



Bienvenidos

Welcome

Learn and Serve
Conference



Conference Title:	Roatan Learn & Serve Conference: Equipping Healthcare Providers at Clinica Esperanza	Date:	10/27/2022
Moderator(s)/ Planning Committee:	Nicholas Comninellis, MD, MPH, DIMPH: Nothing to Disclose; Sean Mark, MD, DIMPH: Nothing to Disclose; Todd Franks: Nothing to Disclose; Fred Loper, MD: Nothing to Disclose		
Presenter(s): Topic(s):	Nicholas Comninellis, MD, MPH, DIMPH and Sean Mark, MD, DIMPH: <i>"Chronic Disease Amid Chronic Poverty"</i> <i>"Chest Pain Emergency Management"</i> <i>"Abdominal Pain Emergency Management"</i> <i>"Emergency Obstetrical Skills"</i> <i>"Ultrasound"</i> <i>"Helping Babies Breathe"</i> <i>"Self Care for the Health Professional"</i> Todd Franks: <i>"Faith and Healthcare"</i>		
Objectives:	At the completion of this activity, learners will be able to: 1. Describe the burden of chronic diseases in developing countries as well as the leading causes of acute chest and abdominal pain. 2. Identify and mitigate delivery risks for mothers and newborns. 3. Apply the basic principles of ultrasonography to clinical settings.		
Requirements to claim credit: attendance at this activity and completion of online evaluation/credit claim form.			

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The Institute for International Medicine designates this live activity for a maximum of 10 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Cuidado personal para los
profesionales de la salud

*Self Care for the Health
Professional*

Monica Rojas Chavez

no relevant financial relationships



Self-care for the Health Professional

OBJECTIVES

- Complete a brief personal health status analysis.
- Develop a personal health plan that addresses nutrition, stress reduction, sleep hygiene, community and activity.
- Develop a plan to implement behavior change models into one's personal health plan.



What is Self-care?

Self-care is the ***deliberate*** practice of paying attention to and taking care of your physical, mental and emotional health.



Who comes to your mind when
you hear the word “compassion”?



15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

Luke 5:15-16 (NIV)



Exodus 31

New English Translation (NET)

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- 15 Six days[u] work may be done,[v] but on the seventh day is a Sabbath of complete rest,[w] holy to the Lord;... 17 It is a sign between me and the Israelites forever; for in six days[x] the Lord made the heavens and the earth, and on the seventh day he *rested* and was *refreshed*.”[y]
- The word “rest” essentially means “to cease, stop.” So describing God as “resting” on the seventh day does not indicate that he was tired—he simply finished creation and then ceased or stopped.
- The verb is usually translated here as “he was refreshed,” offering a very human picture. It could also be rendered “he took breath” The anthropomorphism is clearly intended to *teach people to stop and refresh themselves physically, spiritually, and emotionally* on this day of rest.

Self assessment

- https://wps.pearsoncustom.com/wps/media/objects/2430/2488949/selfassess/ch01_assess_b.html

Write down the things you do on a regular week

Be very detailed about it

MYTHS ABOUT SELF-CARE

 Self-care is an indulgence

 Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.

 Self-care is selfish

 When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.

 Self-care is a one-time experience

 Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.

 Self-care is time consuming

 Self-care does not require you to take out a huge chunk of time from your busy day.

Self-care is not selfish

Clinical Significance

Burnout affects approximately one-half of physicians in practice.

Burnout results in medical errors, lower quality of care, higher costs, and overall worse outcomes; the impact of burnout on the physician workforce is substantial.

The burned-out physician “is angry, irritable, impatient, has increased absenteeism, decreased productivity and decreased quality of care.”

Poor Self-health: stress, HTN, heart disease, depression, anxiety, obesity.

Yates SW. Physician Stress and Burnout. Am J Med. 2020 Feb;133(2):160-164. doi: 10.1016/j.amjmed.2019.08.034. Epub 2019 Sep 11. PMID: 31520624.





Are you taking care
of all the aspects of
yourself?



Physical.



Mental.



Spiritual.



Relationships.



Economic.



Psychological.

Mark 6:30-31

30 The apostles gathered around Jesus and reported to him all they had done and taught. 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Matt
11:28-30
(NIV)