APHON 2020

Let’s gooooooo!
"How's life?"
Me:

HA HA HA!!!!  WHEEEEEE!!!!!
“Physician Stress”
“Pediatric Nurse Practitioner Stress”
Pediatric Oncology Nurse Stress
Physician Resilience
Pediatric Oncology/Hematology Nurse Resilience
“Physician Burnout”

Doesn’t every physician keep a plastic cup of tongue depressors on the desk?
Pediatric Oncology Nurse Burnout
“Pediatric Nurse Practitioner Burnout”
I am worried... are you?

The new hire after one shift

This is the worst day of my life.

The worst day of your life, so far.
<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1. I eat at least one hot, balanced meal a day.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. I get 7-8 hours of sleep at least four nights a week.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>3. I give and receive affection regularly.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. I have at least one relative within 50 miles, on whom I can rely.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. I exercise to the point of perspiration at least twice a week.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. I limit myself to less than half a pack of cigarettes a day.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. I take fewer than five alcohol drinks a week.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. I am the appropriate weight for my height.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>9. I have an income adequate to meet basic expenses.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>10. I get strength from my religious beliefs.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>11. I regularly attend club or social activities.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12. I have a network of friends and acquaintances.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13. I have one or more friends to confide in about personal matters</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14. I am in good health (including eyes, ears and teeth)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15. I am able to speak openly about my feelings when angry or worried.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16. I have regular conversations with the people I live with about domestic problems - for example, chores and money.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17. I do something for fun at least once a week.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18. I am able to organize my time effectively.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19. I drink fewer than three cups of coffee (or other caffeine-rich drinks) a day.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20. I take some quiet time for myself during the day.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
To calculate your score, add up the figures and subtract 20.
Total score________ - 20 = ________

Score Interpretation:
- A score below 10 indicates excellent resistance to stress.
- A score over 30 indicates some vulnerability to stress;
- A score over 50 indicates serious vulnerability to stress.

If your score falls between defined ranges, use the defined range closest to your score when you enter it on your Score Pattern Analysis worksheet.

Notice that nearly all the items describe situations and behaviors over which you have a great deal of control.
- Review the items on which you scored three or higher.
- Consider those items for your self-care plan.
- Concentrate first on those that are easiest to change - for example, eating a hot balanced meal daily and having fun at least once a week - before tackling those that seem more difficult.
- If useful, fine tune your results using the table below¹⁴
- Remember to celebrate your accomplishments along the way!

To fine tune awareness of your areas of strength and vulnerability, average the scores for items as indicated below. You may choose to focus your self-care goals on areas in which average scores equal 3 or higher.

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
<th>Average Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest and Exercise</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Finances and Time Management</td>
<td>9</td>
<td>18</td>
</tr>
<tr>
<td>Leisure &amp; Lifestyle</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Social Support &amp; Communication</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td>Nutrition</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Health &amp; Fitness</td>
<td>6</td>
<td>8</td>
</tr>
</tbody>
</table>

¹⁴ For detailed information on fine tuning and goal setting, refer to the original resource or a comprehensive self-care guide.
You wouldn’t let this happen to your phone.

Don’t let this happen to you either.

Self-care is a priority. Not a luxury.
Turning Point’s 10 Facets of Resilience

- Ability to self-calm
- Social support
- Sense of coherence
- Hardiness
- Hope
- Optimism
- Non-judgment/self-supporting
- Emotional expressiveness
- Ability to self-replenish
- Exercise and self-care
Technically, The Glass is Completely Full.

IT DOESN'T MATTER IF THE GLASS IS HALF EMPTY OR HALF FULL, THERE IS CLEARLY ROOM FOR MORE WINE.
<table>
<thead>
<tr>
<th>INSTEAD OF.....</th>
<th>TRY THINKING....</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m not good at this</td>
<td>What am I missing?</td>
</tr>
<tr>
<td>I give up</td>
<td>I’ll use a different strategy</td>
</tr>
<tr>
<td>It’s good enough</td>
<td>Is this really my best work?</td>
</tr>
<tr>
<td>I can’t make this any better</td>
<td>I can always improve</td>
</tr>
<tr>
<td>This is too hard</td>
<td>This may take some time</td>
</tr>
<tr>
<td>I made a mistake</td>
<td>Mistakes help me to learn</td>
</tr>
<tr>
<td>I just can’t do this</td>
<td>I am going to train my brain</td>
</tr>
<tr>
<td>I’ll never be that smart</td>
<td>I will learn how to do this</td>
</tr>
<tr>
<td>Plan A didn’t work</td>
<td>There’s always Plan B</td>
</tr>
<tr>
<td>My friend can do it</td>
<td>I will learn from them</td>
</tr>
</tbody>
</table>
Don’t stop until you’re proud.
Make today matter.
Believe in the power of yet.

Good attitude. Maximum effort. No limits.

Make your brain sweat: fail, learn, try again!

You can and you will.
Embrace every challenge.

Learning has no limits.

It may not be easy, but it will be worth it.
Progress, not perfection.
Mistakes are proof that you are trying.
You can do hard things.
How are you?

I'm good.*

*Had a panic attack an hour ago...
People who play roles will eventually forget their lines.
INSTEAD OF

"I DON'T HAVE TIME"

TRY SAYING

"IT'S NOT A PRIORITY"

AND SEE HOW THAT FEELS..
Mindfulness

- Paying Attention
  - listening, watching or considering what naturally exists
- On Purpose
  - intentionally increasing awareness of experience

...as if your life depended on it.

- in the Present Moment
  - focusing on the here and now
- Non-Judgmentally
  - being curious and objective about experience
Replace Netflix marathons with sleep.
Replace toxic friends with mentors.
Replace complaining with gratitude.
Replace video games with books.
Replace gossip with communication.
Replace blame with responsibility.
Replace TV shows with exercise.
Replace alcohol with water.
Replace overthinking with action.
If you woke up today & didn't like how you fit in your pants, how your hair fell, or how your skin looks - can I remind you of something? First - you definitely are not alone in feeling that. Also, how you look is not even in the top ten most important things about you. Remember that really hard thing you carried? The friend you held as they cried? The different challenges & hardships that have stretched you? You’ve survived so much - and your strength literally radiates through you. You - just as you are - are a beautiful mix of stories & resilience. You are - without trying - lovely.
Failure is a bruise not a tattoo.

John Sinclair
What do you love to do?

• When was the last time you did it?
And if I asked you to name all the things that you love, how long would it take for you to name yourself?
There are two wolves fighting in your mind.

Which wolf will win?

If you feed them right, they both win.
Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.
Have you told you lately that you love you?
“FINDING YOURSELF” IS NOT REALLY HOW IT WORKS. YOU AREN’T A TEN-DOLLAR BILL IN LAST WINTER’S COAT POCKET. YOU ARE ALSO NOT LOST. YOUR TRUE SELF IS RIGHT THERE, BURIED UNDER CULTURAL CONDITIONING, OTHER PEOPLE’S OPINIONS, AND INACCURATE CONCLUSIONS YOU DREW AS A KID THAT BECAME YOUR BELIEFS ABOUT WHO YOU ARE. “FINDING YOURSELF” IS ACTUALLY RETURNING TO YOURSELF: AN UNLEARNING, AN EXCAVATION, A REMEMBERING WHO YOU WERE BEFORE THE WORLD GOT ITS HANDS ON YOU.

EMILY McDO WEL L
Where did you find that? I've been searching for it everywhere.

I created it myself.
HEY, TRAIN WRECK, THIS ISN'T YOUR STATION.
When people ask how I handle this job...

I'M DEAD INSIDE.

OH SO YOU WATCH GREY'S ANATOMY

YOU MUST BE QUITE THE MEDICAL EXPERT
When a patient who argued with me begins arguing with the doctor

You think I'm crazy you should meet my work mates

I had to adapt to my surroundings
I suspect the cause of death was
his whiteboard wasn't updated.

When you haven't even gone to sleep yet and you already can't wait to come home from work tomorrow.
Me at the tube station waiting on those meds pharmacy said would be right up

Nurselifern

I'm 2 old to wonder if Kiki loves me. I'm still trying to find out if Annie's OK.

@TheRosepepper
Use aromatherapy 😊
START NOW.
START WHERE YOU ARE.
START WITH FEAR.
START WITH PAIN.
START WITH DOUBT.
START WITH HANDS SHAKING.
START WITH VOICE TREMBLING
BUT START.
START AND DON’T STOP.
START WHERE YOU ARE
WITH WHAT YOU HAVE.
JUST START.
You don't have to see the whole staircase, just take the first step.

- Martin Luther King, Jr.

#acourseinmindfulliving
Take out your phone...
Thank you so much for having me!
WE’VE ONLY JUST BEGUN!!!

aphon
Association of Pediatric Hematology/Oncology Nurses