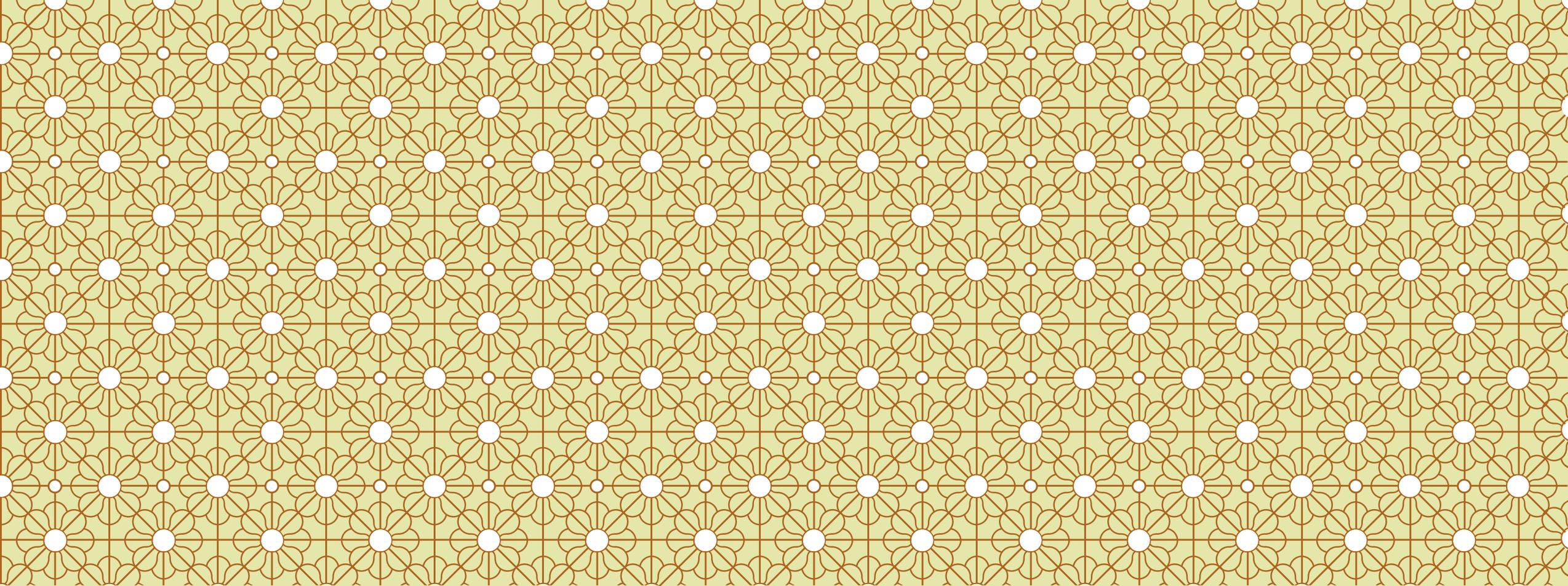


CHEEKY THOUGHTS FROM THE SANDPIT OF PAED PALL CARE

Fit for the Future; hmmm?



THE ART OF PALLIATIVE CARE

Connection & Compassion

THE ART

“I was drawn to this work because it requires us to meet patients at a very deep level. Palliative care is spiritual practice. It demands sensitivity, awareness and the putting aside of ego. We are the keepers of personal secrets that reveal great suffering. We share in the mystery of life and death. To focus only on physical symptoms denies us and our patients the richness of palliative care”

**Dr Rosalie Shaw
Ehospice, 2013**



CONNECTION QUALITIES

Mindfulness

Intentional

Accepting

Non-judgemental

Focus

Servitude

What can I do for
you today?

How do I make
your day better?

Savvy

Astute

Flex to the sitch

Adapt

Learn(ed)

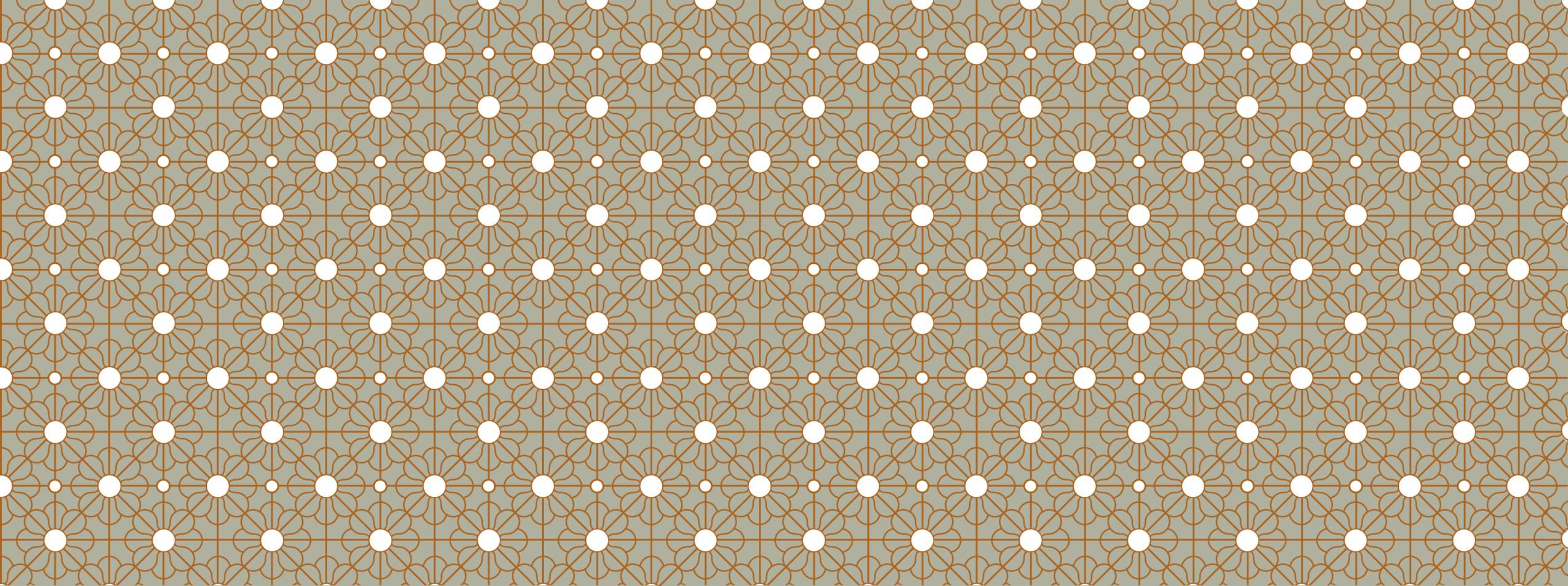
COMPASSION

- ♥ Co-suffering
- ♥ Empathic distress
- ♥ Identifying with other
- ♥ Love
- ♥ Motivation to recognise and treat



We must be able to tolerate a pervasive sense of ambiguity and suffering

Why would I do this without knowing that I have always enough capacity to endure and to give more?



THE SCIENCE OF PALLIATIVE CARE

Knowledge and Skills

KNOWLEDGE

- 🧠 “Palliative Care is when you don’t do anything anymore”
- 🧠 There’s way too much going on here to be doing nothing!
- 🧠 Short timeframes and the need to be very effective very quickly
- 🧠 Forming the educated guess
- 🧠 Curiosity breeds excellence
- 🧠 Being wrong and learning the tough lesson
- 🧠 Settling in to never knowing it all but seeking to know more forever
- 🧠 Research and striving for best practice evidence
- 🧠 The NP thing



SKILL

Assess

- Tools; look, discern, adapt
- Disease process, Why framework

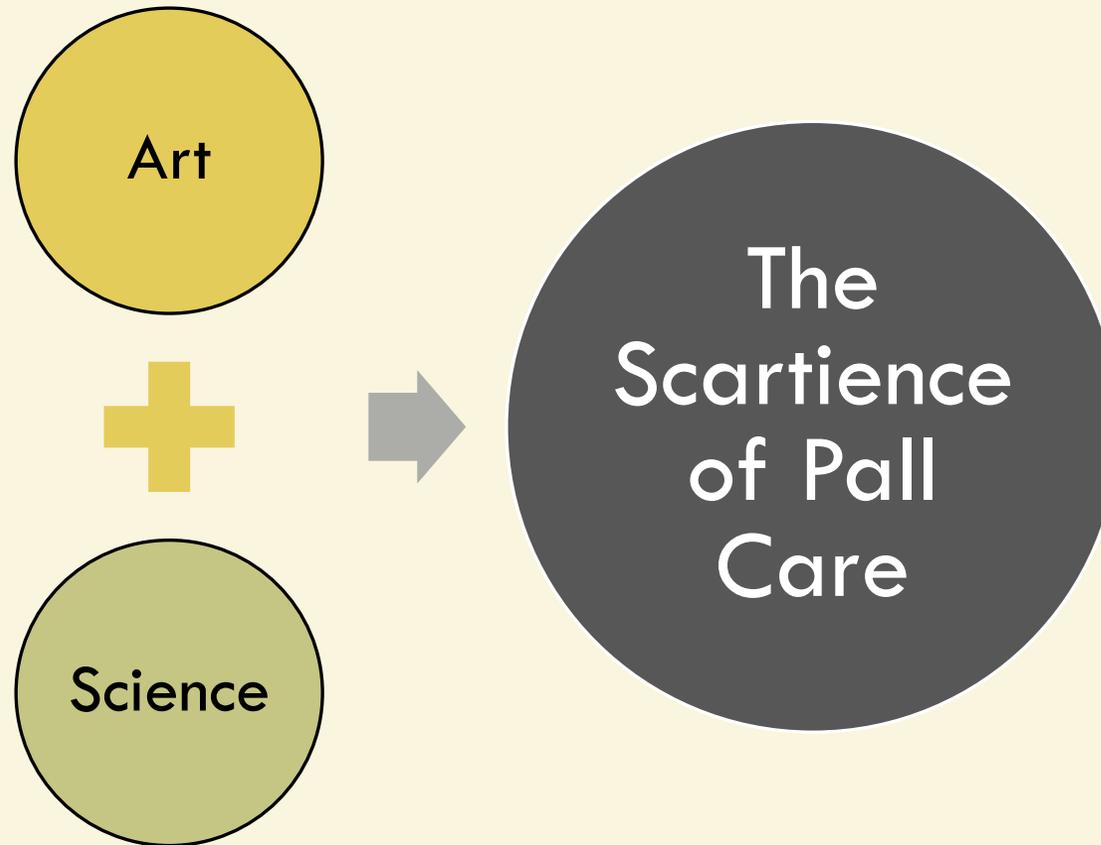
Share

- Tools; checklists, vehicles,
- Client choices, input

“Fix”

- Tools; drugs, clever machines, effective therapy
- Ethical practice

SO IT'S BOTH THEN;



PRACTICING WITH SCARTIENCE

“You know what you are doing, you have the skill to do it and you have the compassion to make the connection to do it”

SELF, 2015

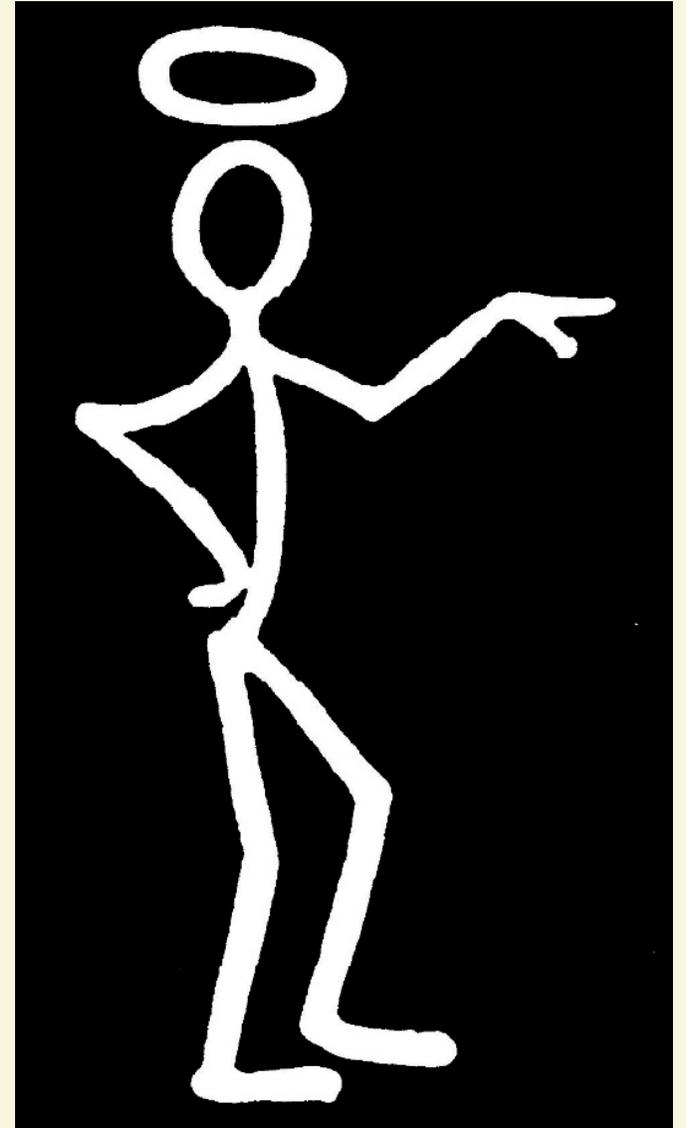


SAINTHOOD

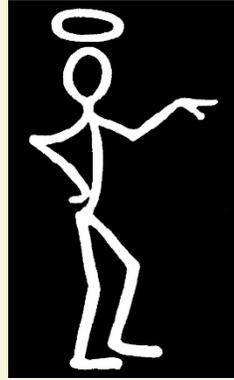
The canonisation of the *Closure Fairy*

HOW DO YOU DOOOO THAT?

- 👁️ Accorded sainthood
- 👁️ The constipated look of mortification
- 👁️ You must be so tough



ACTUALLY...



👉 Is it a gift?

👉 Are we more of a saint for working “over and above”?

👉 Do we do it well because our team works well?

👉 Meticulous self care; maintenance and prn

👉 Embracing the humanity of the heartbreak; NOT tough

👉 Baseline concept of WHY shite happens

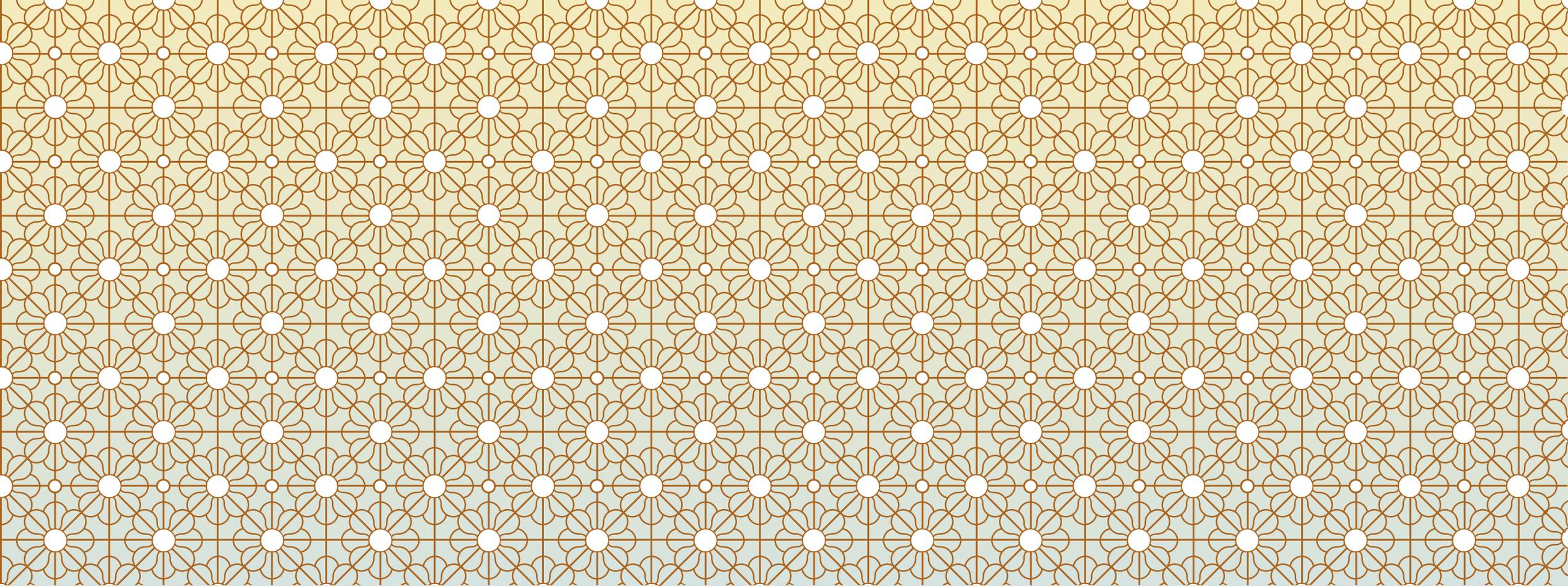
👉 Spiritual readiness

👉 Humour, lightness in being



**WHY WOULDN'T I WANT TO DO
EVERYTHING I COULD?**

In the end, I don't really
understand what is so special



A MOMENT IN TIME

The lessons we learn

WHAT DOES THIS TEACH US ABOUT THE FUTURE?

- 🌱 Communication choices; text, email, skype, speakerphone
- 🌱 Information and decision making influences; Dr WWW, disease based support groups
- 🌱 The new ethics
- 🌱 Social Media, public profile
- 🌱 The ability to keep alive
- 🌱 Culture as a broad context and a an intimate definer



THE EXERCISE TO BE FIT FOR THIS FUTURE

- 🚶 Ethical framework
- 🚶 Professional boundaries
- 🚶 Savvy
- 🚶 Posture
- 🚶 Anticipation
- 🚶 Humbleness and respect
- 🚶 Cultural curiosity



ATTRIBUTES AND QUALITIES

- 😊 Be Informed (life long learning; sigh)
- 😊 Be Prepared (thanks Baden)
- 😊 Be Innovative (get jiggy with the tech)
- 😊 Be Balanced (meticulous self care)
- 😊 Be Brave (show me how big your brave is)
- 😊 Be Curious (I wonder how this is for you?)
- 😊 Be Present (mindfulness rules)





**“LIFE CAN ONLY BE UNDERSTOOD BACKWARDS;
BUT IT MUST BE LIVED FORWARDS.”**

[SØREN KIERKEGAARD](#)

Thankyou