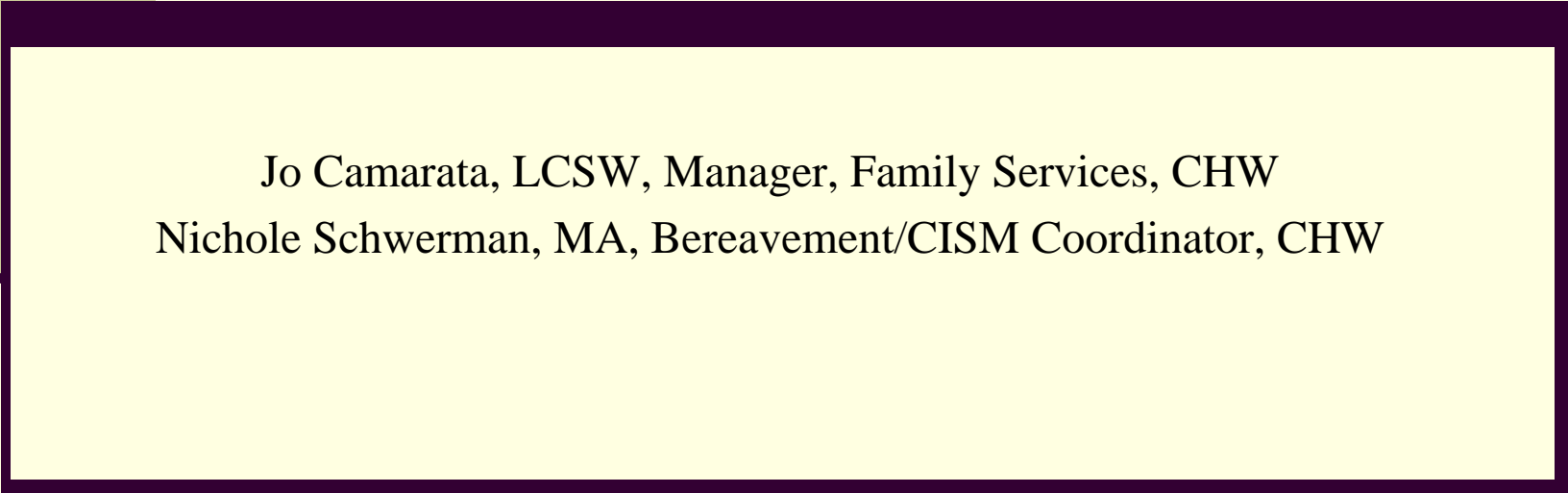




Child Death Review: Understanding the Impact of Team Participation



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Objectives

- Why it's hard
- Common signs and symptoms of compassion fatigue, burnout and stress
- What is normal
- What can be done

Why are the difficult cases difficult? (aside from the obvious)?

- Most of you are trained to think analytically and to be task/goal oriented
- As part of the CDR team you want:
 - To protect
 - To improve
 - To prevent
- High stress job + CDR commitment
- “Normal people have normal reactions to abnormal events”

Common signs/symptoms of Compassion Fatigue

- Excessive blaming
- Bottled up emotions
- Isolation from others
- Poor self-care
- Reoccurrence of nightmares and flashbacks to traumatic event
- Chronic physical ailments
- Apathy, sad, no longer finds activities pleasurable
- Difficulty concentrating
- Mentally and physically tired
- Preoccupied
- In denial about problems

Common signs/symptoms of Burnout

- Overwhelming physical and emotional exhaustion
- Feelings of cynicism and detachment from the job
- A sense of ineffectiveness and lack of accomplishment
- Overidentification or overinvolvement
- Irritability and hyper vigilance
- Professional and personal boundary violations
- Poor judgment
- Perfectionism and rigidity
- Questioning the meaning of life
- Numbness and detachment
- Difficulty in concentrating
- Frequent illness

Common signs/symptoms of Stress

■ Physical

- Sleep disruptions
- Nausea
- Changes in appetite
- Fatigue/hyperactivity
- Headaches
- Muscle weakness

Common signs/symptoms of Stress

■ Cognitive

- Anxiety
- Difficulty concentrating
- Shock/disbelief
- Disorganization
- Confusion
- Low self-esteem
- Agitated

Common signs/symptoms of Stress

■ Emotional

- Sadness
- Grief
- Guilt
- Anger
- Frustration
- Hopelessness
- Fear
- Depression

Common signs/symptoms of Stress

■ Behavioral

- Crying
- Social withdrawal
- Nightmares
- Fighting
- Irritable
- Hostile

What is normal?

■ Triggers

- Driving on the same stretch of highway as the accident scene you just investigated three days ago at the CDR meeting
- Seeing a mother smoking/drinking at a festival with her infant

■ Commonalities

- You have a child of the same age and/or gender
- Your child/ren go to the same school

■ Personal Issues

- The question of why?

What can be done? “Debriefings”

- Critical Incident Stress Management (CISM)
- A CDR “debriefing” will provide:
 - Space to explore thoughts and feelings
 - A safe environment to ask questions or express concerns
 - A forum to receive and give support from/to co-workers
 - Opportunity for meaning making
 - Strategies for coping and resources for self-care

How to get started: “Debriefing”

Format	Structure
Introduction	<ul style="list-style-type: none">• Purpose of the debriefing
Case Review	<ul style="list-style-type: none">• “What was it like reviewing these particular cases?”• “What was the most distressing aspect of the cases?”• “What was the most satisfying aspect of the cases?”
Emotional Responses	<ul style="list-style-type: none">• “What have you experienced since our last meeting concerning the cases we reviewed?”• “What did you experience today?” <p>(Elicit physical, emotional, behavior, cognitive, or spiritual responses)</p>

How to get started: “Debriefing”

Format	Structure
Strategies for Coping	<ul style="list-style-type: none">• “What do you do to take care of yourself?”• Review coping strategies• Review available resources
Lessons Learned and Conclusion	<ul style="list-style-type: none">• Celebrate the successes to remind team members that progress is getting done• Acknowledge the work that you do is important and worthy

*Adapted and modified from:
Keene, E.A, Hutton, N, Hall, B, Rushton, C. (2010). Bereavement Debriefing Sessions: An Intervention to Support Health Care Professionals in Managing Their Grief After the Death of a Patient. *Pediatric Nursing, Vol. 36, No. 4*, 185-189.

Self-care: Healthy Personal Coping Strategies

■ Lifestyle

- Physical activity, healthy behaviors, hobbies

■ Nutrition

- Healthy food choices, limit alcohol

■ Mind-Body

- Stress management, emotional health, social connection

■ Spirituality

- Meditate, reflect, express faith, hope, prayer

Self Care: Healthy Ways to Relax and Renew

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles
- Reward yourself
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy

Self Care: Make a Distinct Break Between Work and Home

- Before pulling out of the parking lot, stop and listen to music or call someone
- Take your nametag or other identifier off as a ritual
- Take off your white doctor's coat, police office uniform, etc. as a ritual
- Walk or bike to work
- Have a "I've arrived at home" ritual

Parting Thoughts

“Can I see another’s woe
And not be in sorrow too?
Can I see another’s grief,
And not seek for kind relief?”

---William Blake