

WELCOME



Selfcare/Well Being of HCP

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What is burnout?

- Burnout – a state of mental and physical exhaustion related to work and caregiving activities
- **Triad of emotional exhaustion, depersonalization, reduced personal accomplishment**
- Decreased productivity, depression, insomnia, fatigue, GI distress
- Depersonalization aspect of burnout was associated with lower patient satisfaction and longer post-discharge recovery time



Pre-Covid Burnout Rates

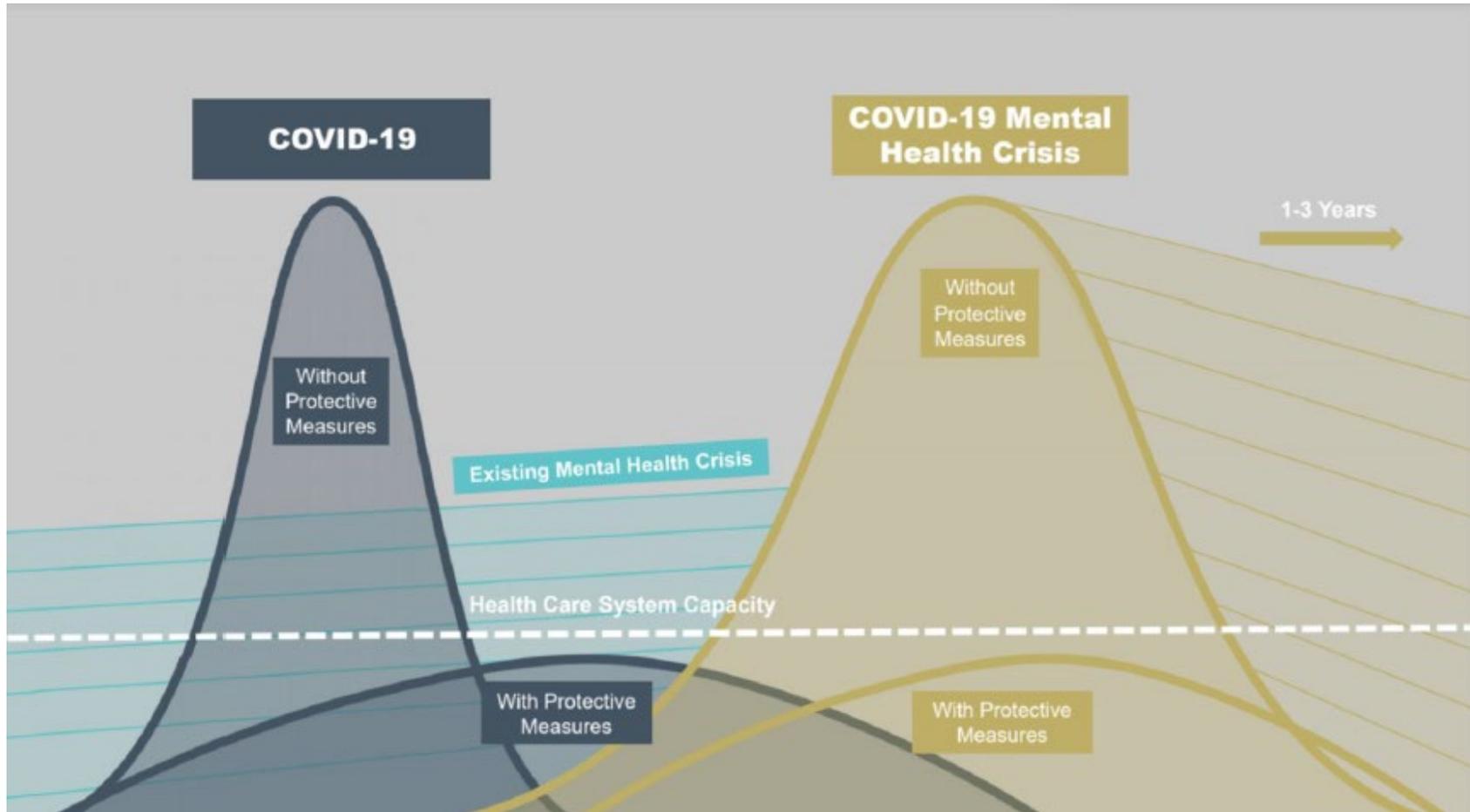
- **10 - 70% among nurses**
- **30 - 50% among physicians, NPs, PAs**
- **27% - 75% among residents**
- **28% - 45% among medical students**



Covid Burnout Rates

- An MHA survey conducted from June to September of 2020 reported the following rates of mental health issues:
 - **93% of health care workers were experiencing stress**
 - **86% reported experiencing anxiety**
 - **77% reported frustration**
 - **76% reported exhaustion and burnout**
 - **75% said they were overwhelmed.**

The Second Curve



Source: Dr C.J. David, Burrell Behavioral Health



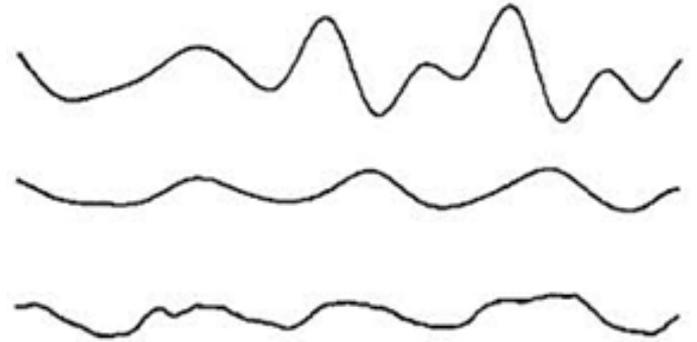
How to deal with Burnout

- **Relationships** : ensure “protected” time for significant other and family members; collegial connections.
- **Spiritual practice** : personal attentiveness and spiritual aspects of self.
- **Work attitudes** : finding meaning in work; limiting work practice – control over schedule.
- **Self-care**: cultivating personal interests and self -awareness; meditation and breathing practices.
- **Life philosophy** : positive outlook, identifying and acting on values, stressing work/home balance.

There exists a 'two-way street' between emotions and breath



BREATH



Sources of energy

- Food
- Breath
- Sleep
- Calm state Mind(Meditation)

High Energy = Happiness = Less stress
Low Energy = Depression

Breath is an important source of energy
And it removes the toxins also.

Meditation



1. Controlled Focus

- Attention is focused on an object of meditation--such as one's breath, an idea or image, or an emotion. (*ex: Guided meditations*)
- Brain waves recorded during these practices are typically in the *gamma frequency (20-50 Hz)*, seen whenever you concentrate or during "active" cognitive processing.
- Concentration techniques may improve focusing ability. A study on advanced Buddhist monks found that concentrating on "loving kindness and compassion" increased those feelings and produced synchronous gamma activity in the left prefrontal cortex -- indicating more powerful focus.

2. Open Monitoring

- These mindfulness type practices, involve watching or actively paying attention to experiences--without judging, reacting or holding on.
- EEG pattern commonly seen during memory tasks or reflection on mental concepts.
- The effect of open monitoring or non-judgmental observation is said to *increase even-mindedness in daily life*; studies on such practices indicate better pain management and reduction of "negative rumination."

3. Automatic Self Transcending

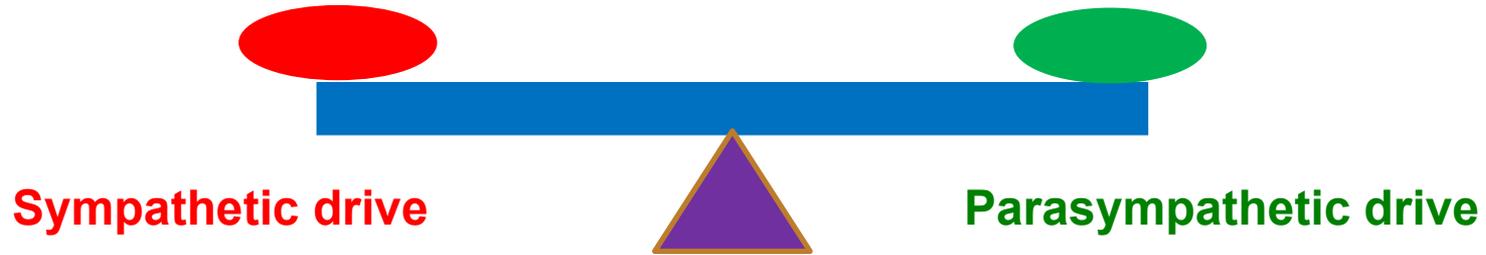
- This category describes practices designed to go beyond their own mental activity--enabling the mind to spontaneously transcend the process of meditation itself. *(Ex: Mantra Meditations)*
- The EEG pattern of this category is *frontal alpha coherence*, associated with a distinct state of relaxed inner wakefulness.
- Studies show that the deep rest of *"transcending" calms the sympathetic nervous system and restores physiological balance* -- lowering high blood pressure, alleviating chronic anxiety and reducing stress hormones such as cortisol.

Sympathetic drive

Parasympathetic drive

- Increased Respiration.
- Increased Heart rate.
- Increased Cardiac output.
- Peripheral vasoconstriction.
- Increased Blood pressure

- Decreased Heart rate
- Vasodilatation
- Feeling relaxed
- Decreased Respiratory rate



Create an experience of Centeredness

Freedom from stress.

Has beneficial effects on physiology

(Nervous, Endocrine & Immune system)

Guided Meditation

Living Well / Self Care for the HCP

March 27 – 29

Sat and Sunday: 2:00 – 5:30 pm

Monday: 6:30 – 9:30 pm

Link to Register: <https://tiny.cc/hbmarch>

Contact : Nirmala Murthy 760.954.6452

National Feedback from HCPs

Theiline T. Gborkorquellie, MD, MHS,
FAAP, General Pediatrician,
Children's Health Center at THEARC

*"This has been an absolutely amazing, **amazing life - changing experience** ... A lot of us deal with very sick patients, with very needy families..and we just give, give, give and it's hard to give into ourselves. But this course really makes you think about self-care in a different way.. That feels so good to know that I have something that I can take with me and do day after day and know that it works."*

Cath Bollard, MD, MBChB, Director,
Center for Cancer and
Immunology, Director, Program for
Cell Enhancement and
Technologies for Immunotherapy

*"The first night was all euphoria. And the last two nights, a sense of calm and peace... This was really a **transformative** experience for me."*

Dianna Abney, MD, Medical
Director, Pediatric Health Network

*"This course has invigorated me... If someone were to ask me what I'd say about this course, I'd say **it's something every person at the hospital should take !**"*

Eileen Walters, MSN, RN, CPN,
Program Manager, Beyond the
Spectrum Autism Behavioral
Communication support (ABCs)
Program

*"The breathing is improving my health and its **improving my body's ability to heal and to be strong** and to be present in the moment."*

Dominique Charlot -Swilley, Ph.D.,
Early Childhood Innovation
Network, Children's Health Center
– Anacostia

*"This course has been really exceptional. It really affirms how we have to take time to pause and engage in self-care.. It **allows you to be able to engage in self, in order to be able to give to others.** We talk about burnout, compassion fatigue, secondary traumatic stress, and this allows us to gain tools in combating these issues. Thank you for allowing us to receive this wonderful blessing!"*



LIVINGWELL

Thank

you

