



HEART BEAT

August 2011

A
RESOURCE
FOR
Hospice
of
Davidson County
Volunteers —

the heart of

our hospice

care team.

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Greetings!

I hope everyone is having a wonderful summer and staying cool in this HOT weather! As always, HODC has had a very full year so far with changes, growth, special events, and fundraisers.

Your contributions of time, talent, and resources make all that we accomplish possible. We honestly could not do it without the support from all of you.

The *Ride for Angels* single day event, volunteer time for that day only was nearly 400 hours. That is A LOT of volunteer support my friends and doesn't include any of the time in the months, weeks and days leading up to the event. Special thanks to all of you who contributed to making that day so remarkable!

As of June 30, 2011, HODC volunteers have given 4000 hours of their valuable time and driven nearly 11,000 miles.

Thank you for giving all that you do to HODC.

With Gratitude,

Windy Cole-Hedrick
Volunteer Manager



VOLUNTEER TRAINING...

Bereavement Training for Current Volunteers
Thursday, August 18th, 1:00pm-5:00pm
Call or e-mail Windy Cole-Hedrick to RSVP.

Patient/Family Volunteer Training is scheduled for September 27th – 29th, 1:00 p.m. – 5:00 p.m. and November 15th – 17th, 1:00 p.m. – 5:00 p.m. each day in the Home Care /Administrative Building.

Please share the dates with others who may have an interest in volunteering. Homecare volunteers are essential and greatly needed to provide direct patient/family support through listening, companionship and respite for patients and families.

Visit hospiceofdavidson.org for news updates and current events



Crossing the Line: Real Life Stories of Boundary Violations And what we can learn from them

April Perry, APRN, M.Ed Clinical Educator, Duke Homecare and Hospice Clinical Associate, Duke School of Nursing

Why do we need professional boundaries?

- To protect the clinicians
- To protect the patient
- To protect the organization

It is **ALWAYS** the professionals place to maintain the boundaries in the relationship—**NEVER** the patients.

Some **red flags** that you might be “nearing the line” or have “crossed the line” :

- Doing things which you don't want others to know
- Not wanting to discuss aspects of your care/relationship in IDG
- Doing things outside of your job description
- Relating to the patient outside of work hours
- Imagine the worst case scenario that this action could have. Would that be OK with you? The IDG? Your supervisor?

Questions that will help you decide if your actions are within your professional boundaries

1. Can I discuss this aspect of my relationship with my colleagues in IDG?
2. Can this part of my relationship with the patient be put in the medical record without any concerns?
3. If this aspect of my relationship with this patient was the headline in the newspaper tomorrow, would it be OK with me? OK with the IDG? OK with my supervisor?

4. Am I doing this because it is the best thing for this patient or because it is the best thing for me?
5. Does it matter that I do this or just that it gets done? If I have to do it, rethink...

Two things that are never acceptable in a professional relationship:

1. Becoming involved romantically- for hospice patients this means for at least one year after the death due to the interventions of the bereavement team .

2.



If you would like a Representative of HODC to speak to your congregation, professional Or civic group about ways to become involved please contact:

Tammy Troublefield or Amy Horn for more Information at 475-5444

FLU SHOT CLINIC
Thursday, October 27th
6pm-8pm
Please RSVP

TB CLINIC
Tuesday October 25th
3 Times available to choose from:
9am-11am . 2pm-4pm
5pm-6pm
TB's read October 27th
6p-8pm at In-Service

REMINDERS:

Please be sure to provide a current copy of your:

- **INSURANCE DECLARATION PAGE**
- **DRIVERS LICENSE**
- **TB RECORD IF YOU RECEIVE IT OUTSIDE HODC**

Self-Care for the Professional Caregiver: Breathe... Move... Touch

By Richard Briggs MA, PT

This article originally appeared in NHPCO's publication, NHCPP Insights, June 2006

As professional and **volunteer** caregivers, we take much pride and go to great lengths to care for the body and spirit of each patient we encounter: This is the hallmark of quality hospice care. Do we take similar care of ourselves? Our patients may want to be as active and highly functioning as possible, given the body's limits of aging and disease; do we also use our own body to a high degree of its physical potential? Our patients may hope for a clear mind, freed from stress and anxiety; do we have the same? What gives our bodies comfort? Doing three simple activities can promote our own wellness as caregivers.

Breathe

Breathe....We naturally breathe thousands of times each day, most often with no awareness of the process. Take a moment to feel the breath come in, filling the lungs as the diaphragm moves downward. Soften the belly to feel as if even your abdomen was filling with air. This is easy to notice when you are sitting at your desk, or at night as you lie in bed. Deep breathing with the diaphragm is the most efficient pattern. Gay Hendricks, in his book "Conscious Breathing," suggests that one can actually save energy with a gradual shift to this type of breathing, by decreasing both your resting respiration rate, and heart rate. The tension that we often hold in our body may also dissipate.

Breathe.... Just sit still and focus awareness on the breath, not the pattern, but just watching as it flows in, and out. Eckhart Tolle writes "whenever you are conscious of the breath you are absolutely present. You may also notice that you cannot think and be aware of your breathing. Conscious breathing stops your mind." This is an excellent practice to use before entering a patient's home, instead of a caffeine or cigarette break, or in any stressful situation. Even one minute of breath awareness is restorative.

Breathing in I calm body and mind.

Breathing out, I smile.

Dwelling in the present moment,

I know this is the only moment.

— *Thich Nhat Hanh*

Move

The body is the vehicle which we inhabit in this world. Our patients who live with terminal conditions work to the limits of their ability to be active, even as they decline. Moving the body helps maintain an optimal ability to function and enjoy life.

Likewise, we can maximize the function and enjoyment of our bodies. Exercise can help us do this in many ways. Aerobic exercise, such as walking or bicycling, enhances heart and lung function, along with developing muscles to perform small repetitive actions. Anaerobic exercise, such as calisthenics or weight lifting, builds specific muscle strength and power, allowing the body to perform more difficult tasks. Other exercise, such as yoga or tai chi, enhances flexibility, balance, and body awareness.

Most important is that we move in a way that is safe and healthy for our body. It often helps to make it part of a daily or weekly routine, and enhances the benefits to the body. Finding an activity or exercise that is enjoyable, whether on a team, with a partner, or as a solitary practice, is essential. Play a game. Have fun. Where is our quality of life? Taking care of ourselves will help us be better caregivers to our patients.

"Where touching begins, there love and humanity also begin."

— *Ashley Montague*

Touch

Touch is a way to connect to others, a language that can convey an intention without using words. In hospice care, touch can be a form of communication — although it is best used to ease tensions that accumulate from sustained worry. As professionals who tend to the dying process, we strive to alleviate fear for people who may suffer. It is the hope of the hospice team to create an opportunity for peaceful life closure. That involves easing emotional stresses as well as symptoms from illness. A massage and bodywork session can break the cycle of stress hormones released in fear, thereby creating a feeling of peace or relief from symptoms.

We also feel this stress. Professional bodywork can help us, as hospice staff, find relief from the tension of our work. A 30-minute reflexology, massage, or energy

therapy session can refill the well of emotional, physical, and spiritual energy that hospice workers expend every day. Back, shoulder, arm and hand massage can soothe overused muscles for those in clerical positions and for staff who feel overwhelmed with paperwork. Light-pressure reflexology and acupressure (highly recommended for stress reduction and effective coping) eases the tension of the whole body, achieving balance. Energy therapy produces a deep relaxation response and detached peacefulness.

Utilizing the massage or bodywork therapist on your team for staff care will relieve stress, increase beneficial awareness, and promote teambuilding. Look for a massage therapist at a wellness center affiliated with a reputable massage school or a hospital wellness center. Adding daily self massage of the hands or feet to a ritual of mindfulness meditation, prayer, or an essential oil bath can also reduce stress.

Use touch in your patient visits, offering a hand massage with lemon or grapefruit essential oil, and relaxation music. You will receive the benefits of that quiet, reflective time too, and your patient may surprise you — offering some comforting contact in reciprocity. If so, receive it. Touch is for health.

Richard Briggs has 20 years of experience as a physical therapist with Enloe Homecare and Hospice in Chico, CA and currently serves as NHCPP's Allied Therapist Section Leader. He also writes, lectures, and consults with agencies to integrate physical therapy into hospice care through Hospice Physical Therapy Associates (HospicePT@aol.com).

Valerie Hartman is a complementary therapy hospice and palliative care nurse. She has been a hospice nurse for 20 years, including 15 years in a holistic inpatient residential hospice program. She currently coordinates the Complementary Therapy Program at Holy Redeemer Hospice in Philadelphia, PA. A member of the Allied Therapy Steering Committee, she represents, teaches, and writes on the professional integration of massage / bodywork therapy in hospice care. She can be reached at HospiceCT@aol.com.

References

Hendricks, Gay. (1995) *Conscious Breathing*. New York, NY: Bantam Books.

Tolle, Eckhart. (2005) *A New Earth: Awakening to Your Life's Purpose*. New York, NY: Dutton.

IN-SERVICE and EVENT CALENDAR 2011

August 5th— Friends for Hospice Benefit with Party on the Moon 7pm-12:00am RCR

August 17th— **Breakfast for Brainiacs** Webinar
8:30am-9:30am The Social/Emotional Component of Hospice Care: Advanced Skills for the Hospice Team
Homecare Administrative building

August 18th— **Bereavement Volunteer Training**
1:00pm-5:00pm Homecare Administrative building

August 30th—3:00pm-5:00 pm **Bridges of Hope Grief Camp volunteer training**
Homecare Administrative building

September 19th-23rd Davidson County Agricultural Fair

September 29th— **Volunteer In-Service** 6:00pm-8:00pm
Annual policy review

October 1st— 9:00am-2:00pm **Bridges of Hope Grief Camp**

October 25th — **TB Clinic** 9am-11am, 2pm-4pm, 5pm-6pm

October 27th— 6pm-8pm In-Service Infection Control, TB Reading, Flu Shots

November 6th—**Hospice Sabbath**

November 17th— 6pm-8pm— **Volunteer Fellowship Covered Dish Meal**

Christmas Caroling dates TBA

If you would like to help plan caroling this year please contact Windy Cole-Hedrick.

Please RSVP for in-services and events.

VOLUNTEER OPPORTUNITIES & INITIATIVES



- Prepare a meal for a homecare patient/family
- Start a Prayer Shawl Ministry in your faith community
- Food Drive for HHH Family Pantry
- Plan for a HODC representative to speak at your next ladies or men's group meeting or civic organization meeting
- Bridges of Hope grief camp volunteers will be needed
- Volunteers to represent HODC at the DC Fair needed
- Anyone able to accept a patient at this time, there is an immediate need for homecare volunteers
- Volunteers needed to deliver grief camp applications and brochures to county and city elementary and middle schools

Call or e-mail Windy Cole-Hedrick if you have an interest in providing volunteer support in any of these areas.



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