

## Webinar Q&A

The Psychological Impact of COVID on Health Care Professionals – Friday May 29, 2020 @ 11 am ET

Question	CPC Exchange	
<p>Anna 11:35 AM</p> <p><b>How could we help the support persons? Those who absorb all the reflections and negative experiences and the outbursts (like nurse managers)?</b></p>	<p>There were several questions submitted during the webinar that the panellists were unable to answer due to the time restrictions of the webinar.</p>	
<p>Marilyn 12:21 PM</p> <p><b>What is the contact information of the PHM Help Line for Health care Workers?</b></p>	<p>Please continue the discussion by joining the <a href="http://www.cpcexchange.ca">Canadian Palliative Care Exchange</a> and posting your question as a discussion topic.</p> <p>There is no cost to participate.</p> <p>Join now to share and learn alongside your colleagues from across Canada: <a href="http://www.cpcexchange.ca">www.cpcexchange.ca</a></p>	
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<p>Andrea 11:22 AM</p> <p><b>I lost my dad over 9 years ago, to date I find that the loss is still very much present and is so huge. I cope because the days are taken over by other events, therefore I think about the loss less and some days I don't think. This has made me able to deal with my loss and knowing that his Soul is still very much alive.</b></p>	<p>I recommend fostering ways to connect with your loved one as this helps the love to continue flowing. Memorials, journaling memories for family and friends. Also, a grief counsellor using the narrative approach can help. All the best.</p>	<p>If you'd like to continue this conversation head to the <a href="http://www.cpcexchange.ca">Canadian Palliative Care Exchange</a> and create a discussion topic or contribute to a conversation already taking place.</p> <p>There is no cost to participate.</p> <p>Join now to share and learn alongside your colleagues from across Canada: <a href="http://www.cpcexchange.ca">www.cpcexchange.ca</a></p>

<p>Megan 11:42 AM</p> <p><b>I am a Palliative Care Coordinator and am fortunate to be able to mostly work from home. However, I find I have increased anxiety and insomnia. Are there suggestions to help manage insomnia?</b></p>	<p>I wonder if you have a support person or team to help you share your pain and suffering in these very stressful times. It sounds like you need your pain validated and feel that people care as you care.</p>	
<p>Timothy 11:44 AM</p> <p><b>Do clients who are palliative feel detached from the HCP when the health care worker who is in full PPE? Many of my patients have expressed annoyance with the PPE because it makes communication difficult.</b></p>	<p>I think it has become a very common experience. One of the sad effects of COVID ... but not using PPE when it is required places many more people at risk, including the care provider, the patient and other patients. But yes, a common experience.</p>	
<p>Mahoganie 11:47 AM</p> <p><b>How do we continue to advocate and support healthcare providers, regarding sick days and vacation days not being limited or completely removed? I have been hearing about many institutions that are limiting or completely taking away vacation days.</b></p>	<p>I think caring for ourselves and our employees is so important. I am fortunate that at McMaster in my Department we have been very supported in this respect and people are encouraged to take time off (many are not taking waiting for when COVID restrictions lift- and in so doing becoming worn out). So, sharing that there are organizations that are supporting the use of assigned leave is one way to do it (but again has to be juxtaposed with other needs).</p>	

<p>Annie 11:51 AM</p> <p><b>Isolation with bereaved seniors makes grief experience worse. How can we support them better?</b></p>	<p>Support the seniors with practicing healing presence and fostering their opportunities to share their stories of their loved ones and sharing their pain. Validation of their pain and suffering is crucial.</p>	
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