

Try-It-On: Developing Self-Care through Hands-On Techniques

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Expected Learning Outcomes

- Recognize signs of stress, anxiety, and burn-out
- Learn skills to prevent anxiety and burn-out
- Utilize hands-on immersion techniques to experience self-care
- Develop a tool kit for holistic, integrative direct patient care for treatment of anxiety and stress.



Eustress

“Good Stress”

Motivates

“I’ve got this!”



Performance

Distress

“Bad Stress”

Depletes

“I can’t do this!”



Performance



Stress

Vs.



Anxiety

React external factors

Feel overwhelmed

Forgetful

Resolves w/ events

May drive you forward!

React internal factors

Feel worry or fear

Recurring thoughts

Doesn't end

Stops your progress

Stress

Characterized by over-engagement
Emotions are overactive
Produces urgency and hyperactivity
Loss of energy
Leads to anxiety disorders
Primary damage is physical

VS

Burnout

Characterized by disengagement
Emotions are blunted
Produces helplessness and hopelessness
Loss of motivation
Leads to depression
Primary damage is emotional

Normal Times



44%
of physicians
experience symptoms
of burnout



$\frac{1}{3}$
of nurses have
"high burnout"



HALF of workday hours
are spent on **EHRs**

This contributes to
burnout rates of over **50%**



MORE HOURS
worked causes burnout
since it leads to **less sleep**

Less than 7 hours of sleep
per night is **inadequate**



\$192,000

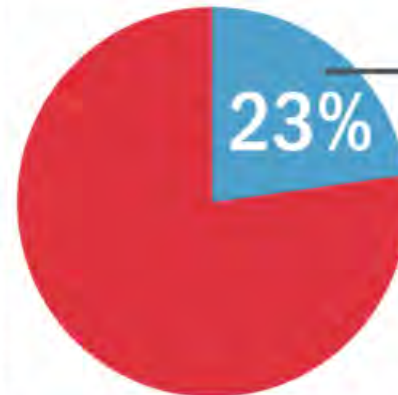
is the **average debt** of medical
school graduates



29%

of physicians say they
experience burnout because
of **insufficient compensation**

45% of healthcare workers get less
than **7 hours of sleep per night**



Nearly a quarter of
physician burnout is
from **lack of control**

Covid-19

Every month, frontline health responders around the world need these supplies (and more) to protect themselves and others from #COVID19

- 89 million masks
- 30 million gowns
- 1.59 million goggles
- 76 million gloves
- 2.9 million liters hand sanitizer



#COVID19
#coronavirus



COVID-19
CORONAVIRUS DISEASE

COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

Goggles or disposable full-face shield

NIOSH-approved N95 filtering facepiece respirator or higher

Gown

One pair of clean, nonsterile gloves

No shoe or boot covers

CDC

For more information: www.cdc.gov/COVID19

Have None

Almost Out

Running Low

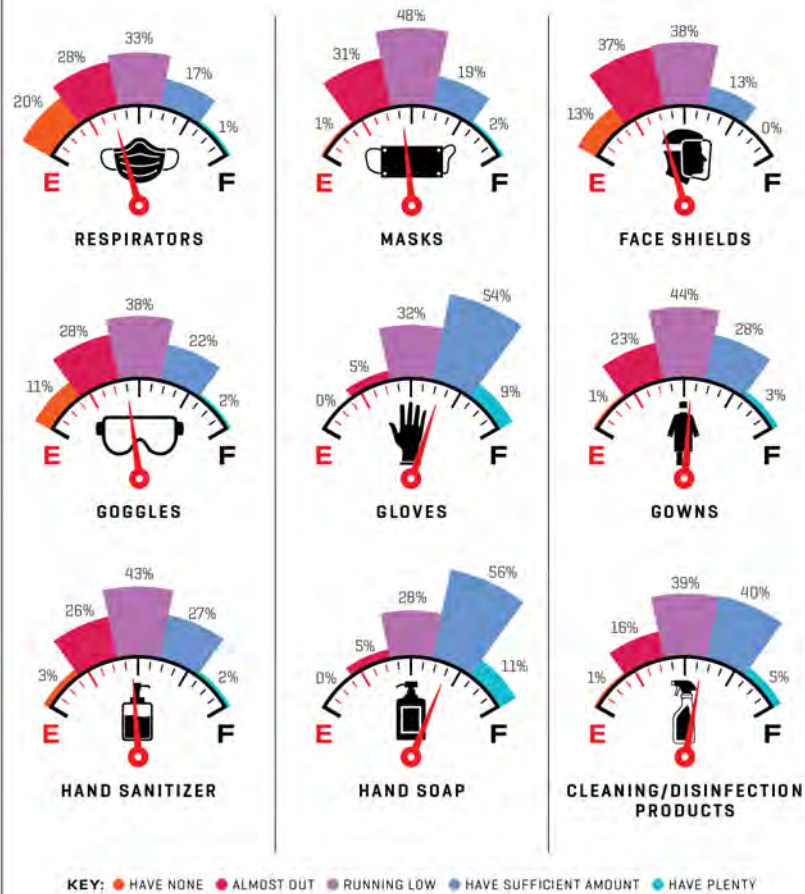
Have Sufficient Amount

Survey
March 23-25,
2020

Have Plenty

Running on Empty

Healthcare professionals, including infection preventionists, are being asked to risk their own health and their families' health to care for us. The federal government must act **NOW** to secure more personal protective equipment and coordinate distribution where it's needed most. Every minute matters. Every minute wasted puts more lives at risk.



SOURCES OF SUPPLEMENTAL PERSONAL PROTECTIVE EQUIPMENT

Healthcare facilities are actively trying to access supplemental PPE through varied means.



ABOUT THE SURVEY: APIC conducted an online survey of its 11,922 U.S.-based infection preventionist members March 23-25, 2020. Results shown are based on responses from 1,140 infection preventionists located throughout the United States.



ABOUT APIC: The Association for Professionals in Infection Control and

Normal Times



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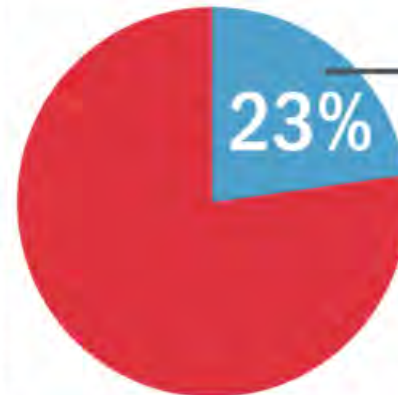
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Study in JAMA of 1,257 China HCP's

Depression
50.4%

Anxiety
44.6%

Insomnia
34%

Distress
71%

Working on the
frontline of the
pandemic was an
independent risk factor

4, 6



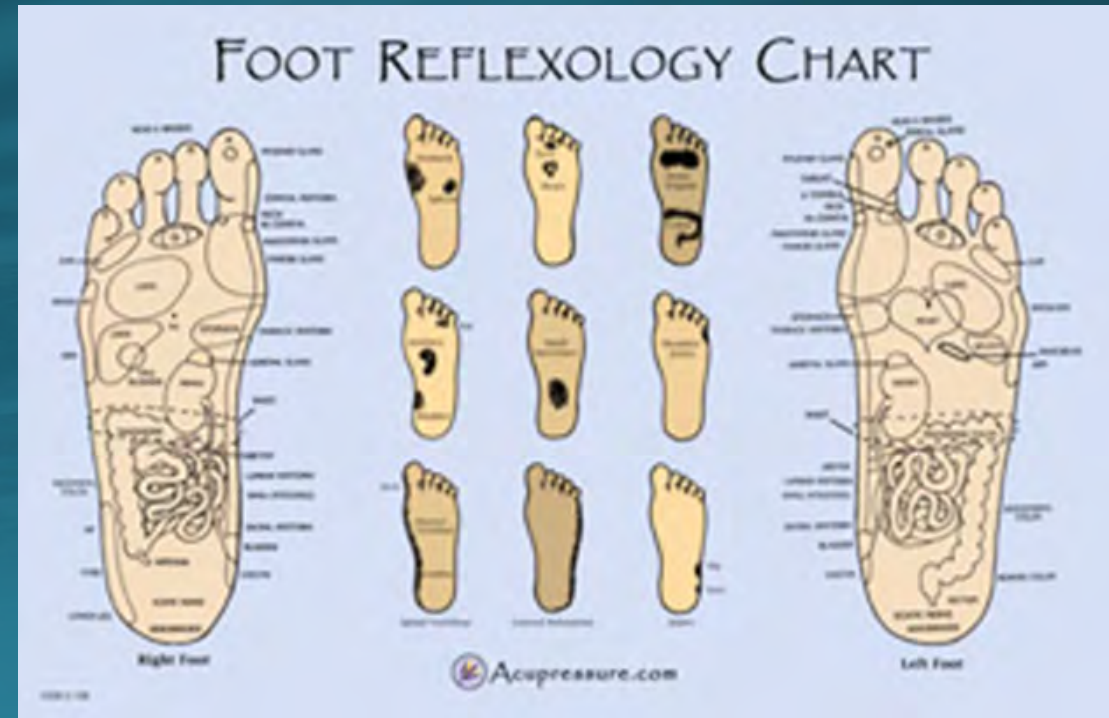
A scenic landscape at sunset or sunrise. The sky is filled with soft, wispy clouds in shades of blue, orange, and yellow. The sun is low on the horizon, creating a bright glow. In the foreground, there is a dark silhouette of a fence and some trees. The background shows a range of mountains under the colorful sky.

*An ounce of
prevention is worth a
pound of cure.*

-Benjamin Franklin

Acupressure

- A form of Chinese medicine
- Same principles as acupuncture
- Sends a “signal” to “turn on” self-healing or regulatory mechanisms.
- Stimulation of meridians promotes healing and wellness



Acupressure: Pressure Point Extra-1 (Yin Tang) Relieves anxiety

- Sit back in a comfortable position.
- Place your right thumb or forefinger between your eyebrows
- Apply pressure in a circular motion on this point for 5 to 10 minutes. The pressure should be gentle and shouldn't cause discomfort.
- You can do acupressure on this point several times a day, or as needed for your symptom to go away.



Acupressure

Stress

Anxiety

Neck pain

Lower back pain

Headaches

Sinus pain

Dental pain^{7, 8, 9, 10, 11}



Yoga for Stress

Stabilizes the autonomic system
Reduces stress hormones
Releases endorphins^{7, 8, 9, 10, 11}

Yoga



Highly Indicated:

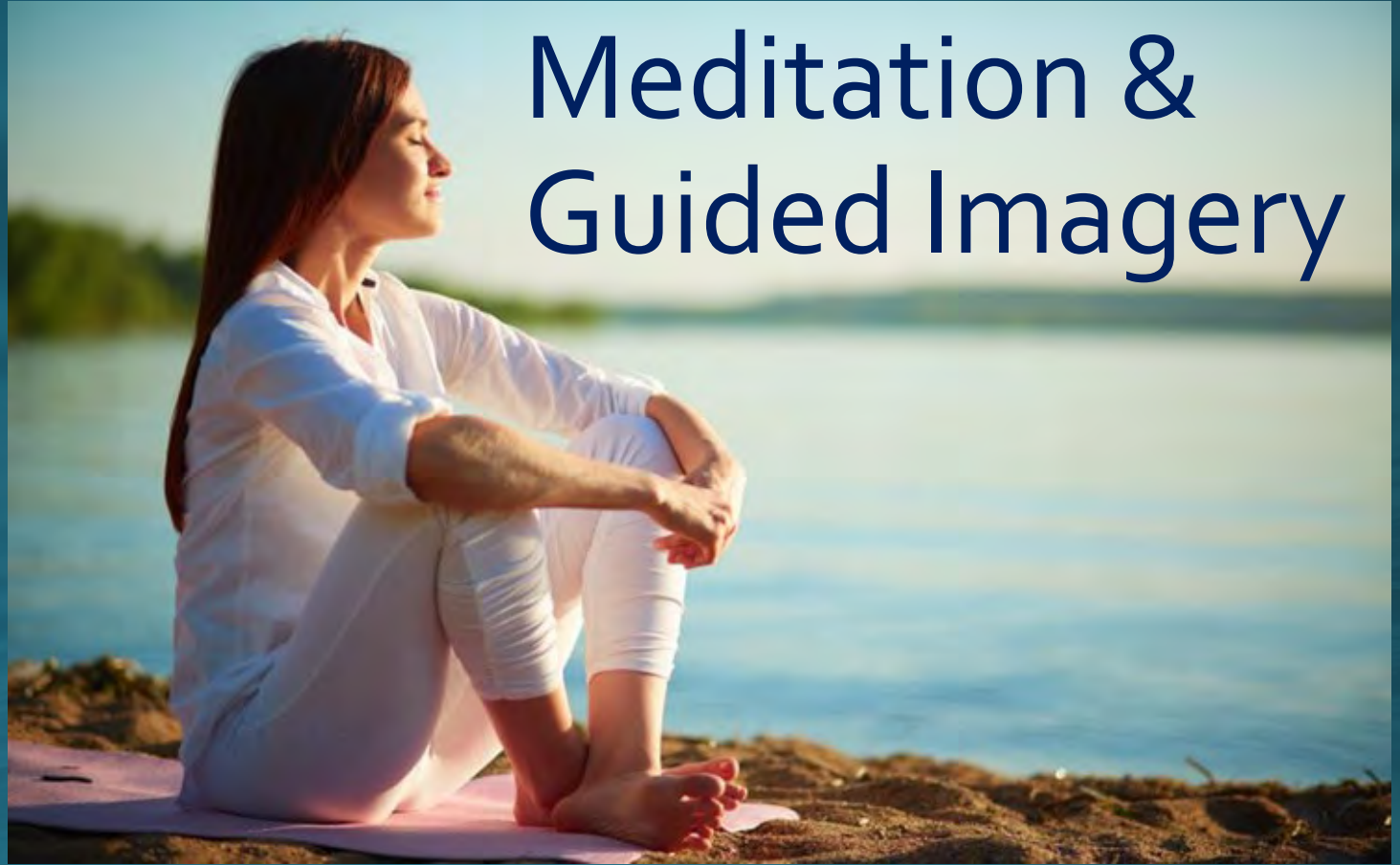
- Stress management
- Positive mental health
- Depression
- Back pain
- Neck pain
- Knee pain

May Improve:

- Osteoarthritis
- Fibromyalgia
- Migraine

7, 11, 12, 13, 14, 15, 16, 17, 18

Meditation & Guided Imagery



- Physical Benefits:



Brain growth
Serotonin and Dopamine



Cortisol
BP and HR
Aging

Mental Benefits:



Increases happiness
Increases ability to learn
Increases empathy and compassion



Reduces stress^{7, 16, 17, 18, 19, 20}

Meditation Literally Rewires your Brain!

Brain scans of people who meditate regularly show:



Brain tissue density associated with anxiety.

Blood markers for inflammation

Loss of brain white matter (aging)



Brain area associated with empathy

Brain tissue in relaxation areas^{7, 16, 17, 18, 19, 20}

Meditation

Anxiety

Depression

Headaches

Knee pain

Back pain

Neck Pain

Fibromyalgia ^{7, 16, 17, 18, 19, 20}

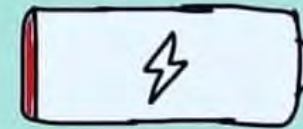


- <https://arizona.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=c7fe4e5d-39d6-4ad8-80f8-ab8f0186dc1a>

Help is Here!

- National Alliance on Mental Illness at 800-950-NAMI
- SAMHSA Hotline at 800-662-HELP
- National Suicide Hotline at 800-273-TALK

- Covid-19 Anxiety Management Program
 - Free to HCP's
 - <https://www.talkspace.com/>



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY,
NOT A LUXURY.

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