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

React external factors
Feel overwhelmed
Forgetful
Resolves w/ events
May drive you forward!

Vs.

Anxiety

React internal factors
Feel worry or fear
Recurring thoughts
Doesn’t end
Stops your progress
<table>
<thead>
<tr>
<th>Stress</th>
<th>Burnout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Characterized by over-</td>
<td>Characterized by disengagement</td>
</tr>
<tr>
<td>engagement</td>
<td></td>
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<tr>
<td>Emotions are overactive</td>
<td>Emotions are blunted</td>
</tr>
<tr>
<td>Produces urgency and</td>
<td>Produces helplessness</td>
</tr>
<tr>
<td>hyperactivity</td>
<td>and hopelessness</td>
</tr>
<tr>
<td>Loss of energy</td>
<td>Loss of motivation</td>
</tr>
<tr>
<td>Leads to anxiety disorders</td>
<td>Leads to depression</td>
</tr>
<tr>
<td>Primary damage is physical</td>
<td>Primary damage is emotional</td>
</tr>
</tbody>
</table>
44% of physicians experience symptoms of burnout.

$192,000 is the average debt of medical school graduates.

29% of physicians say they experience burnout because of insufficient compensation.

1/3 of nurses have “high burnout.”

$192,000 is the average debt of medical school graduates.

23% of healthcare workers get less than 7 hours of sleep per night.

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

Half of workday hours are spent on EHRs, which 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.
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
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.

Survey March 23-25, 2020

Almost Out

Running Low

Have Sufficient Amount

Have Plenty

Have None

KEY: • HAVE NONE • ALMOST OUT • RUNNING LOW • HAVE SUFFICIENT AMOUNT • HAVE PLENTY

RESPIRATORS

Masks

FACE SHIELDS

GOGGLES

GLOVES

GOWNS

HAND SANITIZER

HAND SOAP

CLEANING/DISINFECTION PRODUCTS

SOURCES OF SUPPLEMENTAL PERSONAL PROTECTIVE EQUIPMENT

Healthcare facilities are actively trying to acquire 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.
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1/3 of nurses have “high burnout”

$192,000 is the average debt of medical school graduates

29% of physicians say they experience burnout because of insufficient compensation

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

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

Nearly a quarter of physician burnout is from lack of control
Working on the frontline of the pandemic was an independent risk factor.
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
Yoga for Stress

- Stabilizes the autonomic system
- Reduces stress hormones
- Releases endorphins\textsuperscript{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
• Physical Benefits:
  - Brain growth
  - Serotonin and Dopamine

Mental Benefits:
  - Increases happiness
  - Increases ability to learn
  - Increases empathy and compassion
  - Reduces stress

Meditation & Guided Imagery
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
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/
Reference


