

Living with Death & The importance of Self Care & Compassion

Stories for Education: Living with Death on Vimeo

- What did you notice about how you felt during the film?
- Have you been in a similar situation yourself?
- Why do you think the doctor was struggling with the patient's decision?
- Whose needs were being met?
- What are your impressions of the junior doctor's values and how they might differ from the patient?
- Where or from whom could you seek help in these situations ?
- How might talking about the situation afterwards impact on how the doctor felt?
- How might have the conversation have been different if it was the doctor who didn't feel the treatment was appropriate ?

Personal Survival Tips..



- Caring can be difficult and upsetting.
- It is important to recognise the impact of living and working with loss, death and bereavement
- Staff should take steps to look after themselves, their colleagues and the wider team.
- Ongoing self-awareness and being honest and accepting of your own strengths & development needs is also important
- Having strategies to make it possible to work effectively without becoming overwhelmed and risking your health and wellbeing is key

Personal
Refreshment

Peer Support

Professional
Support

Professional
Development

Managerial

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- Working closely with people = emotional cost
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- Having strategies to make it possible to work effectively with out becoming overwhelmed and risking your health and wellbeing is key

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