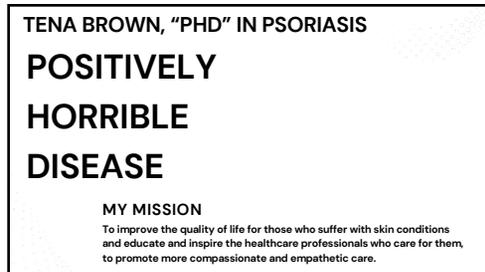


0



1



2



3

**THE PIVOTAL ROLE OF THE NURSE**

**"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around."**

*- Leo Buscaglia, PhD  
Known as "Dr. Love"*

**WHY YOU MAKE A DIFFERENCE**

4

**YOUR REACH OVER 20-30 YEARS  
350K to 450K lives!  
YOU ARE POWERFUL.**

5

**N** HEALTHY NURSE  
HEALTHY NATION  
*Leading the way to better health*

**OUR VISION**  
Transform the health of the nation by improving the health of the nation's 4 million registered nurses

ANA ENTERPRISE

ANA | AHA | AHA | AHA

6

**THE BENEFITS OF BEAUTY SLEEP**

Oct 10th 9pm ET

*Presented by:*  
**TENA BROWN**

**Thank you for Joining us!**

9



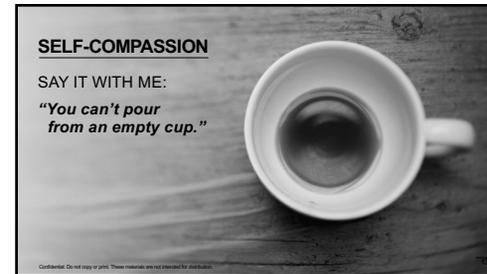
10



11



12

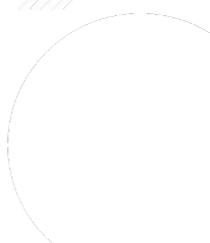


13

**DR. JAMES DOTY**

#Founder Stanford University  
Center for Compassion & Altruism Research and Education (CCARE)

**1 in 4 Americans feel they have no one with whom they can share life's difficulties.**



James R. Doty, M.D., The Science of Compassion, October 23, 2010, www.dakgood.org/new.php?rel=200

14

**LONELINESS IN AMERICA**

- Loneliness is as lethal as smoking **15 cigarettes a day**
- Only **53%** of Americans have meaningful social interactions daily (even family)
- 46%** of Americans report sometimes or often feeling alone
- 27%** of Americans rarely or never feel understood by another person
- Gen Z (18-22)** is the loneliest generation



Loneliness: A Disease by Sarah Chaykin from <https://www.theresaparker.com/loneliness-is-a-disease/>

15

**“QUITE THE MIND  
AND THE SOUL  
WILL SPEAK”**

— MA JAYATI BHAGAVATI —

**MEDITATION IS  
NOT THE SAME  
FOR EVERYONE.**

16

**SELF-COMPASSION**

- Check in with yourself daily**, just like you would a check on a loved one.
- Be Warm and understanding towards yourself** when you experience failure, suffering, or feelings of inadequacy.
- Recognize our common humanity**, suffering is a part of life, and we all experience struggles
- Be fully present** in each moment with yourself. Mindfulness is being aware of your emotions and thoughts without judgment and finding a balanced response to distress.

© 2019 Compassion Training Center, All Rights Reserved. www.compassiontrainingcenter.com

17

**FORGIVE YOURSELF. BE GENTLE WITH YOURSELF.**  
**GENTLE IS THE NEW PERFECT.**  
- A YEAR OF SELF CARE, DR. JOE SHAW -

18

**A WALK IN NATURE BRINGS**  
**THE SOUL BACK HOME.**  
- ECHAMITOLLE -

19



**ARE YOU GOOD**  
**AT RECEIVING?**

20

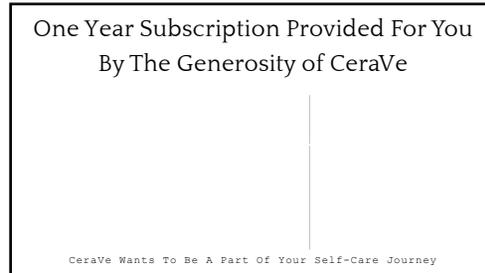
**GRATITUDE IS GOOD BRAIN FOOD**

Several good neurochemicals—dopamine, serotonin, and oxytocin—are released in your bloodstream when you write, reflect on, or express gratitude.

- ❖ **Dopamine - CBH11NO2:** when expressing gratitude, dopamine is released in your bloodstream, and it feels good! It triggers positive emotions, you feel more optimistic, and it fosters camaraderie.
- ❖ **Serotonin - C10H12N2O:** when you reflect on or write down the positives in life and at work, your brain releases serotonin. Serotonin enhances your mood (think anti-depressant), willpower, and motivation. And yes, serotonin has also been called both the happy molecule and the leadership chemical.
- ❖ **Oxytocin - C43H66N12O12S2:** being grateful to those in your life releases oxytocin, important in building safe connections with others. Oxytocin facilitates trusting, prosocial behaviors while inhibiting the stress hormone cortisol.

21

One Year Subscription Provided For You  
By The Generosity of CeraVe



CeraVe Wants To Be A Part Of Your Self-Care Journey

22

**EMPATHY & COMPASSION**

*Empathy is just as important for the caregiver as it is for the patient.*

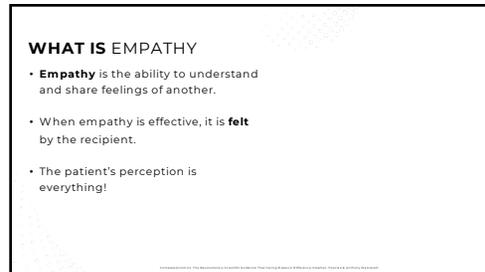
**EMPATHY:**  
Walk A Mile In My Shoes



23

**WHAT IS EMPATHY**

- **Empathy** is the ability to understand and share feelings of another.
- When empathy is effective, it is **felt** by the recipient.
- The patient's perception is everything!



24

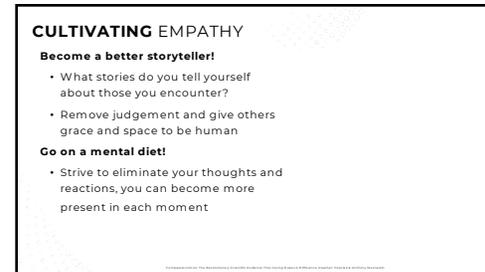
**CULTIVATING EMPATHY**

**Become a better storyteller!**

- What stories do you tell yourself about those you encounter?
- Remove judgement and give others grace and space to be human

**Go on a mental diet!**

- Strive to eliminate your thoughts and reactions, you can become more present in each moment



25

**REFRAME THE NEGATIVE MEMORIES OF THE PAST, REMEMBER THE LESSON NOT THE TRAUMA.**

26

**CULTIVATING EMPATHY**

**Open Yourself To Others!**

- Engage others in conversation with an intention to learn rather than respond
- Make eye contact----Stop looking at your phones!

**Use Your Tonality**

- Call others by their name
- Become an engaged listener

**Nothing shows that you care more than truly listening and understanding someone!  
Experts agree that body language accounts for 70-90% of communication.**

27

**EMPATHY & BETTER PATIENT OUTCOMES**

**Empathy in Pain Management**

- Harvard Medical School researchers found that a **compassionate connection with an anesthesiologist can make patients calmer before surgery, requiring less sedatives.**
- These same patients also demonstrated a **50% lower requirement for opiate pain medication after surgery.**
- **Drug overdoses (including opioids) in the U.S. were up 18%** during the COVID-19 pandemic, so this is quite a valuable point to consider. In some jurisdictions such as Milwaukee County, WI, overdoses are up as much as 50%.

Compassion: The Revolutionary Scientific Evidence That Changes Attitudes, Stephen Trzeciak & Anthony Mazzarelli

28

**READ THIS BOOK!**

Compassion: The Revolutionary Scientific Evidence That Changes Attitudes by Stephen Trzeciak and Anthony Mazzarelli

Compassion: The Revolutionary Scientific Evidence That Changes Attitudes, Stephen Trzeciak & Anthony Mazzarelli

31

**WHY DOES COMPASSION MATTER?**

We Are Living Through A World-Wide Compassion Crisis:

- **One-third** of all Americans do not consider compassion for others to be among their **core values**.
- **Two-thirds** of middle & high school students surveyed by Harvard University said their parents **do not value caring for others** as much as they value achievements and accolades.
- **Half** of patients AND physicians surveyed by Harvard Medical School said the U.S. healthcare system is **NOT** compassionate.
- **64%** of patients in the U.S. said they've had a healthcare experience **with a lack of compassion**.

Compassion: The Revolutionary Scientific Evidence That Changes Minds, Differences, Shapes Trajectories & Heals!

32

**How long do you think it takes to form a compassionate connection with a person?**

**Answer: 39 seconds, according to studies**

Compassion: The Revolutionary Scientific Evidence That Changes Minds, Differences, Shapes Trajectories & Heals!

33

**MISSED OPPORTUNITIES FOR COMPASSION**

Johns Hopkins ICU study: **74%** of interactions in the ICU revealed providers showed **no compassion for patients or families**

Research shows physicians routinely miss **60-90%** of **emotional clues** from patients.

Primary Care Visit Study: **77%** of the time, physicians interrupted the patient **before they completed their opening statement of concerns**

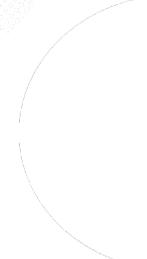
Compassion: The Revolutionary Scientific Evidence That Changes Minds, Differences, Shapes Trajectories & Heals!

34

**SPREAD THE LOVE**

**WE ALL need to take ownership** of the way we show up...everyday! The onus is on us...there are no excuses.

**It's possible to increase your empathy & compassion** - in **80%** of the most scientifically rigorous published studies, compassion training **successfully increased** physician compassion.



Compassion: The Revolutionary Scientific Evidence That Changes Minds, Differences, Shapes Trajectories & Heals!

35

### NEXT STEPS

**Next Steps for YOU:**

- Build **self-awareness**
- Practice **being kind to yourself**
- Become **comfortable with vulnerability**

**Next Steps for your circle of influence:**

- Encourage your **co-workers**
- Be a force for positivity and **SHUT DOWN negativity**
- Watch out for ways to **add value to those around you**

36

### BE POSITIVELY UNFORGETTABLE

- Introduce yourself
- Be present. Be in the moment
- Pause...
- Look them in the eye
- "How can I help you?"
- "I know this is hard. I'm sorry this is happening to you."
- "We are going to go through this together."

**Your words, smiles, and tonality are your friends.**

37

### THE POWER OF PHYSICAL TOUCH

- In nursing practice, touch is indispensable, enhancing communication between nurses and patients, fostering self-esteem, and reducing psychosocial issues.
- Nurses must prioritize opportunities for touch, as it fosters empathy and enhances the patients experience of care.
- Purposeful touching, conveying sincerity, trust, and empathy, strengthens the nurse-patient relationship.

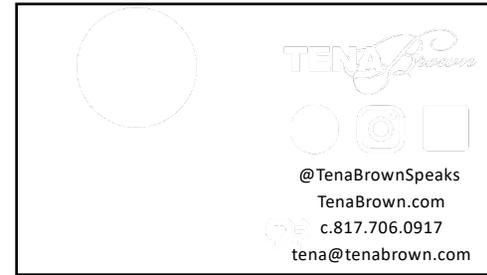
38

### MY FRIEND JEAN AT CAMP HORIZON

39



40



41