



CANADIAN
ASSOCIATION OF
CRITICAL
CARE
NURSES



ASSOCIATION
CANADIENNE DES
INFIRMIÈRES ET DES
INFIRMIERS EN
SOINS
INTENSIFS

Caring For the Care Giver COVID 2020

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- Setting the stage
- Honor to be invited into this space
- Hoping to create some space for us to share collective stories



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- [Family Perspective](#)
- [Critical Care Nurse Perspective](#)



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- As you watch that video, what feelings resonant with you? Did you feel connected to these stories and experiences?
- Have you had similar experiences that you feel comfortable to share?

Making Sense of COVID

- Time of increasing uncertainty
- Rapid change and little time to process
- Collective sense of vulnerability
- Widespread sense of panic
- Multiple changes happening at a rapid pace and no sense of control
- Normal routines & rituals were gone
- Little time to prepare
- Deep sense of grief and loss
- The ability to slow down and process was not there



- “**Resilience** as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors”
- Resilience is an intentional practice
- Adapting & Evolving
- Surviving to Thriving



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- As we think about a potential second wave of COVID, what are some examples of how you moved through the first wave from surviving to thriving?
- Adapting to evolving?



- Great evidence to how that our mental health is positively impacted by exercise
- Social connection is vital
- Being in service
- Keeping a sense of normalcy and routine
- Practice of gratitude and positive thinking
- Sleep, eating, activities of daily living

Self care is not only candles and hot baths

Deeper purpose and connection

Take away from today: Questions to ask yourself:

1. Where do I find my deepest satisfaction in life?
2. What are my core values?

Could self care be the Ability to link our life choices with our core values and then with our aspirations?



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When you look back at this period in time, what is the narrative you want to tell your children and grandchildren about your experience with caring in COVID?



Warning Signs of Excessive Stress

lasting for more than 2-4 weeks and/or interfere with your relationships, work or daily functioning, you may need to [seek care](#)

Difficulty thinking clearly,
Disorientation,
Confusion,
Difficulty problem-solving
& making decisions,
Memory issues,
Distortion,
Misinterpretation of
situations & comments

Cognitive

Fear or terror,
Perceived danger,
Anger,
Hostility,
Frustration,
Irritability,
Deep sadness,
Difficulty maintaining
emotional balance

Emotional

Behavioral

Risk-taking,
Failure to use PPE,
Refusal to follow orders,
Endangerment of others,
Increased use/misuse of
drugs or alcohol,
Reduced ability to support
peers,
Conflicts with others,
Withdrawal,
Isolation

Physical

Rapid heart rate,
Palpitations,
Muscle tension,
Headaches,
Tremors,
Gastrointestinal issues,
Nausea,
Inability to relax,
Trouble sleeping,
Nightmares,
Flashbacks,
High adrenaline



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- <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>
- <https://www.aacn.org/blog/stress-resilience-and-covid-19>
- <https://www.apna.org/i4a/pages/index.cfm?pageid=6685>
- <https://www.samhsa.gov/dtac/dbhis-collections/disaster-response-template-toolkit/disaster-responder-stress-management>