

**UNC Lineberger Cancer Network**

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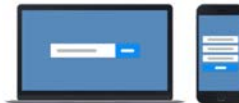
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Advanced Practice Provider webinars created by Tammy Trigliano, DRAP@CC.KUOP

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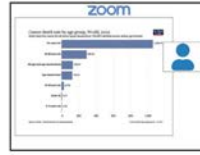
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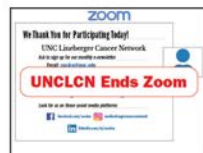


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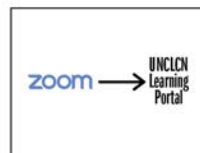
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**Patient-Centered Care**

CME  
NCPD/CNE  
ACPE  
ASRT  
ODS/CTR

2nd Wednesday Jan-Oct  
1st Wednesday Nov-Dec



**Advanced Practice Provider**

CME  
NCPD/CNE  
ACPE

1st Wednesday Mar, Apr, Jun,  
Sep, Oct, Dec



**Research to Practice**

CME  
NCPD/CNE  
ACPE  
ASRT  
ODS/CTR

4th Wednesday Jan-Oct  
3rd Wednesday Nov-Dec



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CME

1st Wednesday Feb, May, Nov

## Self-Paced, Online Courses

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Thank you for spreading the word!

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UNC Lineberger Cancer Network  
**Advanced Practice Provider**  
 Live Webinar  
**September 3**

  
**Melinda Manning,**  
 JD, MSW, CPC

  
**Rachel Rifkin, LCSW**



**Coping Skill Development for Health Care Providers Caring for Patients with Cancer**

UNC | LINEBERGER COMPREHENSIVE CANCER CENTER

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## Our Presenter



**Melinda Manning,**  
JD, MSW, CPC

Melinda Manning, JD, MSW, CPC, is the director of UNC Hospital's Beacon program.

In her "free" time, she is also the chair of the CISM team, serves on the Hospital Ethics Committee, and as a content expert with the Well-Being Program and teaches at the UNC School of Social Work.

She's presented at numerous national and international conferences about intimate partner violence, Title IX, ethics, and victim advocacy.

She used to be a college dean and was featured in the documentary on campus sexual assault, "The Hunting Ground."

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## Our Presenter

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## Our Presenter

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- 3.** Melinda Manning, JD, MSW, CPC, is the director of UNC Hospital's Beacon program.

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## Our Presenter

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**Rachel Rifkin, LCSW**

Rachel Rifkin, LCSW, is a Clinical Instructor and Psychotherapist with UNC's School of Medicine Department of Psychiatry.

In addition to providing therapeutic services to individuals and groups through the Department of Psychiatry, she also provides support to the Integrated Well-being Program for UNC Healthcare.

This program is dedicated to providing support in a variety of forms to UNC faculty and staff designed to promote professional fulfillment, reduce burnout, and maximize resiliency.

She completed her Master of Social Work at Saint Louis University in 2016.

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## Our Presenter

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## Our Presenter

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- 3.** Rachel Rifkin, LCSW, is a Clinical Instructor and Psychotherapist with UNC's School of Medicine Department of Psychiatry.

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- 2.** She provides therapeutic services to individuals and groups through the Department of Psychiatry as well as support to the Integrated Well-being Program (IWBP) for UNC Healthcare.

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1. The IWBP is dedicated to providing support in a variety of forms to UNC faculty and staff designed to promote professional fulfillment, reduce burnout, and maximize resiliency.

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## Sample Poll Everywhere Question

Join by Web [PollEv.com/unclcn](https://PollEv.com/unclcn) Join by Text Send unclcn to 22333

Caregiver burnout is a state of physical, emotional and mental exhaustion that happens while you're taking care of someone else.

(A) True 0%

(B) False 0%

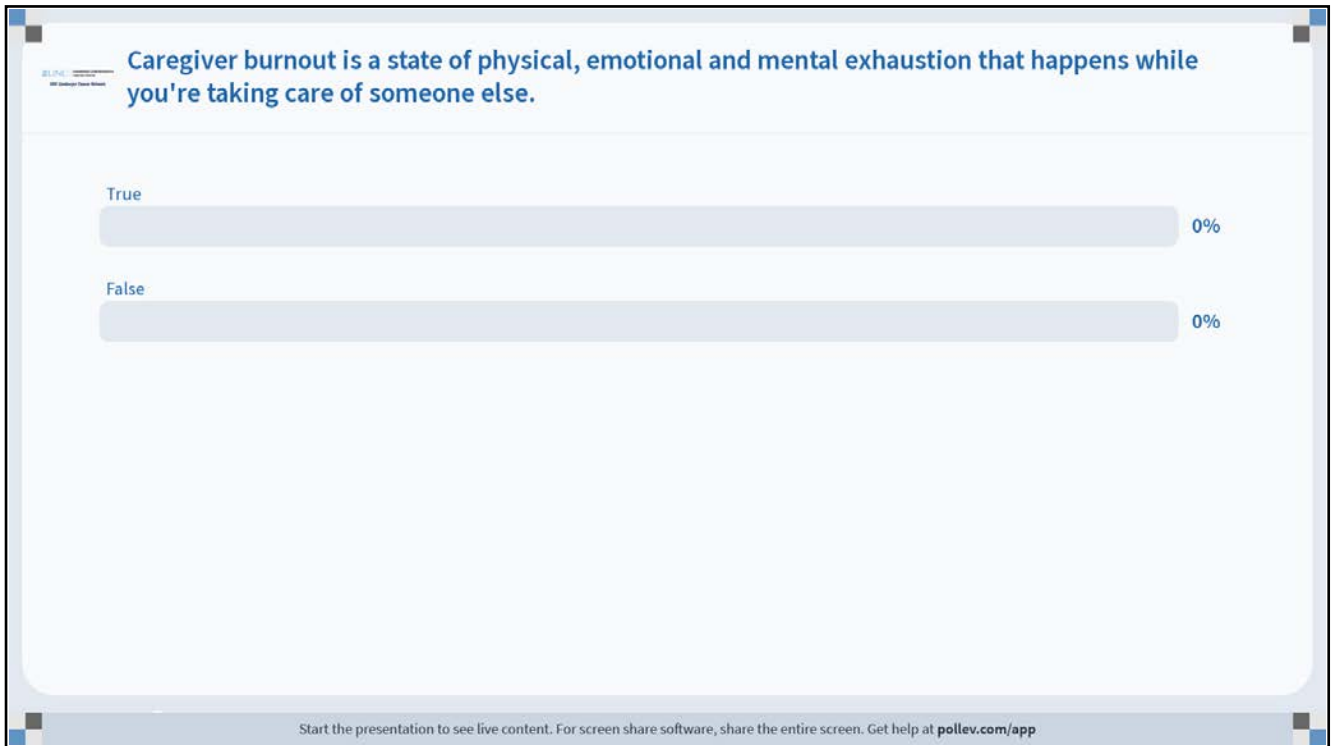
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# Coping Skill Development for Health Care Providers Caring for Patients with Cancer

RACHEL E. RIFKIN, LCSW  
MELINDA MANNING, JD, MSW

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# Beginning with a Pause

The Power of the Breath

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# Observation

What do you notice in your body after that practice? What about your mind?

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# A Note Before We Begin

Look for what you're already doing to take care of yourself.

Remember, this is not a one size fits all approach.

Finally, please know that you can take what resonates and leave the rest.

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## Agenda

What are we talking about?

What to look for?

What to do?

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# What is Burnout?

Burnout is a syndrome resulting from chronic workplace stress.

It is characterized by three dimensions:

Feelings of energy depletion or exhaustion;

Increased mental distance from one's job;

Reduced professional efficacy

Bui, Simona, et al. 2021

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# Excerpt on Burnout

"Initially, we feel emotionally exhausted. We manage to get through the day at work, but have little else to give. Afterwards, we are exhausted, irritable, and impatient. It becomes so difficult to be with others that we withdraw, depersonalize, and prefer to isolate ourselves. We begin to feel negative about people and work we used to enjoy. We develop a reduced sense of accomplishment and satisfaction from our work and can become cynical and distant."

Gautam,  
2003

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# What is Compassion Fatigue?

“Compassion fatigue is described as a healthcare practitioner’s diminished capacity to care as a consequence of repeated exposure to the suffering of patients, and from the knowledge of their patient’s traumatic experiences”.

Cavanagh, et al.,  
2020

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# Signs and Symptoms

- | Behavioral   | Cognitive   | Emotional   | Physical   |
|--|---|---|--|
| <br>Urge to isolate or withdraw<br>Increased use of alcohol or other substances | <br>Difficulty concentrating<br>Forgetfulness<br>More pessimistic thinking | <br>Increased irritability or frustration<br>Depersonalization<br>Low mood<br>Detached<br>Anxiety | <br>Sleep disturbance<br>GI upset<br>Headaches<br>Muscle tension<br>Increased fatigue |

Bui, Simona, et al. 2021

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Burnout has three distinct dimensions.

Response	Percentage
True	0%
False	0%

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## A Note on Signs and Symptoms

Burnout can look similar to depression and anxiety. A key difference is that burnout is more situational while depression and anxiety are broader mental health issues. Burnout can lead to a depressive episode

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# Mindfulness

Paying attention  
 On purpose  
 To the present moment  
 Nonjudgmentally

Mindfulness can be practiced any time, anywhere, while doing anything!

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# Ideas for Micropractice

Any recurring event can be a cue for a self-check (putting on hand sanitizer, waiting for computer to load, getting in car).

*Mindfulness Moment and Self-reflection*

*Take a couple of deep breaths*

*Visualization*

*Ask "Where are my feet?"*


*Am I well hydrated? Hungry?*

*Gratitude Practice*

*Am I carrying residual emotion from that last encounter?*

Fessell & Cherniss,  
2020

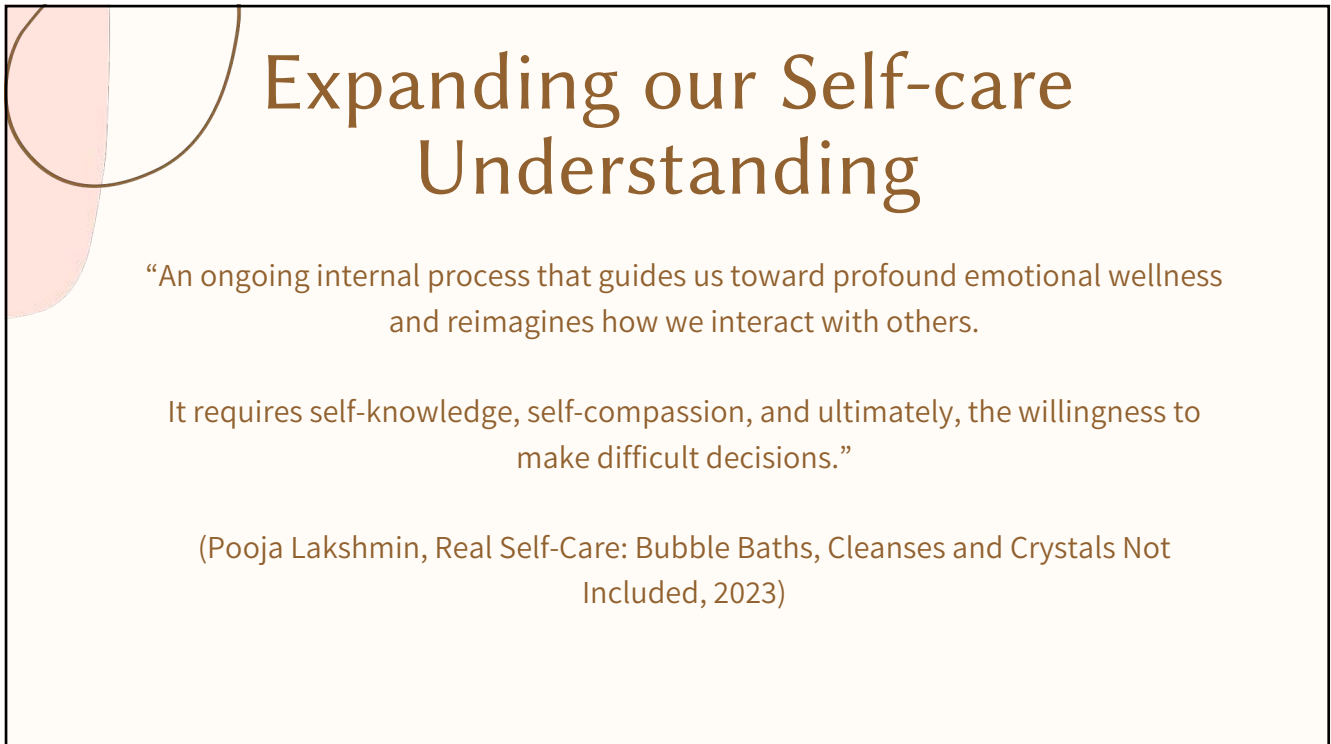
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A slide titled "Self-care Myths" with a light beige background and decorative pink and orange shapes. The title is in a large, brown, serif font. Below the title, four common myths are listed: "Selfish", "Expensive", "Time consuming", and "Earned". Each myth is centered above a small, solid brown circle containing a white bird icon.

# Self-care Myths

- Selfish
- Expensive
- Time consuming
- Earned

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A slide titled "Expanding our Self-care Understanding" with a light beige background and decorative pink and orange shapes. The title is in a large, brown, serif font. Below the title is a quote in a smaller, brown, serif font. Underneath the quote is another line of text in the same font. At the bottom, there is a citation in a smaller, brown, serif font.

# Expanding our Self-care Understanding

“An ongoing internal process that guides us toward profound emotional wellness and reimagines how we interact with others.

It requires self-knowledge, self-compassion, and ultimately, the willingness to make difficult decisions.”

(Pooja Lakshmin, Real Self-Care: Bubble Baths, Cleanses and Crystals Not Included, 2023)

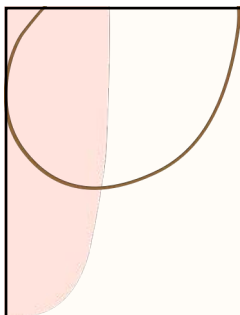
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# This Can Look Like So Many Things!

- Physical
- Emotional
- Social
- Mental
- Spiritual
- Professional

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# Other Important Notes

- Can be as small as you need
- Not a one size fits all approach
- Can change over time and transition

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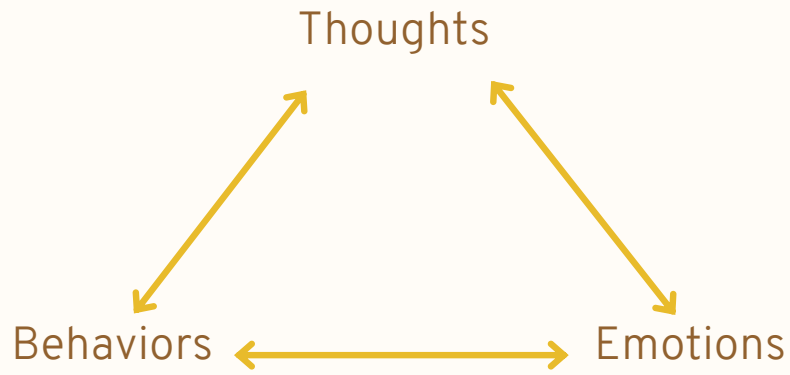
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# Focusing on Emotional Self-care

- Do you have healthy ways to reflect on and process emotions?
- Do you spend time engaging in activities that leave you feeling recharged?
- Do you have healthy ways to process emotions?
- Do I get away from distractions (phone, work)?
- What is the nature of your inner dialogue?

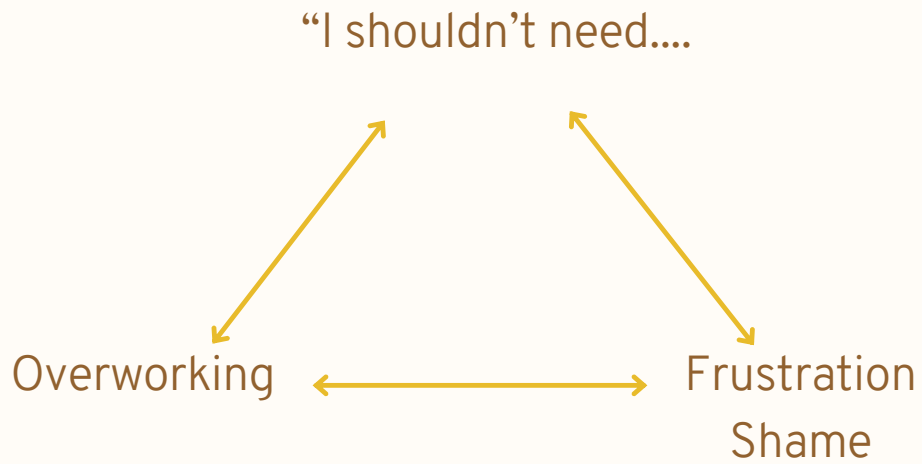
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# Being Aware of Thinking



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# An Example



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# How to Promote more Balanced Self-talk

## Be Aware

Look for unhelpful or untrue thought patterns

Look for all or nothing, catastrophizing, minimizing.

## Self-compassion

"Self-compassion is when we enact compassion for ourselves – that is, we become aware of our suffering and attempt to do things that will be helpful for us, such as addressing a problem, attempting to put a failing in perspective, and being kind to ourselves."

Gerace, 2022

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## A Self-compassion Practice

How do you approach a friend or loved one who is struggling? What is your body language? Tone of voice?

How do you meet yourself during moments of suffering? What is your tone of voice?

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## Closing with Reflection

What are you already doing to take care of your self?

What is one practice that you would either  
1) like to learn more about or 2) begin putting into practice today?

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# Resources

More resources are here:  
<https://www.unchealthcare.org/wellbeing/>

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# Citations

Bui, Simona, et al. "Burnout and oncology: an irreparable paradigm or a manageable condition? Prevention strategies to reduce burnout in oncology health care professionals." *Acta Bio Medica: Atenei Parmensis* 92.3 (2021): e2021091.

Cavanagh, Nicola, et al. "Compassion fatigue in healthcare providers: A systematic review and meta-analysis." *Nursing ethics* 27.3 (2020): 639-665.

Conversano, Ciro, et al. "Mindfulness, compassion, and self-compassion among health care professionals: What's new? A systematic review." *Frontiers in psychology* 11 (2020): 1683.

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# Citations

Fessell, David, and Cary Cherniss. "Coronavirus disease 2019 (COVID-19) and beyond: micropractices for burnout prevention and emotional wellness." *Journal of the American College of Radiology* 17.6 (2020): 746-748.

Gautam, Mamta. "Before burnout: how physicians can defuse stress." *AMA Journal of Ethics* 5.9 (2003): 394-397.

Gerace, Adam. "Gentle gloves: The importance of self-compassion for mental health nurses during COVID-19." *International Journal of Mental Health Nursing* 31.1 (2021): 3.

Hashem, Zeena, and Pia Zeinoun. "Self-compassion explains less burnout among healthcare professionals." *Mindfulness* 11.11 (2020): 2542-2551.

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# Questions?

# Thank you!

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UNC Lineberger Cancer Network **Questions/Comments?**


Nobody has responded yet.  
Hang tight! Responses are coming in.

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**Thank You . . .**

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**UNC Lineberger Cancer Network**

**The Telehealth Team**

**Tim Poe** – Director

<b>Veneranda Obure</b> – Technology Support Specialist	<b>Andrew Dodgson, DPT</b> – Continuing Education Specialist
<b>Jon Powell, PhD</b> – Continuing Education Specialist	<b>Patrick Muscarella</b> – Technology Support Technician
<b>Oliver Marth</b> – Technology Support Technician	<b>Kimberly Riddick, BSN, RN, NPD-BC</b> – Nurse Planner

The song *Back Rhodes* written and performed by **Don Poe**

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## Upcoming Live Webinars

[learn.unclcn.org](http://learn.unclcn.org)



**Patient-Centered Care**

*Caring for Young Adults with Cancer: Reproductive Health Considerations*

**Melissa Matson, MSN, RN, AGPCNP-BC, AOCNP**

**September 10**  
12:00 PM



**Research to Practice**

*The Current Management of Pancreatic Cancer*

**Ashwin Somasundaram, MD**

**September 24**  
12:00 PM



**Patient-Centered Care**

*Cancer Misinformation*

**Ilona Fridman, PhD**

**October 8**  
12:00 PM

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## Self-Paced, Online Courses

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**Research to Practice**

*Advances in the Early Detection (and Treatment) of Lung Cancer*

**Jason Akulian, MD, MPH, MBA**



**Patient-Centered Care**

*From Barriers to Bridges: Addressing Social Determinants of Health in Cancer Care*

**Danielle Julian, BSN, RN, ACS Lion(TM)**



**Advanced Practice Provider**

*Vascular Access*

**Courtney Evron, PA-C**

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