



Healthcare Workers Have Needs, Too

A quick tour through healthcare burnout
and compassion fatigue since COVID-19.

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Affiliations

Created in partnership with Panhandle Area Health Education Center (AHEC) and Panhandle Behavioral Health Alliance (PBHA) Integrated Care Unit we encourage and support individuals, business, and/or organizations on how to build and deliver both value-based care and quality-based care with all team members involved in our futures; and

I act as owner/operator of Purposefully Driven, coaching, counseling, & consulting which is a private practice LPC office located in Amarillo that specializes in mental/behavioral health support of professional and medical personnel.

I have no other affiliations or ties with the National Academy of Medicine, Dr. Lorna Breen Heroes Foundation, and/or Mayo Clinic although there information and resources are incredibly insightful.

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Hi Everyone,

I'm Valerie Spanel.

→ **Personally**

I am married to a very logically "fun" man and we have 1 daughter whom is amazingly beautiful and whitty (yes, she gets that from me). We have 2 Shih Tzu's that are completely misbehaved, generally speaking.

→ **Professionally**

I am a licensed professional counselor (LPC); Certified Compassion Fatigue Professional; Trained in CBT, EMDR, CPT, & DBT. I specialize in working with those who work with people.

→ **Hobbies**

Art, baking anything unhealthy, & outdoor activities

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My questions for you:

What did you go through as a professional during COVID-19?

What have you been through as a professional since COVID-19?

What are your thoughts on burnout or compassion fatigue since starting your role in healthcare?

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Burnout: a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.

Compassion Fatigue: is the physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people over an extended period of time.

Moral Injury: is a traumatic or unusually stressful circumstance(s), people may perpetrate, fail to prevent, or witness events that contradict deeply held moral beliefs and expectation.

<https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924075/>
https://www.ptsd.va.gov/professional/treat/cooccurring/moral_injury.asp

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What are the statistics?

Dr. Lorna Breen Heroes Foundation has researched that:

- 400 physicians die by suicide each year
- Physicians and nurses die by suicide each year is 2x the rate of that of the general public.
- 62% of nurses felt burnout by battling COVID-19
- 42% of doctors felt burnout by battling COVID-19

Fun Fact

March 18, 2022 President Biden signed and passed a law, Dr. Lorna Breen Health Care Provider Act, was the first ever bill to protect the mental health for medical professionals.

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Symptoms

Burnout

- Excessive stress
- Fatigue
- Insomnia
- Sadness
- Anger
- Irritability
- Low motivation
- Low energy
- Appetite changes

Compassion Fatigue:

- Mood changes
- Emotional fatigue
- Sleep disturbances
- Hyperarousal
- Less attentive
- Decreased self-value
- Decreased self-worth
- Imposter syndrome
- Hopelessness
- Helplessness
- Isolation
- Cynical /jaded ideas

Moral Injury:

- Shame
- Fear
- Embarrassment
- Guilt
- Disgust
- Anger
- Feeling betrayed
- Self-sabotage
- Loss of trust
- Functional impairment
- hypersensitivity

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What can we do to support or health care workers?

Assess the needs of those first responders.

Maslach Burnout Inventory (MBI)

Oldenburg Burnout Inventory

System changes are extremely important.

Mayo Clinic Preceedings 2017, January

Individual strategies to focus on yourself as a human being.

Stress relief, mindfulness, and build resilience

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Resources

For more resources relevant to provider burnout, compassion fatigue, and/or moral injuries please find some below:

[Clinician Well-Being Knowledge Hub \(nam.edu\):
https://nam.edu/clinicianwellbeing/](https://nam.edu/clinicianwellbeing/)

[Addressing Health Worker Burnout \(hhs.gov\)
https://www.hhs.gov/sites/default/files/health-worker-wellbeing-advisory.pdf](https://www.hhs.gov/sites/default/files/health-worker-wellbeing-advisory.pdf)

[13 Best Meditation and Mindfulness Apps for 2023 \(developgoodhabits.com\)
https://www.developgoodhabits.com/best-mindfulness-apps/#:-:~:text=13%20Best%20Meditation%20and%20Mindfulness%20Apps%20for%202023,Dan%20Harris%20%28of%2010%25%20Happier%29%20...%20More%20item](https://www.developgoodhabits.com/best-mindfulness-apps/#:-:~:text=13%20Best%20Meditation%20and%20Mindfulness%20Apps%20for%202023,Dan%20Harris%20%28of%2010%25%20Happier%29%20...%20More%20item)

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For more information about me or my practice please visit my website.

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Thank you for coming!

Questions I may answer?

I hope you were able to enjoy today's information and maybe even take some parts back with you to continue being curious with.

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