CARE OURSELVES WITH (HE)ART : USING ART AS REFLECTIVE PRACTICE TO PREVENT COMPASSION FATIGUE OF VOLUNTEERS AND PROFESSIONALS AT END-OF-LIFE CARE

Tristan Chan 18 June 2021 Background: Working in end-of-life settings means repeated exposure to losses and dying and intensively witnessed people who are traumatised or in crisis. Promoting self-care and self-awareness of volunteers and professionals in end-of-life settings is essential to maintain the quality of care. Using art among professionals in end-of-life care has significantly reduced burnout and exhaustion and improved self-awareness (Potash. JS el., 2014).

Objectives: Introducing art for professionals and volunteers in end-of-life care to address challenges, express feelings, inspiring reflections, and make meanings with symbolic relations to strengthen self-awareness and develop systematic self-reflective practice through the art.

Practices: Two art-as-reflective-practice programs were offered during the pandemic for 68 professionals and volunteers in end-of-life care and introduced four ways of using art: object-relating, sensory-based orientation, projecting internal images, and symbols and metaphors. All participants with or without art experiences were able to practice and reflect on the art. Professional Quality of Life Scale (Pro-QOL) and personal art reflective plans were discussed and applied.

Implications: Participants have raised awareness of self-care and increased competency on reflective practice. While the compounded effect of compassion fatigue could exhaust one's capacity in occupation and cause personal distress, one should apply different approaches to protect staff members. Further implementation of using art for professionals could promote sustainable service in end-of-life care.

HEALING NATURE OF ARTS



Containing lots of hopelessness, sadness, it could become part of you in a very subtle way.



COMPASSION FATIGUE VS COMPASSION SATISFACTION



Compassion satisfaction

Burnout



Secondary traumatic stress

Compassion fatigue

USING ART THERAPY AS SELF CARE AND REFLECTIVE PRACTICE IN LONDON FOR ONCOLOGISTS

<u>BBC London</u> 2017年7月24日・

The doctors using art therapy as a way of coping. https://www.facebook.com/ BBCLondon/videos/ 1665257770182580/



- art appreciation (imaginative internal space/referencing);
- 2) using objects (symbols);
- 3) contact with materials(using 5 senses);
- 4) creating images (Processing/projecting);

The WHO bring together 900 different publications over a 19-year span and issued a report in 2019 to show the evidence on the role of the arts in improving health and wellbeing. Highlighted that art has positive overall effects for mental and physical health at all stages of life.

WHO SAYS ART IS A POWERFUL PRESCRIPTION?

Highlighted that art has positive overall effects for mental and physical health at all stages of life.







A BROKEN SHALL, CAN I CONTAIN ANYTHING?



SPREAD THE IDEAS BY OFFERING ART PROGRAMME FOR STAFF MEMBERS AND VOLUNTEERS IN END-OF-LIFE CARE





Reflective practice

- A. What, where, and who—the situation
- B. How did it make you feel—your emotional state
- C. Why did it happen—making sense of the situation
- D. Could you have done anything differently critical review and development of insight
- E. What will you do differently in the future how will this change your practice



Online Training during the pandemic on Using art in difficult moments and for self-soothing



JCECC Workshop on Using Arts as regular reflective practice to prevent compassion fatigue in EOL care

Evaluation of EoLC Competence

In terms of overall competence of measured domains, participants' reported levels of competence in Domain 1 "Overarching values and knowledge in EoLC" and Domain 2 "Self-care and self-reflection" have increased after attending the training course. When comparing the changes across domains:

- The baseline competence for domain 1 is 3.38 and domain 2 is 4.44. The percentage increase in competence for both domains are 22.78% and 14.86% respectively.

Changes in EoLC competences in two time points (Paired T-test, N = 12)



EOLC COMPETENCE

📕 Pre 📕 Post

 In domain 2 "Self-care and self reflection", the statement that had the highest increase in competence was statement 6 (undertake reflective practice) with a competence increase of 23.8%.



EoLC Competence - Domain 2 "Self-care and self reflection"

Course Specific Evaluation

 All 3 course specific statements' rating have increased over 60% from baseline. The largest increase was found in statement 1 (Gain an understanding on compassion fatigue and burnout in end-of-life care practitioners) with an increase of 78.57%



Objective Achievement and Satisfaction

Participants were generally satisfied with the workshop; **statement 3 (the speaker is full of knowledge)** has the highest mean among all the questions with the average of 4.33. The mean satisfaction levels on all other items were well above the mid-point of the scale (a score of 3) suggesting an overall satisfaction on the workshop arrangement and its relevance to their work in EoLC.



For volunteers trained for Palliative care (Haven of Hope)



Community exhibition (JCECC)









A recent project with Art in Hospital



Ways to Prevent Compassion fatigue



Pro-QOL

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE (PROQOL) VERSION 5 (2009)

When you [*help*] people you have direct contact with their lives. As you may have found, your compassion for those you [*help*] can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a [*helper*]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the <u>last 30 days</u>.

I=Nev	er 2=Rarely	3=Sometimes	4=Often	5=Very Often
Ι.	I am happy.			
2.	I am preoccupied with more than one person I [help].			
3.	l get satisfaction from being able to [helþ] people.			
4.	I feel connected to others.			
5.	I jump or am startled by unexpected sounds.			
6.	I feel invigorated after working with those I [help].			
7.	I find it difficult to separate my personal life from my life as a [helper].			
8.	I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].			
9.	I think that I might have been affected by the traumatic stress of those I [help].			
10.	l feel trapped by my job as a [helper].			
11.	Because of my [helping], I have felt "on edge" about various things.			
12.	l like my work as a [helper].			
13.	I feel depressed because of the traumatic experiences of the people I [help].			
4.	I feel as though I am experiencing the trauma of someone I have [helped].			
15.	I have beliefs that sustain me.			

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A recent published Chinese book of Art and therapy on facing death and grief issues



HOUSE - HANA KOHNOVA

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