



SaskEthics

An Ethics Newsletter for Catholic Healthcare Organizations in Saskatchewan

Compassion at the core

Dear *SaskEthics* Readers,



Compassion has been the core of Catholic healthcare for centuries. Yet it still amazes me how often I rediscover this value in my work and feel surprised to find it there.

The most recent moment came at a Schwartz Rounds discussion at St. Paul's Hospital (SPH) on "Contemporary Stress." As one of the facilitators, I was worried that if I let people talk too much about the negative moments, I would never be able to pull them out of their emotional nose dive. And then another St. Paul's Hospital miracle happened: the more people listened to each other, the *happier* they became. Yes, you read that right: they actually left a one hour session on stress feeling happy!

Reflecting back on the experience, I realized that we had achieved the purpose of Schwartz Rounds – to promote compassionate healthcare – in its truest sense. "Compassion" means "to suffer with," and that is exactly what we did.

This compassion in action occurs throughout Catholic healthcare in a variety of contexts.

Imagine, for example, two nurses walking out to their cars and sharing simply that it was a long day. Or a parish visitor coming to see someone who cannot leave their home and praying with them. Or an administrator realizing that they cannot do anything to solve an issue, but committing to helping a frontline team member track down better supports. All of these scenarios involve people who cannot solve the problems of the person they are with, but they can take that person's hand and walk down the road with them for a little while.

Consider another example: a manager recognizes that spirits are low after the deaths of several patients who had been cared for by the team for a number of months. What can she do to help them?

It might be tempting to think that the answer is to close the unit to high severity patients, or to find some other way to shield the team. But what this team might really need is just an opportunity to be heard and to grieve the losses they have experienced.



St. Paul's Hospital



Catholic Health
Association of Saskatchewan

How have you shown compassion to your colleagues? How do you show compassion to yourself? Can you think of situations where taking an extra moment to suffer together has improved your care in the long run?

It can be tempting to feel helpless after listening to the frustration of a colleague

or friend. However, having a compassionate ear is often one of the most useful things we can do.

Dr. Mary Heilman,
Bioethicist, St. Paul's Hospital & CHAS
(306)-655-5197
mary@chassk.ca



get to the heart of it : being, caring, doing

meaningful connections & actions



Dr. Shane Sinclair



Andrew Terhoch



Lee Tomlinson



Dr. Louise Hawkey



Zofia Dove

We continue to build on the theme of Being, Caring, Doing. Our 2024 conference will focus on fostering connections and taking action to make a difference in our communities and in people's lives.

You will also have the opportunity to choose from seven engaging sessions geared to selfcare through reflection, movement, exploration and creativity.

The second day will focus on the journey from loneliness to connection with an agenda that will challenge us to explore the inseparable aspects of being, doing and caring in our own work and our healing ministry.

CHAC 2024 NATIONAL IN PERSON CONFERENCE | MAY 08 – 10, 2024 | WINNIPEG, MANITOBA

Conference Hours May 8 19:00 opening session May 9 09:00 – 16:00 18:00 banquet May 10 08:00 mass 09:00 – 15:30	Registration Fee Individual - \$349 Organization - \$1,250 (up to 5 individuals) Hotel & Conference Site Radisson Hotel Winnipeg 288 Portage Avenue	Book your Winnipeg Hotel https://www.choicehotels.com/reservations/groups/G9660529 Hotel room rate : \$157.00 More Information Julie Turenne Maynard CHAC.ACCS.2023@gmail.com	Conference Details For a complete list of speakers, the program at a glance and to register: https://www.eventcreate.com/el/chac2024conference
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