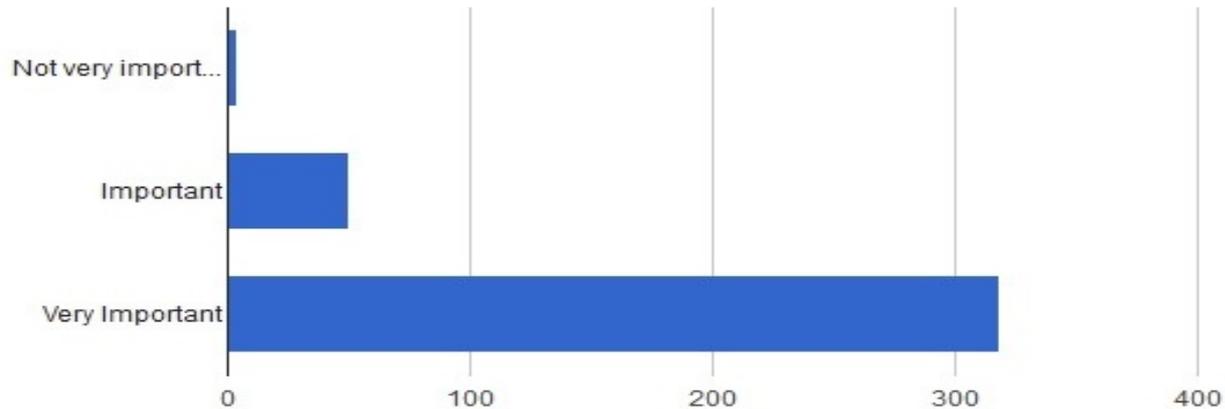


## Junior Doctors and Senior Doctors

## Results: *Self-care*

**How important do you think self-care is for nurses and doctors working in palliative care?**

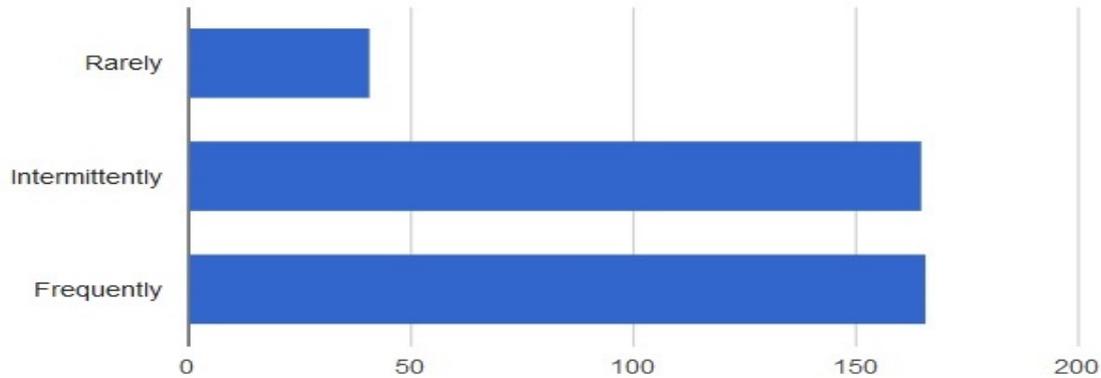
Counts/frequency: Not very important (4, 1.1%), Important (50, 13.4%), Very Important (318, 85.5%)



## Results: Self-care

How regularly do you practice self-care strategies during a regular week?

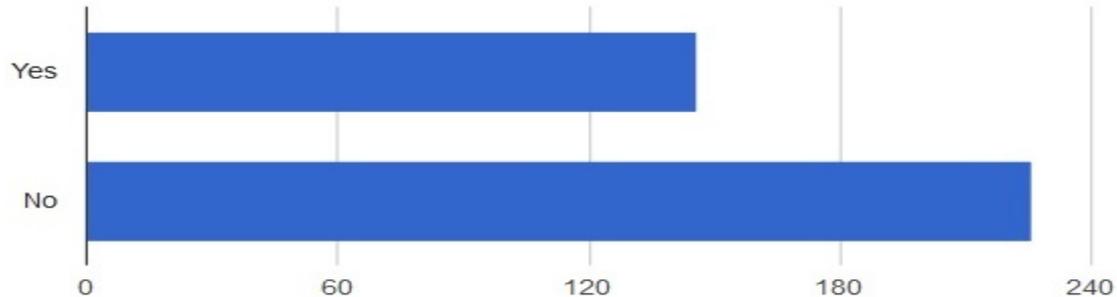
Counts/frequency: Rarely (41, 11.0%), Intermittently (165, 44.4%), Frequently (166, 44.6%)



## Results: *Self-care*

**Have you received specific training or education/resources in your workplace about effective self-care strategies?**

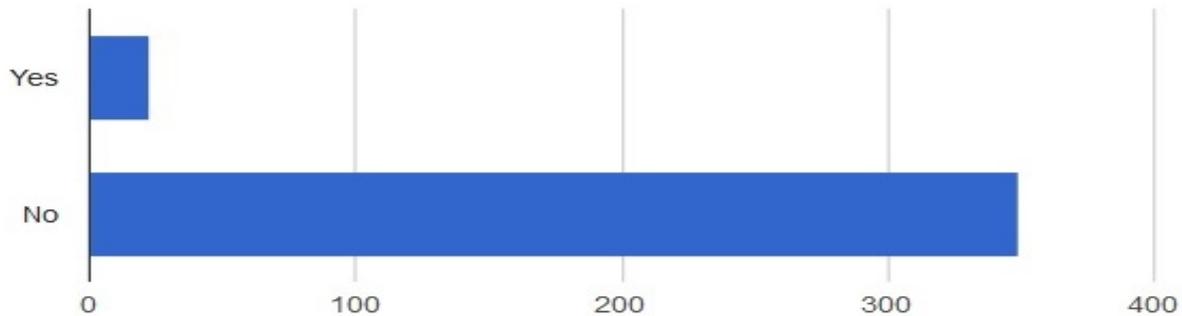
Counts/frequency: Yes (146, 39.2%), No (226, 60.8%)



## Results: *Self-care uptake*

**Do you use a self-care plan?**

Counts/frequency: Yes (23, 6.2%), No (349, 93.8%)

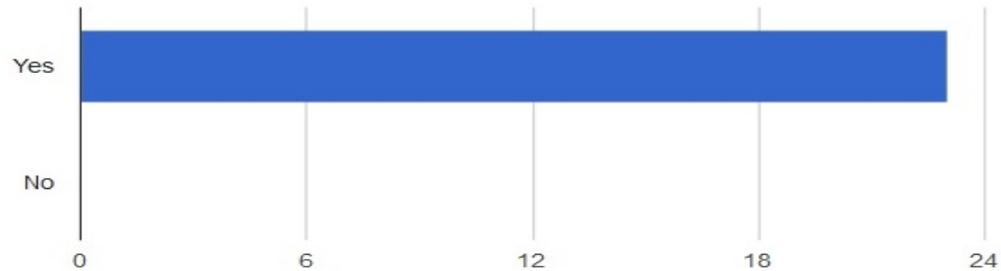


## Results: Self-care

*For those who DO use a self-care plan:*

**Do you find it effective?**

Counts/frequency: Yes (23, 100.0%), No (0, 0.0%)

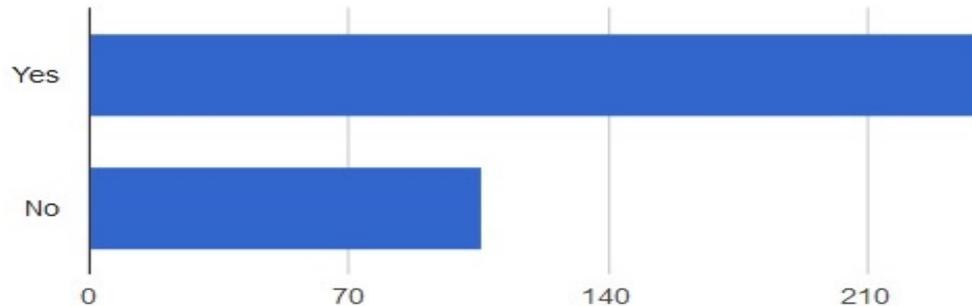


## Results: Self-care

*For those who DO NOT use a self-care plan:*

**Would you consider developing a self-care plan, if you were given the time and resources to do it?**

Counts/frequency: Yes (243, 69.6%), No (106, 30.4%)



# Summary of effective self-care strategies reported

Personal	Professional
<p>Mindfulness, mindless TV, Time alone, socialising with friends, time with pets and family/playing with children, Reading, Journaling, Rituals to switch off work, spending time in nature, hobbies, healthy diet, Coffee, Alcohol, Sex !</p> <p>Yoga, Walking, Jogging, Meditation, Massage, Hydrotherapy/Baths, Exercise, Finding Balance, Prayer, Gratitude, Compassion cultivation practices.</p>	<p>Reflective practice, Informal debriefing, Clinical Supervision, EAP, Attending funerals (if felt needed), Taking meal breaks away from work location (or at least try to take a meal break).</p> <p>Taking regular holidays, taking sick leave when unwell, switching work phone off at home, “saying ‘no’ and not feeling guilty about it” !</p>

## Self-care Domains

Saakvitne and Pearlman<sup>6</sup> previously identified 6 domains of self-care and these are used in the 'Self-care Assessment Worksheet'.

- **Physical**
- **Psychological**
- **Emotional**
- **Spiritual**
- **Workplace**
- **Balance**

Each of these domains were reflected in the variety of self-care strategies reported by the participants.

## Not simply a task list – but a way of being?

“For me self-care is not about what I do, it is about how I am with myself in all that I do. It's actually about love (not in the emotional sense, but the true sense of what love is).

My focus is on my quality of being through listening and being more aware... I do exercise regularly, I eat amazingly well, I rest deeply and I love knowing that I bring everything that I need to my patients simply because it's me bringing it first.”

# Conclusion

- These results highlight the importance of self-care for palliative care nurses and doctors in Australia.
- Nearly all respondents regarded self-care as important to their palliative care practice.
- A broad variety of self-care strategies were reported. Uptake of self-care planning was low, but most respondents reported they would consider using self-care plans if supported to do so.

## What next?

- Statistical analysis of correlation between the variables of self-compassion and compassion for others
- Complete interview data collection and analysis prior to triangulation

# Questions?

**Thank you to all the nurses and doctors who generously participated in this survey.**

**For any nurses interested in further reading on self-care and self-compassion:**

Mills, J., Wand, T., & Fraser, J.A. (2015). On self-compassion and self-care in nursing: Selfish or essential for compassionate care? *Int J Nurs Stud.* 52(4), 791-3.

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5. Graneheim, U.H. & Lundman, B. (2004). Qualitative content analysis in nursing research: concepts, procedures and measures to achieve trustworthiness. *Nurse Education Today*, 24, 105-112.
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