A Palliative Care Team’s Journey Toward Discovering their own Goals of Care
Contact Information

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Disclosures

None
Learning Objectives

At the conclusion of this symposium, the learner will be able to:

- Describe two interventions that promote wellness, team sustainability and work/life balance
- Describe strategies for team building, interdisciplinary problem solving and enhanced communication
- Demonstrate how to utilize the “Wall of Words” interactive activity
- Identify three reasons why the healthcare system must prioritize the recognition of burnout, compassion fatigue, and team sustainability
Step #1: Recognize there is a problem!

**Critical events in the life of a team**

- Team growth
- Recent changes in administrative leadership
- Recent changes in staffing
- Increased consult load
- Burnout
Reflection

- Sustainability
- Increased workforce demands
- Decreasing pool of HC providers
- Aging population

- Pause
- Refocus
- Take Back Ownership
Strategize

What do we need to do to ensure sustainability?

- Open communication
- Work/Life balance analysis
- Basic Team Assessment
- Professional gratification
- Strategic planning
INSANITY:

DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS

-ALBERT EINSTEIN
Step #2

- Icebreakers
- Team building
- Superheroes
- Inspiration
- Article review
- Conversation
- Self-care
Step #3

- **Who am I?**
  - Self identification
  - Personal strengths
  - Areas for growth

- **Who are WE?**
  - Professional roles
  - Team function

- **How can we be a TEAM?**
  - Journal article review and discussion
  - Wall of Words
Step #4

Take Back Ownership!

- Wall of Words
- Scope of Services
- Team Wellness Strategy
Impact

- Re-invigoration of team identity and morale
- Improvement in:
  - Team function
  - Work/Life balance
Step #5
The Future For the Team

- Culture change
- Wellness embedded
- Prioritize
  - Self-care
  - Team care
  - Sustainability
  - Ownership
Resources To Begin the Conversation


