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HOT TIP
November
2018

Northern Health Palliative Care

Being Aware: Leap Core Module 1

How have past experiences with dying persons and their families influenced our attitudes and how we care for persons with advanced illness?

IMPACT OF OUR PAST EXPERIENCES

Negative experiences result in:

- Avoidance
- Inappropriate treatment
- Over treatment
- Under treatment
- Providing false “hope”
- Transfer care
- Burn out
- Compassion fatigue

Positive experiences result in:

- Empathy
- Increased engagement
- Taking responsibility and ownership
- Making a positive difference
- More appropriate treatment options

Positive experiences may reinforce that we can make a great difference in the lives of terminally ill patients while negative experiences present opportunities to reflect and learn from when caring for future patients at end of life.

Why is self-awareness so important when caring for someone who is approaching end of life?

Importance of self-awareness results in:

- Being a more effective care provider
- More compassion and empathy
- Remaining unbiased and objective
- Interpreting and responding to patients’ stories and experiences more effectively
- Causing less self-harm to ourselves by developing resilience to burnout and compassion fatigue
- Gaining personal insight
- Recognizing stress signals and boundary violations.