

Increasing Resiliency Awareness in Palliative Care Clinicians through a Series of Educational Sessions

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Statement of the Problem: Chronic perceived stress and frequent exposures to death and dying have been cited as primary contributors to burnout in palliative care clinicians (PCCs) and are thought to lead to high turnover rates.

Background/Literature Review: Literature supports that techniques aimed at strengthening resilience decrease burnout and turnover for clinicians working in emotionally demanding positions. Specific techniques that benefit PCCs include developing a sense of meaning and community as well as practicing mindfulness.

Purpose/Aims: To educate PCCs through educational sessions to increase awareness of burnout and techniques shown to improve resilience.

Methods/Measures: Three educational sessions on resilience and burnout, including a didactic presentation and two experiential sessions, were presented in January and February of 2020 with six PCCs employed in a home health and hospice setting. The PCC's completed three surveys pre and post educational sessions: the Professional Quality of Life Measure (ProQOL) to obtain a baseline of compassion satisfaction and burnout; the Sexton Thriving Survey to obtain a baseline of burnout, emotional thriving, and emotional recovery; and a Resiliency Quiz to obtain a baseline knowledge of burnout, resilience, and self-reported use of resilience strategies. Analysis focused on the change in knowledge and practice of strategies to promote resilience.

Findings/Results: Five of six PCCs completed pre and post surveys. There were no reported changes in burnout, compassion satisfaction, or emotional thriving. However, knowledge of resiliency increased, as well as 80% of participants reported an increase in number of times they performed self-care weekly. Additionally, 40% of participants reported an increase in valuing their own well-being.

Conclusion/Implications: It is feasible and appropriate to incorporate resilience education in home health and hospice settings. PCCs may benefit from additional education regarding strategies to improve resiliency. This model can be adapted for use in other home health and hospice settings.