

“Celebrating Ourselves: Beating Burnout” Feedback Analysis

Evidence Based Effectiveness

2011 - 2013

Health Cares Exchange Initiative, Inc.

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BACKGROUND

Who cares for the care provider? Both paid and non-paid persons who offer their compassion, skills and resources to those in need are often at risk for burnout, compassion fatigue or vicarious traumatization, creating costly health and emotional challenges and also gaps in expertise and caring. Care providers must be reminded how to assert themselves, set healthy boundaries and respond to stress in healthy ways. Focus groups held by HCEI across the US confirm the need to celebrate the spirit and journey of caring persons while teaching self-preservation skills for the future. When caring persons care for themselves they provide better care for others.

Objectives

Seminar participants will be able to:

- Understand dynamics of providing care
- Articulate how each person experiences stress uniquely
- Identify symptoms of compassion fatigue
- Utilize practical, proven solutions and exercises for stress reduction
- Set healthy goals and create a future response plan for personal/professional stress

METHODOLOGY

A series of stress management/burnout prevention skills building seminars were hosted by HCEI in Lincoln, Bournemouth, and Skegness, United Kingdom, on 6 June, 11 June, and 13

June 2013, respectively, and Kirkwall, Preston, and South Normanton on 14 September, 15 September, and 19 September 2011, respectively. Audiences consisted of family care providers and also paid providers and administrators.

Sessions lasted 60-90 minutes and attendees were asked a series of questions at the beginning of the seminar, and then asked the same questions at the end of the seminar. Respondents were offered to opportunity to provide comments following the presentations. Respondent responses were analyzed in Excel and key responses are reported below.

KEY FINDINGS

- A comparison of pre-presentation and post-presentation responses indicates overall respondent gains of at least 20% (at least 1 point, on a scale of 0 - 5) on 2 out of 4 questionnaire items for 2011-2013 groups combined.

	<i>Mean Pre-Presentation</i>	<i>Mean Post-Presentation</i>	<i>Difference</i>
<i>How well do you identify stress? (0 - 5)</i>	3.4	4.7	1.3
<i>How well do you understand options for responding to stress? (0 - 5)</i>	2.97	4.12	1.15

- A comparison of pre-presentation and post-presentation responses indicates overall respondent gains of 18% (at least 0.9 point, on a scale of 0 - 5) on one questionnaire item for 2011-2013 groups combined.

	<i>Mean Pre-Presentation</i>	<i>Mean Post-Presentation</i>	<i>Difference</i>
<i>How appreciated do you feel? (0 - 5)</i>	2.5	3.4	0.9

Comments
<i>2013 Series</i>
<p>“Thank you, Scott. You have made a huge difference to the mind-set of this carer. God bless your work. :)”</p> <p>“Mine is a story of caring, but my husband has now died. This afternoon has highlighted, I think, that I got it nearly right whilst caring, but probably need to forgive myself in certain areas to continue a healthy grieving process. I thank you for that. I always kept a diary and I can now understand some of my entries.”</p> <p>“Brilliant seminar. Really helpful. Inspirational.”</p>
<i>2011 Series</i>
<p>“I really needed this today so many thanks.”</p> <p>“I found the idea of care journey and writing this down useful tool.”</p> <p>“Brilliant + inspirational. Thank you very much.”</p> <p>“Thoroughly enjoyed your presentation. Much of what you said I can relate to and your advice I shall try and implement. Many thanks.”</p>