

Seminar Notes and Activities

End-of-Life Care Seminar – After a death: how to support yourself and other staff after a patient has died

Group discussions:

1. What form can self-care take? Why is it so important to practice this? What supports do you currently have? Are these adequate?
2. Do you prioritise your self-care needs? If no, why not? Would you consider developing a self-care plan? Self-care can mean different things to different people. Consider what works for you and share this with the group or a colleague if you are comfortable.
3. What do you think is the relationship between stress, burnout, and self-care?
4. How do you consider giving effective care or support for your colleagues? Give examples.
5. Are you an isolated practitioner or do you know an isolated practitioner? How do you/they access support?
6. Does the organisation have a shared responsibility for supporting staff? Does the organisation support staff to deliver end-of-life care?
7. What is the role of rituals in supporting those who are bereaved (including staff)? Do you practice any after-death rituals (personally or as a team/organisation)? Would you consider this strategy for family and/or staff support?
8. What is the one thing you can change tomorrow to enhance your and your team's ability to practice self-care?

