

Hospice Giving Foundation presents:

Put Your Own Oxygen Mask on First: Self-Care for Hospice and Palliative Care Professionals



Put Your Own Oxygen Mask on First: Self-Care for Hospice and Palliative Care Professionals

Who cares for the caregiver? In this course, participants explore individual and systemic sources of stress they may experience when dealing with clients who are dying, as well as individual and organizational strategies for self-care.

This program is valid for 1.5 hours of CE credit for a wide variety of professional boards. Please verify CE availability with your professional or state board approval and/or refer to HFA's list of Board Approvals located at www.hospicefoundation.org.

Tuesday, November 13, 2018

8:30 AM to 11:00 AM

Hospice Giving Foundation Duff Learning Center

80 Garden Court, Suite 201 | Monterey, CA

Registration required | Seating limited

Register online at hospicegiving.org/event/02mask/
or call 831.333.9023

LEARNING OBJECTIVES:

- Name three ways burnout among health care professionals is negatively impacting health care.
- Identify characteristics of burnout, compassion fatigue, compassion satisfaction, and secondary traumatic stress.
- Recognize three tools caregivers can use to assess self-compassion, compassion fatigue, burnout, professional quality of life, and secondary traumatic stress.
- Name two factors that can influence health and well-being and buffer health care professionals from experiencing burnout, compassion fatigue, and secondary traumatic stress.
- Describe the role of creative expression in improving quality of life for caregivers --> life stories, writing, music, art, ritual, and play.
- Select one creative practice to incorporate into your self-care repertoire.