

Becoming the Very Best
Version of Yourself: COVID-19
May Challenge Us, But It Will
Never Break Us

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Disclosures

- Dr. Garrett
 - Consultant: Clorox Pro, Amerigo, Aergen, Owens & Minor, Ambu, Rubbermaid, McKesson, University of Louisville
 - Honorarium: Total Medical Compliance, SGNA, Centers for Disease Control and Prevention, Medscape, and Hu-Friedy

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Objectives

- Discuss the importance of leadership and empowerment in healthcare settings, especially during difficult times such as pandemics
- Review an evidence-based approach to creating a personal leadership framework and becoming a healthcare professional of influence in your institution and beyond
- Discuss the impacts of post COVID-19 and methods to improve resilience and ensure continuity of operations

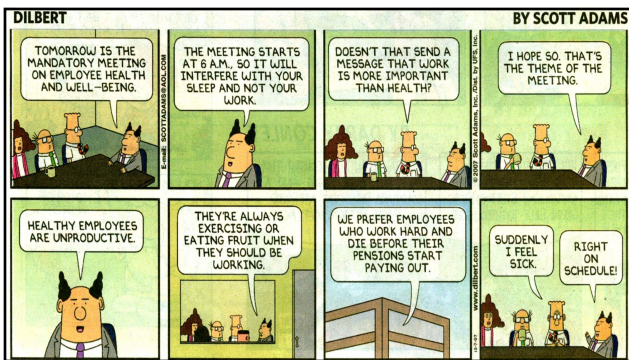
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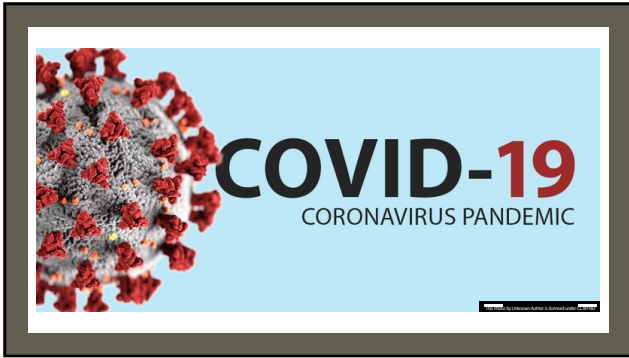
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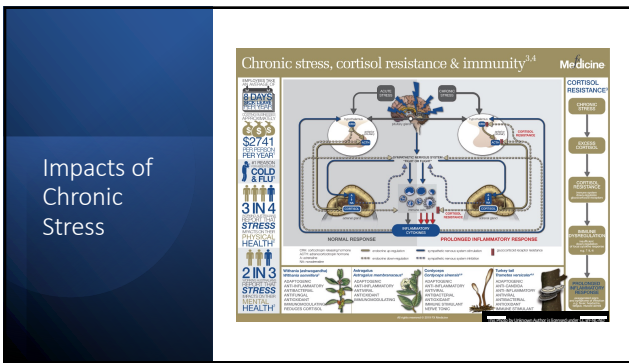
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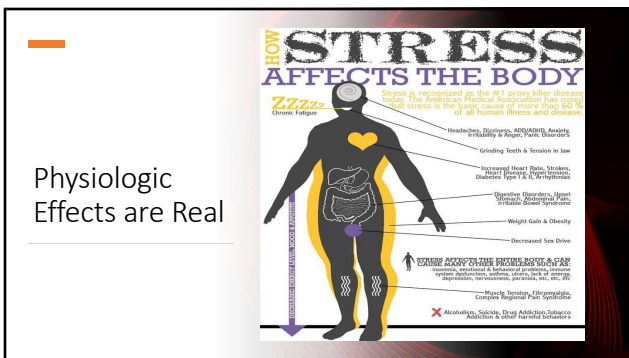
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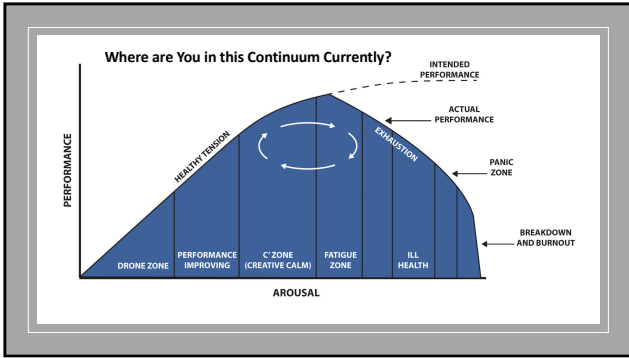
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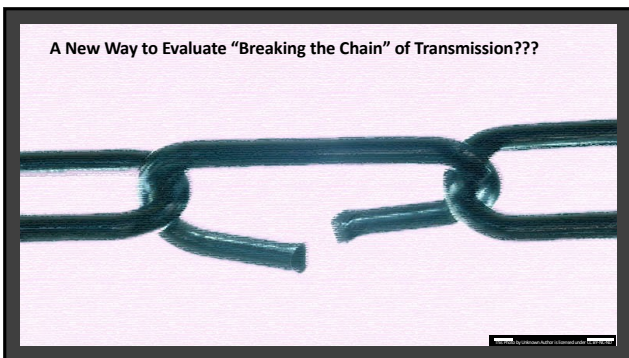


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What is Compassion Fatigue

- State of exhaustion and dysfunction (biologically, psychologically, and socially) as a result of prolonged exposure to secondary trauma or a single intensive event

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Contributing Factors

- Helplessness
 - Feeling incapable of effecting successful patient outcomes
- Confusion
- Isolation
- Exhaustion
- Feeling of being overwhelmed by work

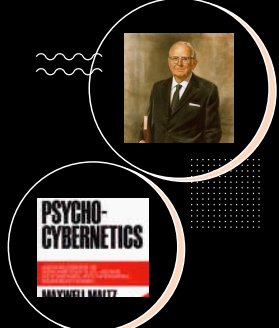
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Burnout



- Physical, emotional and mental exhaustion caused by long term involvement in emotionally demanding situations
- Role Overload – expectations of others exceed one's ability to perform
- Role Conflict – forced to make a choice about which demand to satisfy

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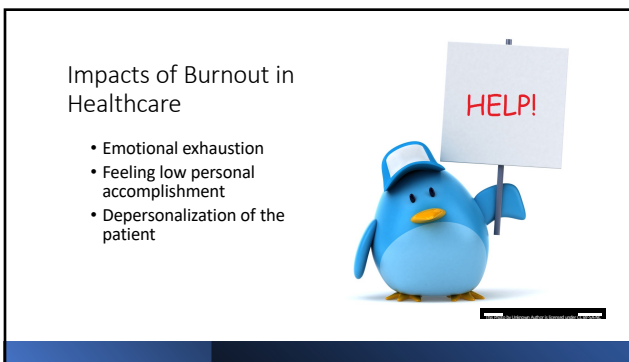
"A person never outperforms his/her self-image."

DR. MAXWELL MALTZ

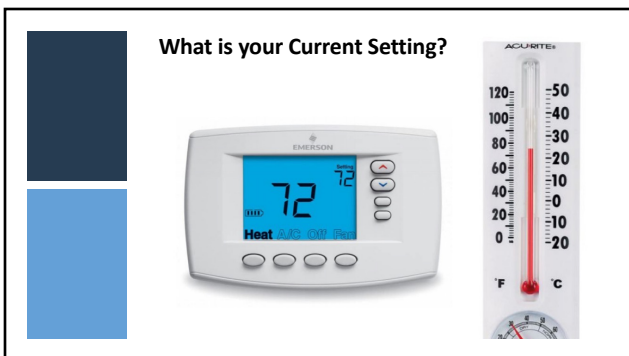
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Attitude is the **culmination** of a person's...




**THOUGHTS
FEELINGS
ACTIONS**

Circle of Responsibility

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Contributing Factors



- Professional isolation
- Working with a difficult population
- Long hours with limited resources
- **Ambiguous success**
- Unreciprocated giving
- Failure to live up to one's own expectations
- Personality Variables

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Potential PTSD

<i>Hyperarousal:</i>	<i>Avoidance:</i>	<i>Reexperiencing:</i>
<ul style="list-style-type: none">• disturbed sleep, irritability or outbursts of anger, hypervigilance	<ul style="list-style-type: none">• “not wanting to go there again” and the desire to avoid thoughts, feelings, and conversations	<ul style="list-style-type: none">• intrusive thoughts or dreams, and psychological or physiological

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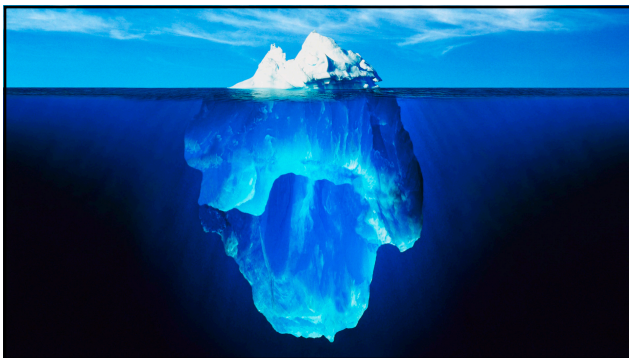
Stress vs. Burnout	
Stress	Burnout
Characterized by overengagement	Characterized by disengagement
Emotions are overreactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living
Source: <i>Stress and Burnout in Ministry</i>	

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Can you Silo your Stress?

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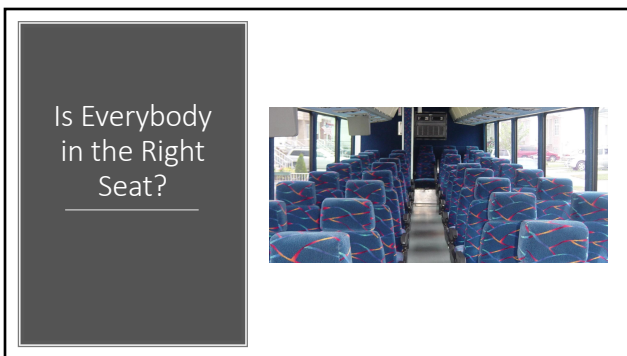
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Self-Protection is Necessary


"In the Event of an Emergency, First Place the Oxygen Mask on yourself before attempting to help others"



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Are You Willing to Take Risks?

- Carefully consider risks that you are willing to take professionally and personally
- Invest in your own future
- How uncomfortable are you willing to become?



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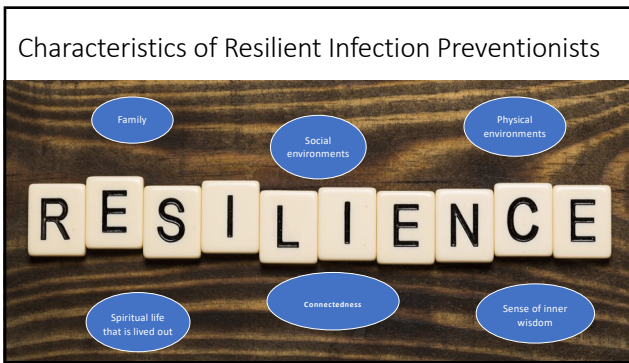
You Control Your Professional Development

-  Never rely upon your employer to invest in you
-  Drive your own destiny
-  Invest in your future
-  Take a leadership test
-  Secure a mentor or coach

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Bridging the Gaps

- Are we addressing things that we don't know?
- What processes are being changed to protect healthcare delivery?
- Was a post-mortem conducted to analyze pandemic practices?




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Building Trust in the Process



- Do we trust each other?
- Do we trust our supervisors?
- Do we trust our healthcare executive leadership?
- Do we trust clinical associations?
- Do we trust regulatory bodies?

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What Choice Does our Patient Expect?

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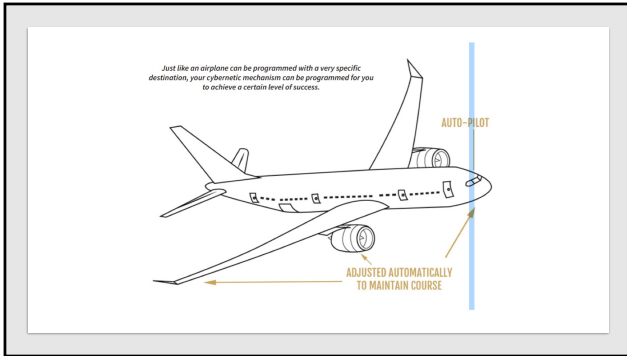
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What is my "Value Perception" after the Pandemic ends?

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Homework List

TO DO LIST

- Analyze your current state of mind
- Evaluate your personal & professional goals
- Invest in YOU and multiply your value
- Be Open and Transparent with your Goals

YOU are the BEST

you are the best

you are the best

you are the best

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Stay Connected

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