

NAVIGATING NEW REALITIES: BEST PRACTICES IN PALLIATIVE CARE DURING COVID-19

PRESENTED BY: NATALIE RODDEN, MD

Palliative Care in the Pandemic: Challenges and Lessons Learned at a Catholic Hospital

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INTRODUCTION

- Role
- Hospital
- Team



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THE CHALLENGES IN MEDICAL CARE

- The stigma
- Isolation
- Visitor restrictions
- Communication and trust barriers

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THE CHALLENGES IN PERSONAL CARE



Figure 1. Reactions and Behavioral Symptoms in Disasters: SAMHSA
<https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>

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THE CHALLENGES IN PERSONAL CARE

- Work/life boundaries
- Isolation
- Compassion fatigue
- Moral distress



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THE SOLUTIONS IN MEDICAL CARE

- **Doing what palliative care does best**
 - **Advocacy**
 - **Humanization**
 - **Communication**
 - **Hoping for the best, preparing for the worst**

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THE SOLUTIONS IN PERSONAL CARE

- **Reconnecting with the roots of one's professional vocation**
- **Gratitude**
- **Advocacy for needs**
- **Boundaries, personal time**

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PLUS - DELTA

- What might have gone better?
- What would you do differently in the future?
- How did you readjust along the way to changing circumstances?

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TAKEAWAYS

- Anticipate issues
- Be creative
- Don't be afraid to share information and advocate
- Recognition of compassion fatigue

AUDIENCE QUESTIONS

Further questions for the speaker:
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