

Overcoming Secondary Stress In Medical And Nursing Practice A Guide To Professional Resilience And Personal Well Being

[#secondary stress healthcare](#) [#professional resilience medical](#) [#nursing well being](#) [#stress management healthcare professionals](#) [#burnout prevention healthcare](#)

Discover essential strategies for overcoming secondary stress in medical and nursing practice. This guide empowers healthcare professionals to cultivate professional resilience and ensure their personal well-being, preventing burnout.

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Overcoming Secondary Stress in Medical and Nursing Practice

"Against the backdrop of the COVID-19 pandemic, the second edition of Overcoming Secondary Stress in Medical and Nursing Practice explores the phenomenon of secondary stress experienced by clinicians on the frontlines of care. The book integrates concepts, assessment tools and self-care insights from the first edition with new concepts, evidence, strategies, and vignettes from the field concerning secondary stress experienced specifically by physicians, physician assistants and nurses. The findings and efforts of medical and nursing professional organizations to address and ameliorate endemic secondary stress are explored. Strategies for identifying, reframing, and intervening in stressful problems of practice, including wicked problems are also addressed. Tools for enhancing self-knowledge and developing a personal, self-care protocol to recognize and prevent secondary stress are the book's core feature. This book highlights the importance of interprofessional communication and support in ameliorating the stressors of clinical work, an effort enhanced by the book's interdisciplinary co-authorship. The extreme stressors of the COVID-19 pandemic on health care practitioners and the health care system illustrate the interconnectedness of health-enhancing personal self-care strategies, quality patient care, and renewed career commitment - the goal of this second edition"--

Overcoming Secondary Stress in Medical and Nursing Practice

Physicians, nurses and allied health professionals working in the health care system must be prepared to offer support at all times, despite staffing shortages, financial pressures and legal requirements. This is a guide for health professionals to help the cope with the stress of those demands.

The Johns Hopkins Guide to Psychological First Aid

"Psychological first aid (PFA) is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity. The second edition of this essential guide describes the principles and practices underpinning the evidence-informed and evidence-based Johns Hopkins RAPID-PFA model in an easy-to-follow, prescriptive, and practical manner"--

Encyclopedia of Health Services Research

Within two volumes, more than 400 signed entries and their associated bibliographies and recommended readings authoritatively cover issues in both the historical and contemporary context of health services research.

Fundamentals of U.S. Health Care

All health care students must be familiar with the basic concepts of health care in the United States. This introductory textbook presents vital information on health care careers and legal, ethical, financial, and policy issues that will help their future practice. It includes chapters on: careers in the health care profession; the complexity of health care; the Patient Protection and Affordable Care Act; professionalism in health; health care for special populations; the Occupational Safety and Health Administration (OSHA) standards; research and advancements in health care; the future of health care. Fundamentals of U.S. Health Care is unique in the way it highlights the important elements of each health career, including job requirements, length of study, and salaries. With the student in mind, this book is accompanied by a website that features detailed PowerPoints and test banks with more than 1,000 review questions. Well-organized and easily understood, this overview provides a reliable, relevant resource and up-to-date reference. It is essential reading for all allied health students, including nurses, surgical technicians, dental hygienists, radiology technicians, medical assistants, pharmacy technicians, physician assistants, and more.

Supervision in Educational, Social and Medical Services Professions

Supervision in Educational, Social and Medical Services Professions investigates both theoretical and practical aspects of stress, burnout and brain-drain; the need for supervision; the benefits of professional supervision; and the most common types of supervision; and provides a definition of the supervisor and their role in educational, social and medical professions. The book also presents quantitative research on a sample of 400 professionals (educators, medical assistants, psychologists, and social workers), aimed at identifying the need for supervision, the understanding and acceptance level of supervision, the advantages of supervision, as well as the burnout and brain-drain levels of professionals supplying direct services to their clients. The book is the result of a postdoctoral grant and will appeal to a wide range of professionals such as social workers, psychologists, medical assistants and doctors, teachers, researchers, as well as to all those interested in the field of social work and willing to develop professionally and personally.

The Resilient Clinician

Introduction: Continually Creating New Inner Psychological Space. An Ongoing Process of Mindfulness. 1. Sensing the Dangers: Chronic and Acute Secondary Stress. 2. Enhancing Resiliency: Strengthening One's Own Self-Care Protocol. 3. Replenishing the Self: Solitude, Silence...and Mindfulness. 4. Daily Debriefing: Mindfulness and Positive Psychology as an Integral Part of the Clinician's Ongoing Reflective Process. Epilogue: Clinician. Clinician: An Honorable Profession, a Meaningful Life. References. Appendices. 1-1. Causes for Burnout. 1-2. Daily Burnout: A Sampling of Key Signs and Symptoms.

Teaching Strategies for Health Education and Health Promotion

Intended for a multidisciplinary team of providers, Teaching Strategies for Health Care and Health establishes a foundation of how, why, what, and when people of all ages learn and how learning can positively affect a patient, a family, and a diverse community's ability to understand, manage, prevent and live well with their illness. Designed to give health professionals the tools they need to provide total patient care, this unique resource presents a foundation as well as a selection of tools and teaching methodologies to promote health and prevention of illness. Unique to this resource are experience driven case studies demonstrating both successful and unsuccessful cases, helping health care professionals identify best practices to preserve and repeat, as well as analyze why unsuccessful efforts might have failed and how those cases could be handled differently.

Transformative Learning in Healthcare and Helping Professions Education

Transformative Learning in Healthcare and Helping Professions Education: Building Resilient Professional Identities is a co-edited book (Carter, Boden, and Peno) with invited chapters from educators who share our passion for learning in healthcare and the helping professions. The purpose of the book is to introduce professional learners (students, residents, and others in professional training) to transformative learning for building resilient professional identities amid practice environments that include widespread burnout and compassion fatigue. With a diverse set of authors engaged in clinical and educational practice in academic medicine, nursing, dentistry, physical therapy, mental health counseling, science education, psychology, social work, and inter-professional collaborative practice, we offer strategies for building resilience throughout the years of professional training and into professional practice. We do so through the experiences of authors involved in healthcare and the helping professions to illustrate how some are coping with the challenges of burnout and compassion fatigue through learning that can be transformative. This book explores the nature of professional identity formation by examining ways that professionals in training can thrive amid the challenges of today's stressful practice environments. First-hand stories of resilience illustrate how learners, as well as educators in these professions, are addressing adversity, career decision-making, service to the underserved, and the self-care needed to provide excellent care for others. The prominence of transformative learning within adult learning theory is illustrated for its potential to revise the meaning that learners make of their experiences and open up new possibilities for renewed vitality in professional education and practice environments. The book has two primary audiences: professional learners in healthcare and helping professions education, and their educators who are often professional practitioners themselves. These educators have a significant role in influencing the next generation of professionals by serving as mentors, role models, and teachers. The importance of fostering learning that is transformative has never been more important than it is today for those who will work in these demanding professions. We invite readers to discover experiences and strategies for achieving individual wellbeing, as well as opportunities for building a culture within professional education and practice settings that will foster resilience.

Bounce

Stress is a fact of modern life. And as more and more people face greater financial insecurity, longer work hours, and the increasingly complex personal and social demands of our fast-paced, multi-tasking, high-tech lifestyle, finding healthy ways to handle stress is more important than ever. In *Bounce: Living the Resilient Life*, Robert Wicks shows you not just how to manage stress, but how to transform stressful situations into opportunities to live a more meaningful, self-aware, and compassionate life. Wicks makes available to everyone techniques he has used for over 30 years in helping physicians, nurses, psychotherapists, educators, social workers, ministers, and relief workers not only survive but flourish in highly stressful occupations. You'll learn a wide range of methods--normally reserved for those in helping and healing professions--to help you bounce back from stress and live life to the fullest. *Bounce* shows you how to:

- Recognize the insidious nature of denial and avoidance as responses to stress
- Employ psychologically powerful approaches to self-awareness
- Improve self-talk through the use of cognitive behavioral principles
- Apply daily-debriefing techniques
- Utilize a structured reflection guide to uncover areas that require special attention
- Incorporate silence, solitude, and mindfulness into daily life
- Stop the drain of valuable emotional energy caused by toxic life situations and unexamined attitudes and beliefs
- And much more

Most important, *Bounce* helps you develop your own self-care protocol and personal renewal program, based on an honest assessment of your needs, life situation, and habitual ways of dealing--or failing to deal--with stress. Insightful, practical, and filled with wise guidance, *Bounce* shows us all how to live with greater resilience in a world that grows more stressful by the day.

Staying Human during Residency Training

The ultimate survival guide for medical students, interns, residents, and fellows, *Staying Human during Residency Training* provides time-tested advice and the latest information on every aspect of a resident's life – from choosing a residency program, to coping with stress, enhancing self-care, and protecting personal and professional relationships. Allan D. Peterkin, MD, provides hundreds of tips on how to cope with sleep deprivation, time pressures, and ethical and legal issues. This sixth edition is not only updated to reflect the latest research and resources, but also features new material on the latest issues in residency training, including social media use, patient-centred care, the medical humanities, and the “hidden curriculum” of residency. Presenting practical antidotes to cynicism, careerism, and burnout, Peterkin also offers guidance on fostering more empathic connection with patients and

deepening relationships with colleagues, friends, and family. Acknowledged by thousands of doctors across North America as an invaluable resource, *Staying Human during Residency Training* has helped to shape notions of trainee well-being for medical educators worldwide. Offering wise, compassionate, and professional counsel, this new edition again shows why it is required reading for medical students and new physicians pursuing postgraduate training.

Compassionate Person-Centered Care for the Dying

A milestone resource for palliative care nurses that facilitates evidence-based compassionate and humanistic care of the dying. A valuable contribution to the evolving field of palliative nursing care. It is authored by a model for this field, Bonnie Freeman, and brings to the bedside what her practice embodies--evidence-based clinically expert care...The CARES tool is a long-needed resource and we are all grateful to the author for moving her passion to paper. It will touch the lives and deaths of patients, families, and the nurses who care for them. --Betty Ferrell, PhD, RN, MA, FAAN, FCPN, CHPN Professor and Director, Division of Nursing Research and Education City of Hope National Medical Center

From the Foreword This groundbreaking reference for palliative care nurses is the first to provide realistic and achievable evidence-based methods for incorporating compassionate and humanistic care of the dying into current standards of practice. It builds on the author's research-based CARES tool; a reference that synthesizes five key elements demonstrated to enable a peaceful death, as free from suffering as possible: comfort, airway management, management of restlessness and delirium, emotional and spiritual support, and selfcare for nurses. The book describes, step by step, how nurses can easily implement the basic tenets of the CARES tool into their end-of-life practice. It provides a clearly defined plan that can be individualized for each patient and tailored to specific family needs, and facilitates caring for the dying in the most respectful and humane way possible. The book identifies the most common symptom management needs in dying patients and describes, in detail, the five components of the CARES paradigm and how to implement them to enable a peaceful death and minimize suffering. It includes palliative care prompts founded on 29 evidence-based recommendations and the National Consensus Project for Palliative Care Clinical Practice Guidelines. The resource also addresses the importance of the nurse to act as a patient advocate, how to achieve compassionate communication with the patient and family, and barriers and challenges to compassionate care. Case studies emphasize the importance of compassionate nursing care of the dying and how it can be effectively achieved.

Key Features: Provides nurses with a clear understanding of the most common needs of the dying and supplies practical applications to facilitate and improve care Clarifies the current and often complex literature on care of the dying Includes case studies illustrating the most common needs of dying patients and how these are addressed effectively by the CARES tool Based on extensive evidence as well as on the National Consensus Project for Palliative Care Clinical Practice Guidelines

Bonnie Freeman, DNP, ANP, RN, ACHPN, is an adult nurse practitioner in the Department of Supportive Care Medicine at the City of Hope National Medical Center in Duarte, California. She is involved with treating the symptom management needs of many chronically and terminally ill individuals diagnosed with various forms of cancer. Dr. Freeman trained at such excellent facilities as the in-patient units at San Diego Hospice and the Institute of Palliative Medicine in San Diego, California, and the home care hospice program in Owensboro, Kentucky. While in Kentucky, she completed her advanced practice clinical training for adult nurse practitioners with a specialty focus on palliative care through Vanderbilt University in Nashville, Tennessee. This program exposed Dr. Freeman to current concepts in caring for the dying, and enhanced her already significant clinical experience caring for dying individuals acquired from over 30 years working in critical care. Dr. Freeman obtained her MSN from Indiana Wesleyan University, and her DNP from Azusa Pacific University in Azusa, California.

Contributors Tracey Das Gupta, MN, RN, CON, is director of Interprofessional Practice at Sunnybrook Health Sciences Centre in Toronto, Ontario, Canada. She is also the colead of the Quality Dying Initiative with Dr. Jeff Myers. Tracey has been passionate about health care, quality of life, and leadership since becoming a nurse in 1991. Her decision to become a nurse was influenced by her father who lived with muscular dystrophy. Ms. Das Gupta has fulfilled various frontline nursing roles along the continuum of care and has had the opportunity to continue to grow in leadership roles such as educator, professional practice leader, and director of nursing practice. In her current role, she also provides leadership for the development and implementation of Sunnybrook's interprofessional care (IPC) strategy.

Margaret Fitch, PhD, MScN, is a nurse researcher and holds an appointment at the Bloomberg Faculty of Nursing and School of Graduate Studies at the University of Toronto. She also serves as expert lead for cancer survivorship and patient experience for the Person-Centered Perspective Portfolio of the Canadian Partnership Against Cancer. She is also editor-in-chief for the Canadian Oncology Nursing Journal.

Dr. Fitch has an extensive publication record based on her many years of research regarding patient perspectives, coping and adaptation with illness, and screening for psychosocial distress. She has particular expertise in measurement and evaluation, qualitative methods, and knowledge integration. During her career, she has held clinical and administrative positions and has maintained an ongoing role in education of both undergraduate and graduate students and health professionals in practice.

Grief

The experience of grief has been a source of intrigue and curiosity throughout history, and it continues to stimulate thought and theory in various fields of study. Unfortunately, these fields tend to function in isolation from each other. The result is a substantial disconnect between grief research, theory, and care—which has evolved greatly over the last two decades—and ministerial practice. Using a metaphor of grief as a mosaic, Melissa Kelley presents contemporary grief theory and research, integrated with important theological, religious, and ministerial perspectives. Written in an accessible way for ministers, ministers-in-training, and all pastoral and spiritual caregivers, this book provides the most up-to-date theory and research in grief to help inform their care of others. Through exploration of critical topics including attachment to God, meaning making, and religious coping in grief, readers are brought right to the heart of a contemporary understanding of grief.

Transforming Toxic Leaders

Unlike other books written on "toxic leaders," this book takes issue with the predominant view that "toxic leaders are bad" and destructive to their companies. Rather, the author argues that even highly productive leaders have some toxic qualities central to their success story. The book redirects the conversation about toxicity in a more productive direction, as toxic leaders are not just viewed as villains and liabilities, but are also considered as potential assets, innovators, and rebels. Working on the premise that "toxicity is a fact of company life," the book provides organizations with a model and blueprint on the advantages to be gained from skillful anticipation, control, and handling of troubled and difficult leaders. In contrast to dysfunctional organizations that ignore toxicity or dwell on the perceived destructive impact of toxic leaders, successful companies come up with resourceful, innovative strategies for turning seeming deficits into opportunities.

Trauma Counseling

Print+CourseSmart

Behavioral Health Response to Disasters

Disasters can cause long-term disruptions to the routines of individuals and communities, placing survivors at risk of developing serious mental health and substance abuse problems. Disaster behavioral health services provide emotional support, help normalize stress reactions, assess recovery options, and encourage healthy coping behaviors. They also connect survivors to community resources that can assist the recovery process. Today's increasing frequency and intensity of disasters merit greater focus on the development of modalities for intervention and mitigation against the psychological impacts of disaster. In *Behavioral Health Response to Disasters*, professionals with years of practice, research, and national advisory board service review and discuss key topics in the field. Highlighting the themes of cultural competence and evidence-based practice, this volume: Presents an interdisciplinary approach to examining specific disaster behavioral health topics Considers how an individual's culture may impact willingness to seek out and accept services Incorporates research on vulnerable or at-risk populations who are likely to suffer disproportionately more adverse psychological consequences of disaster Discusses clinical studies of cognitive behavioral treatments for disaster-related distress and post-traumatic stress disorder In the past two decades, disaster behavioral health research, policy, and practice have grown exponentially. This volume covers the wide variety of issues in this emerging field, highlighting concerns that we must address in order to create more disaster-resilient communities.

Empowerment Strategies for Nurses, Second Edition

Praise for the First Edition: "This is a very practical and easy to read book with many strategies to help new nurses adapt to the stressors of the workplace. It is filled with thought-provoking stories and activities that can foster confidence in tackling workplace issues as well as self-care activities to enhance wholeness and well-being....There is something in this book for everyone." Score: 96, 4

stars. —DOODY'S MEDICAL REVIEWS This unique resource will help nurses overcome stressors and challenges when—and even before—they arise. Featuring seven new chapters and a multitude of new authors, the second edition reflects the latest research on resilience and well-being and applies it specifically to nursing professionals. The book describes a diverse range of proactive and preventive approaches nurses can harness in a variety of healthcare contexts. These strategies help develop strength, flexibility, and the determination to adapt to professional challenges that may at first seem daunting. Strategies are presented to conquer self-defeating thoughts, connect with positive peers, and emulate positive leadership attributes. Chapters present first-hand accounts of “resilience in action” and extensive examples that showcase evidence-based resilience strategies, along with discussion questions, creative thinking exercises, and application activities. New to the Second Edition: Strategies for adapting to constant change Managing moral and ethical distress Developing effective and creative solutions for global health challenges Restoring resilience, health, and well-being after adversity New leadership dynamics Moving out of one's comfort zone for personal and professional growth Key Features: Includes activities that encourage readers to develop resilience capabilities as team leaders, team members, and change agents Highlights psychological and social resilience strategies Includes discussion questions and creative thinking exercises Supplemental instructor's manual and PowerPoints included

Humanism and Resilience in Residency Training

This book aims to help identify pre-existing adaptive traits and positive perspectives in resident trainees, while challenging those that are less adaptive by building a formal curriculum for medical education that focuses on the humanistic aspects of medicine. Humanism in medicine is threatened by the false narrative that good physicians are superhumans who do not have their own needs. Written by experts in the field, this book is designed to be a concise, integrated guide to resilience during residency training. Through this guide, trainees learn (i) the usefulness of psychotherapeutic strategies for their own stress management and well-being; (ii) techniques and strategies that are useful in the practice of medicine; and (iii) to consider lifestyle modifications to improve physical and psychological health and well-being, through identification of positive and negative lifestyle factors influencing physicians' response to stress. Since it is designed for busy trainees and physicians, this volume meticulously provides easy-to-use, evidence-based learning tools and therapeutic techniques, including case studies, skill-building exercises, self-test questionnaires, illustrations, useful practice-reminder tips, and other features. Humanism and Resilience in Residency Training is an excellent resource for all medical trainees and professionals who need to incorporate humanism and resilience in their practice, both for accreditation requirements and for personal well-being. This includes medical students and residents, psychiatrists, addiction medicine specialists, family physicians, medical education professionals, hospitalists, nurses, and all healthcare providers

Trauma Counseling, Second Edition

The only comprehensive text to focus on trauma, stress, crisis, and disaster counseling from a clinical practice perspective This overarching text, intended both for mental health practitioners-in-training and for practicing clinicians, focuses on the impact of stress, crisis, trauma, and disaster on diverse populations across the lifespan as well as on effective treatment strategies. The second edition is newly grounded in a “trauma scaffold,” providing foundational information that therapists can build upon, step-by-step, to treat individuals affected by more complex trauma events. This resource newly addresses the mental health implications of COVID-19, which has had an enormous impact on multitudes of people since the beginning of the pandemic, its repercussions likely to continue for some time into the future. The text also is updated to provide the most recent diagnostic information regarding trauma in the DSM-5. Two new chapters address the confluence of crises related to anthropogenic climate change and the effects of mass violence. This unrivalled resource emphasizes stress management and crisis intervention skills as important building blocks for working with more complex issues of trauma and disaster. It underscores the idea that trauma must be approached from multiple perspectives and in multiple dimensions encompassing individual, community, societal, and systemic implications along with multicultural and diversity frames of reference. The text integrates the latest findings from neuropsychology and psychopharmacology with an emphasis on Polyvagal Theory. Additionally, the text highlights the importance of clinical supervision in trauma care and examines ethical dimensions and the need for self-care among trauma counselors. Purchase includes digital access for use on most mobile devices or computers. New to the Second Edition: Reconceptualizes the text with the concept of a “Trauma Scaffold” as a foundation upon which to understand and develop treatment

for increasingly complex trauma events Addresses the COVID-19 pandemic and its profound effect on the mental health of vast numbers of people Includes two new chapters on the confluence of crises related to anthropogenic climate change and the effects of mass violence Includes PowerPoint slides to accompany an updated Instructor's Manual Key Features: Delivers both introductory and advanced clinical information addressing complex trauma Addresses trauma from a bioecological framework with emphasis on trauma-informed practices, multicultural pluralism, diversity, and social justice Considers neurobiological responses to trauma with new research and the contributions of Polyvagal Theory Examines individual, familial, community, society, and systemic understandings of stress, crisis, trauma, and disaster Includes a wealth of resources for further study, text boxes, and case studies to reinforce learning

The Resilient Nurse

"This book is of value to nurses at all levels of their career."--Critical Care Nurse "This is a very practical and easy to read book with many strategies to help new nurses adapt to the stressors of the workplace. It is filled with thought-provoking stories and activities that can foster confidence in tackling workplace issues as well as self-care activities to enhance wholeness and wellbeing. Some suggested strategies for successful outcomes include finding a good mentor, relaxation techniques, using humor, self-reflection, and exercising. There is something in this book for everyone."Score: 96, 4 stars. --Doody's Medical Reviews This essential resource is for nursing and allied health students across the globe who are undertaking-or are about to undertake-their internship and initial work experience. This reference identifies practical strategies for career advancement and for overcoming stressors and challenges in the workplace. With the tools from this book, readers will be able to gain the strength and tactics to break the cycles of hostility and workplace negativity, and thereby change the health system and provide better care for their clients. Key Features: Presents primary narratives and resilience strategies Provides creative resolutions for coping with complex clients, grief, inter-professional tensions, and more difficult issues Contains reader activities that encourage students to become agents of change Highlights resilience strategies; key coping mechanisms; lessons learned; discussion questions; creative thinking exercises; and teacher-related activities

Cultivating Professional Resilience in Direct Practice

Overwhelming empirical evidence indicates that new social workers, particularly those going into child welfare or other trauma-related care, will discover emotional challenges including the indirect or secondary effects of the trauma work itself, professional burnout, and compassion fatigue. However, the newly revised CSWE Educational Policy and Accreditation Standards (EPAS) does not mandate the inclusion of content related to self-care in social work curriculum or field education. In a textbook that bridges the gap between theoretical and pragmatic approaches to this important issue in human service work, Jason M. Newell provides a potential resolution by conceptualizing self-care as an ongoing and holistic set of practice behaviors described as the key to professional resilience. To address the effects of trauma-related care on direct practitioners, Newell provides a comprehensive, competency-based model for professional resilience, examining four key constructs—stress, empathy, resilience, and self-care—from a range of theoretical dimensions. For those who work with vulnerable populations, the tendency to frame self-care solely within organizational context overlooks the importance of self-care in domains beyond the agency setting. Alternatively, he uses a framework grounded in the ecological-systems perspective conceptualizing self-care as a broader set of practice behaviors pertaining to the whole person, including the physical, interpersonal, organizational, familial, and spiritual domains of the psychosocial self. Alongside professional self-care practices at the organizational level, Newell makes a case for the pragmatic role of recreational activities, time with family and friends, physical health, spirituality, and mindfulness. The application of a comprehensive approach to self-care practice has potential to empower practitioners to remain resilient and committed to the values, mission, and spirit of the social work profession in the face of trauma.

Coping and Thriving in Nursing

A unique guide to coping and thriving in the NHS today, with practical, practice-focused and evidence-based advice to support students and qualified nurses to build their resilience and manage stress and conflict, as well as nurture their wellbeing.

Service User and Carer Involvement in Health and Social Care

Written by a collection of experts in the field, this important new text provides a critical and constructive analysis of the ways in which service users and carers engage with health and social care services. Covering topics such as the importance of terminology, wellbeing and resilience and the notion of tokenism, and enhanced by a wealth of first-hand experiences and creative work by a range of service users and carers, the text examines how different forms of collaboration, participation and involvement (or lack of it) have contributed, and continue to contribute, to service development and the expansion of participant movements. With a strong focus on retrospective as well as prospective analysis, it encourages the reader to learn from both historical and current developments in service user and carer involvement in order to anticipate and inform future directions. This engaging and inspiring text is key reading for students on undergraduate and postgraduate social work programmes, as well as practitioners looking for a fresh new perspective.

Beyond Burnout, Second Edition: Overcoming Stress in Nursing & Healthcare for Optimal Health & Well-Being

"This book came at the perfect time... The information is very helpful, and it's just nice to know so many others have similar challenges." Trena Ray, PhD, RN, NEA-BC Chief Nursing Officer Associate Vice Chancellor for Patient Care Services Clinical Assistant Professor, UAMS College of Nursing
"Another edition of renewable energy reminding us to be our best! This book takes us on a journey through stress, burnout, and post-traumatic stress and sparks innovative solutions." Kristin Christophersen, DNP, MBA, RN, NEA-BC, CENP, CPHQ, CLSSGB, FACHE Healthcare Executive and Owner, VitalNow LLC
"Beyond Burnout is timely, relevant, and critical to understanding the stressors that plague healthcare today." Cindi M. Warburton, DNP, FNP Executive Director, Northwest Organization of Nurse Leaders
Healthcare professions typically attract those who give deeply of themselves to make a positive difference in others' lives. But that giving can come at a significant price: burnout. While the healthcare vocation offers myriad options in work settings and career paths, it can also involve tremendous amounts of stress because of long shifts, mental and physical exhaustion, patient challenges, and regulatory changes. When stress and fatigue overtake a healthcare provider's ability to adequately cope with physically and emotionally taxing circumstances, burnout is often the result, potentially leading to compromises in quality and patient safety. Since the publication of the first edition of this book, the COVID-19 pandemic has only added dramatically to nurses' and other healthcare providers' stress, exacerbating existing problems with strained resources and labor shortages. In Beyond Burnout, Second Edition, author Suzanne Waddill-Goad adds new strategies and up-to-date, data-driven information for building hardiness and resilience so that nurses and other healthcare workers can successfully navigate their increasingly challenging environment while reducing stress and preventing burnout.

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Bounce

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needs, life situation, and habitual ways of dealing--or failing to deal--with stress. Insightful, practical, and filled with wise guidance, Bounce shows us all how to live with greater resilience in a world that grows more stressful by the day.

Compassionate Person-Centered Care for the Dying

A milestone resource for palliative care nurses that facilitates evidence-based compassionate and humanistic care of the dying "A valuable contribution to the evolving field of palliative nursing care. It is authored by a model for this field, Bonnie Freeman, and brings to the bedside what her practice embodies--evidence-based clinically expert care...The CARES tool is a long-needed resource and we are all grateful to the author for moving her passion to paper. It will touch the lives and deaths of patients, families, and the nurses who care for them." --Betty Ferrell, PhD, RN, MA, FAAN, FCPN, CHPN Professor and Director, Division of Nursing Research and Education City of Hope National Medical Center From the Foreword This groundbreaking reference for palliative care nurses is the first to provide realistic and achievable evidence-based methods for incorporating compassionate and humanistic care of the dying into current standards of practice. It builds on the author's research-based CARES tool; a reference that synthesizes five key elements demonstrated to enable a peaceful death, as free from suffering as possible: comfort, airway management, management of restlessness and delirium, emotional and spiritual support, and selfcare for nurses. The book describes, step by step, how nurses can easily implement the basic tenets of the CARES tool into their end-of-life practice. It provides a clearly defined plan that can be individualized for each patient and tailored to specific family needs, and facilitates caring for the dying in the most respectful and humane way possible. The book identifies the most common symptom management needs in dying patients and describes, in detail, the five components of the CARES paradigm and how to implement them to enable a peaceful death and minimize suffering. It includes palliative care prompts founded on 29 evidence-based recommendations and the National Consensus Project for Palliative Care Clinical Practice Guidelines. The resource also addresses the importance of the nurse to act as a patient advocate, how to achieve compassionate communication with the patient and family, and barriers and challenges to compassionate care. Case studies emphasize the importance of compassionate nursing care of the dying and how it can be effectively achieved. Key Features: Provides nurses with a clear understanding of the most common needs of the dying and supplies practical applications to facilitate and improve care Clarifies the current and often complex literature on care of the dying Includes case studies illustrating the most common needs of dying patients and how these are addressed effectively by the CARES tool Based on extensive evidence as well as on the National Consensus Project for Palliative Care Clinical Practice Guidelines

Coping with Caring

Nurses typically go in to the profession of nursing because they want to "care" for patients, not knowing that the inherent stresses of the work environment put them at risk for developing psychological disorders such as burnout syndrome, posttraumatic stress disorder (PTSD), anxiety and depression. Symptoms of these disorders are often debilitating and affect the nurse's functioning on both a personal and professional level. While environmental and/or organizational strategies are important to help combat stress, oftentimes the triggers experienced by nurses are non-modifiable including patient deaths, prolonging life in futile conditions, delivering post-mortem care and the feeling of contributing to a patient's pain and suffering. It is paramount that nurses enhance their ability to adapt to their work environment. Resilience is a multidimensional psychological characteristic that enables one to thrive in the face of adversity and bounce back from hardships and trauma. Importantly, resilience can be learned. Factors that promote resilience include attention to physical well-being and development of adaptive coping skills. This book provides the nurse, and the administrators who manage them, with an overview of the psychological disorders that are prevalent in their profession, first-person narratives from nurses who share traumatic and/or stressful situations that have impacted their career and provide detailed descriptions of promising coping strategies that can be used to mitigate symptoms of distress.

The Resilient Physician

Written by a veteran clinician for medical practitioners of all disciplines and levels of experience, this concise pocket guide presents a frank discussion about facilitating resiliency in the face of the personal and professional challenges of a medical career. Furthermore, it provides proven techniques and suggestions for stress management aimed at the maintenance of a more successful practice and peaceful life. First defining and elucidating the problems of stress plaguing the field, including

burnout, substance abuse and suicide, the bulk of the book presents and discusses ways to combat and master the everyday stress of the "medical marriage," such as engaging in mindfulness training, learning to forgive oneself and others, listening to your own body, utilizing time away from medicine, and performing simple acts of kindness and gratitude. Issues surrounding the inevitability of mistakes, the pursuit of perfectionism, happiness and success are then examined and reflected upon, as are stress management considerations from other cultures and literary sources. Equal parts personal and practical, *The Resilient Physician* is a must-have for any clinician or medical professional seeking better understanding and outcomes when handling the constant demands of this high-stress - but ultimately rewarding - career.

American Book Publishing Record

This workbook is designed to accompany *Beyond Burnout* by providing scenarios and prompts to help students and other learners get the most out of the book.

Workbook for *Beyond Burnout*, Second Edition: Overcoming Stress in Nursing & Healthcare for Optimal Health & Well-Being

Develop resilience and thrive as a care professional! *Root Strength: A Health and Care Professionals' Guide to Minimizing Stress and Maximizing Thriving* discusses principles of self-care that can help you prevent emotional fatigue and job burnout in highly stressful workplaces. An evidence-based approach examines how the care professional can develop self-compassion, mindfulness, relationships with co-workers, and perceived satisfaction with one's career. Written by noted educator and researcher Shannon Dames, this practical manual shows how you can apply these insights on the job and enhance your personal well-being in real-world health care settings. With the prevalence of mental health issues among care professionals — including rates of PTSD and major depressive disorder (MDD) — appearing much higher than that in the general population, never has a resource like this been more required! Focus on both theory and practice allows for self-assessment and the ability to build resilience and thrive, with concepts underpinned by research. UNIQUE! Journeys case studies highlight a care professional's real-world experience/concerns, encouraging you to think about how you would handle the situation as you read through the chapter; the chapter closes with an effective method to handle the real-life situation, demonstrating how to apply the lessons learned. UNIQUE! Clear and conversational writing style and metaphorical roots/tree framework makes it easier to understand concepts. Practical exercises throughout the text allow you to build and strengthen your own metaphorical roots. Vignettes demonstrate how concepts apply to real-world scenarios. Attuning for the Journey Ahead sums up the content at the end of each chapter, ensuring that you understand the key concepts. UNIQUE! Special boxes contributed by Dr. Crosbie Watler, MD, FRCPC help you understand and navigate through professionals' mental health challenges.

Root Strength E-Book

ABC of Clinical Resilience For the healthcare professional, clinical resilience is about reconnecting with those stirrings which first motivated us to spend a career in the service of others. It is about recovering and maintaining the ???joy of practice??? which nourishes and satisfies our curiosity about the uniqueness of every person in our care. Being a resilient practitioner is essential for our personal wellbeing and also for the safety of our patients, who depend on our ability to optimise our physical and cognitive performance. Yet many healthcare professionals report experiencing burnout. *ABC of Clinical Resilience* summarises current evidence on how cognitive performance and wellbeing of healthcare professionals are affected by the emotional context of providing care and the organisational culture of working environments. As well as considering impacts of individuals and teams, we also consider how resilience can be recovered for the benefit of everyone. Topics include: The emotional impact of working in healthcare Resilience and cognitive performance Practicing self-care The physiology of resilience Intelligent kindness Kindness in teams Resilience in practice Organisational kindness Teaching resilience Perfect for both novice and experienced healthcare professionals, including those working in mental health, *ABC of Clinical Resilience* will also earn a place in the libraries of professionals who treat healthcare workers and readers interested in the psychology and prevention of burnout, vicarious trauma, and moral injury. About the ABC series The ABC series has been designed to help you access information quickly and deliver the best patient care, and remains an essential reference tool for GPs, junior doctors, medical students and healthcare professionals. Now offering over 80 titles, this extensive series provides you with a quick

and dependable reference on a range of topics in all the major specialties. The ABC series is the essential and dependable source of up-to-date information for all practitioners and students in primary healthcare. To receive automatic updates on books and journals in your specialty, join our email list. Sign up today at www.wiley.com/email

ABC of Clinical Resilience

Develop resilience and thrive as a professional caregiver! *Root Strength: A Health and Care Professionals' Guide to Minimizing Stress and Maximizing Thriving* discusses principles of self-care that can help you prevent emotional fatigue and job burnout in highly stressful workplaces. An evidence-based approach examines how the caregiver can develop self-compassion, mindfulness, relationships with co-workers, and perceived satisfaction with one's career. Written by noted educator and researcher Shannon Dames, this practical manual shows how you can apply these insights on the job and enhance your personal well-being in real-world healthcare settings. Never has a resource like this been more required! Focus on both theory and practice allows for self-assessment and the ability to build resilience and thrive, with concepts underpinned by research. UNIQUE! Journeys case studies highlight a care practitioner's real-world experience/concerns, encouraging you to think about how you would handle the situation as you read through the chapter; the chapter closes with an effective method to handle the real-life situation, demonstrating how to apply the lessons learned. UNIQUE! Clear and conversational writing style and metaphorical roots/tree framework makes it easier to understand concepts. Practical exercises throughout the text allow you to build and strengthen your own metaphorical roots. Vignettes demonstrate how concepts apply to real-world scenarios. Attuning for the Journey Ahead sums up the content at the end of each chapter, ensuring that you understand the key concepts. UNIQUE! Special boxes contributed by Dr. Crosbie Watler, MD, FRCPC help you understand and navigate through caregivers' mental health challenges.

Root Strength

The nursing profession is under pressure. Financial demands, student debt, the target culture, political scrutiny in the wake of major care scandals and increasing workloads are all taking their toll on professional morale and performance. This timely book considers the meaning of resilience in this adverse context and explains why measures to preserve individual nurses' and students' well-being are flawed if they don't take into account wider political and organizational perspectives. Arguing that healthcare can be thought about and experienced differently, this book: provides a summary of the latest research on resilience, explaining its relevance and also limitations for nurses; considers debates about compassion and highlights the effects of policy agendas on nurse education and nursing work; re-evaluates nursing's professional identity, including where nursing has come from and the effects of class, gender and race on its powerbase; assesses the role of politics and social media, both in driving change and feeding resistance; and introduces the idea of critical resilience as a complete framework for resisting bullying and fostering survival and change in the nursing workforce. Direct, upbeat, at times provocative and witty, this agenda-setting book enables nurses to understand why they feel the way they do. It also lists what opportunities are available to them to change, resist and survive in what has become a complex, challenging – if still deeply rewarding – line of work.

Critical Resilience for Nurses

Provides nurses with the tools, practices, and strategies to enhance their well-being and protect against burnout. Exhausting schedules and a tumultuous work environment have left many nurses feeling burned out. The COVID-19 pandemic only compounded problems that have been plaguing nurses for decades. How can you take care of others when you don't have the time or energy to take care of yourself? In *Courageous Well-Being for Nurses*, Advanced Practice Psychiatric-Mental Health Nurse, psychotherapist, and educator Donna Gaffney and National Board-certified health and wellness coach Nicole Foster provide essential strategies and resources. Learn about the research underpinning the science of well-being and discover practices that can reduce stress, rejuvenate your capacity for caring, and improve the quality of your own life. Informed by inspirational stories and real-life guidance from nurses around the world, this book provides you with the steps to thrive personally and professionally. Gaffney and Foster research and describe • How to cope with stress, burnout, grief, and empathic distress • The power of self-compassion and mindfulness • Current findings on eating, sleeping, and exercising well • Science-based practices for alleviating stress through nature • The benefits of professional mental health support • The profoundly healing effects of advocacy and

activism • How to use the arts and creativity as sources of respite and joy Hundreds of suggested resources, including recommended books, websites, podcasts, videos, and webinars, round out this essential guide. *Courageous Well-Being for Nurses* is the ultimate journey to well-being: one that is essential, inclusive, deep-rooted, individual, and above all, courageous.

Courageous Well-Being for Nurses

How to Promote Wellbeing is a timely resource designed to help all healthcare practitioners promote and protect their own and their patients' wellbeing and mental health. Focusing on practical strategies and guidance, this much-needed book explores approaches for reducing burnout, managing stress, coping with pressure in healthcare settings, recognising signs of impaired decision-making, and much more. Written specifically for busy healthcare practitioners, the book offers focused and succinct chapters on topics ranging from behaviours to improve resilience and mindfulness, to approaches for maintaining work-life balance when confronted with excessive workloads and organisational pressures. Throughout the text, evidence-based tools and techniques are provided to improve the practitioner's health and facilitate the delivery of high-quality care. Covering a wide range of clinical situations and important issues, this book: Examines global, organisational, and individual problem factors affecting mental health and wellbeing Discusses the impacts of chronic stress, burnout, technological and environmental factors, work-associated trauma, and sources of wellbeing strain Identifies factors that negatively affect patients' wellbeing in hospital, clinic, and outpatient settings Offers guidance for emergencies and available resources for those in personal crisis Includes a mental health and wellbeing toolkit, including assessments and strategies *How to Promote Wellbeing* is indispensable reading for doctors, nurses, dentists, therapists, counsellors, and other clinicians and health professionals.

How to Promote Wellbeing

The pursuit of excellent compassionate care should be at the heart of all practice. However, it can be challenging for practitioners to deliver this day after day in a context of tight budgets and targets, which can erode the passion with which they entered their professions. *Supporting Compassionate Healthcare Practice* encourages healthcare professionals to look after themselves in order to maintain and develop their compassionate practice. This book considers how stress management, resilience, wellbeing and positivity can help all health professionals remain close to the values, attitudes and attributes that brought them into the caring professions. It presents and critiques the evidence base for these key concepts, bringing them to life with numerous case studies and examples, and develops a framework - RESPECT - for practice. This innovative volume is essential reading for all healthcare students, academics and professionals interested in improving both the quality of care and the wellbeing of patients and practitioners alike.

The British National Bibliography

Resilience and Well-being for Dental Professionals Essential reading for dental professionals and other healthcare workers wanting to build emotional resilience and positive mental health Dentistry is a high-stress profession with elevated rates of anxiety, depression, burnout, suicidal thoughts and self-harm. Chronic workplace stress is a growing concern as it can severely damage the mental health of dental professionals and negatively impact their ability to provide appropriate care. Psychological interventions have been shown to greatly benefit the well-being and emotional resilience of the medical and healthcare community, yet resources that provide preventative tools are limited. *Resilience and Well-being for Dental Professionals*, is designed not only to combat occupational hazards in Dentistry, such as burnout and compassion fatigue, but also to build resilience, engagement at work and nurture positive mental health through a variety of evidence-based tools. This invaluable guide helps readers utilise tools from the science of well-being (Positive Psychology, Mindfulness, Cognitive Behavioural Therapy and Acceptance and Commitment Therapy), to create happier, thriving careers. It includes: Tools from resilience interventions to help dental professionals implement preventative habits and take steps towards positive mental health Focus on self awareness in recognizing burnout early Positive psychology and well-being exercises, customised for dental professionals, to help you meld together research and application: from journaling and creative exercises to nature-based and activities at work Measure and track well-being using psychological scales Manage difficult emotions, practice mindfulness and self-compassion, develop a culture of kindness and gratitude at work, utilise a growth mindset when upskilling, harness positive leadership and use strengths, with patients and at home Create habits that stick through applying the psychology of goal setting, behaviour change, motivation

psychology, work-life harmony and happiness Written by a Positive Psychologist, and Dentist, with more than 12 years' clinical dentistry experience within a stressful NHS environment, *Resilience and Well-being for Dental Professionals* is a must-have resource for all dental students, hygienists, therapists, dentists, dental nurses, dental technicians, specialists and allied healthcare workers.

Supporting compassionate healthcare practice

Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience. Eloquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

Resilience and Well-being for Dental Professionals

The Resilient Practitioner