



CALL FOR ABSTRACTS NOW OPEN!

30th Annual Palliative
Education & Research Day
Monday, October 21, 2019



Caring for Caregivers

Caring for those at the end of life is both challenging and rewarding work

Join us as we explore what it means to be caregivers – both professionally and personally - and how we can approach this willing task, not only for the health and wellbeing of those we care for, but for ourselves.

We invite clinicians, students and faculty to submit abstracts for oral and poster presentation related to Palliative & End of Life Care

CLICK HERE TO SUBMIT AN ABSTRACT

DEADLINE: APRIL 7, 2019

Caring for another person in need – be it a patient, client, family member or friend - can be rewarding, by strengthening relationships, sharing precious moments and learning life's lessons. However, caregiving can also come with physical, psychological, emotional, social and financial costs. Caregivers may experience emotional distress, a lack of professional and personal fulfillment, and, in some cases, burnout. Symptoms of burnout may include exhaustion, depersonalization and a low sense of accomplishment. Evidence shows the importance of caregivers taking steps to ensure their own health and wellbeing to mitigate these issues through: Personal wellness techniques – creating and maintaining positive mental, physical and emotional health; Fostering resilience – learning and sustaining positive coping and adapting behaviors; and Workplace processes and practices - promoting safety, quality, effectiveness, and positive patient and collegiate interactions.

PLENARY SPEAKER



Peter G. Brindley, MD, FRCPC, FRCP (Lond), FRCP (Edin)

Plenary Title: Wellness, burnout and resilience in healthcare professionals: we really need to talk.

Workshop Title: Teamwork and Communication: the most important "procedures".

For more information about the conference and abstract submissions please visit the Palliative Institute website
<https://www.covenanthealth.ca/innovations/palliative-institute>
or contact Viki Muller at viki.muller@covenanthealth.ca