

HOSPICE HIGHLIGHTS



Top left to right Gayle, Moses, Ginger
Bottom left to right Paul, David, Gerardo

October 25-31st is Pastoral Care Week. The week is to honor and celebrate all practitioners of pastoral care and acknowledge the importance of their specialized practice through professional chaplaincy and pastoral counseling. The chaplain's role is to talk with hospice patients and their loved ones, to unfold their life story, and understand their unique spiritual perspective. This year's Pastoral Care Week theme is Collaborative Healthcare: Chaplains Complete the Picture. In supporting our hospice patient's mind, body, and soul, our spiritual counselors certainly do support the completion of an all-encompassing hospice care. Silverado Hospice values their Spiritual Care Counselors and are thankful for all they give to our hospice patients and their families, as well as our teammates. Thank you Gayle, Moses, Gerardo, David, Ginger, and Paul for all you give.

– Director of Family and Social Services,
Christine Hernandez, LCSW

AWARENESS DATES TO REMEMBER

Oct. 8 World Hospice and Palliative Care Day

Oct. 10 World Mental Health Day

Oct. 13 Breast Cancer Awareness Day

Oct. 15 Global Handwashing Day

Oct. 22- Oct 28 National Respiratory Care Week

Oct. 25-31, 2020 Pastoral Care Week



24-hour line: 888.328.5660

Referral line: 800. 507.9726

Fax: 949. 653.0452

**Volunteer Inquiries:
888.328.5660**

Healthy Reminders

Compassion Fatigue Vs Burn Out

Since World Mental Health Day falls on October 10th, we would like to provide signs and symptoms of compassion fatigue and burn out while providing patient care. These two types of fatigue can affect hospice relatives and even healthcare workers. Recognizing the signs early can assist in finding help sooner before any negative effects can occur on patient care.

<p>Burn out (usually associated with healthcare workers):</p> <ul style="list-style-type: none"> • Burn out is a reaction to the work environment and its stressors, such as dissatisfaction with workload or working conditions • When someone is suffering from burn out, that person tends to withdraw from their environment • Work setting focused, develops slowly, leads to physical exhaustion, evokes cynicism, laziness 	<p>Compassion Fatigue</p> <ul style="list-style-type: none"> • Compassion fatigue is a reaction to relationships – caring for someone who is suffering and dealing with the issues that arise due complications of care • With compassion fatigue, one can still be interested in patient care. This effort of giving more is what results in fatigue • Relationship focused, may occur suddenly, emotional distress, anxiety, unwillingness to work with some patients
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Methods of prevention and coping can be as easy as journaling, talking your feelings out with friends and family, and fitting in daily walks or exercise. If all else fails, seeking professional help is nothing to feel ashamed about. Remember it's always important to take care of yourself first so you can take care of others.

-Patient Care Manager
Tina Nguyen RN, BSN, CHPN



WORLD
**MENTAL
HEALTH**
DAY

SILVERSTORY

CONTACT US:



COVID19 has left patients limited ability to have visits from friends and family. Many patients whom may not have social supports, may feel very alone. Silverado Girl Scout friends wrote letters to patients as a way of giving a long-distance hug. They shared good thoughts of “may your day be filled with all kinds of bright sunny things”, “just wanted to say hello and tell you I'm thinking of you”, and “sending lots of hugs your way”. The girls hope was for the letters to be a pleasant surprise and something to read when feeling isolated. Their simple act of kindness has made a big impact on our patient’s lives - knowing that someone out there cares.

**-Director of Family and Social Services,
Christine Hernandez, LCSW**

Call us with your questions or concerns:

On our 24-hour line:
888.328.5660

Visit us online for our 24/7
Live Chat Line:
[Silveradohospice.com](https://www.silveradohospice.com)

If you would like to leave one of your favorite team members a praise, you may do so on our Yelp page:



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Essential Oils Program



Our Essential Oils program is a safe, natural way to help patients relax, and is available at no cost to patients or their families. The following is the program assessment protocol:

- ❖ Nurse assesses if patient is a candidate of Essential Oil Lotion, and inquiries into allergies
- ❖ If yes, nurse performs skin allergy test
- ❖ 24-48 hour follow up visit is performed by RN or LVN, and patient may begin program if no reaction occurs

Benefits of using essential oils may include a reduction in agitation, depression, healthy skin, and an overall boost in comfort and relaxation.

For more information on essential oils, speak to your Case Manager, or contact the Volunteer Manager, Valerie Lomeli 888.328.5660

Essential Oil of the Month

Latin Name: Eucalyptus

Globulus

Family: Myrtaceae Source of Oil: Leaves

Primary cultivation: Australia, Algeria, France, the Americas
Properties: Analgesic, antiseptic, antispasmodic, deodorant, diuretic, expectorant, febrifuge, stimulant.

Strongest characteristic: Respiratory system remedy
Blends with: Eucalyptus tends to take over a blend, be cautious with how much you add. It goes well with tea tree and lavender.

Eucalyptus is a fabulous oil for working with respiratory ailments. It is antiseptic and antiviral. It helps to dry up phlegm and combat the infection of sinusitis.

Respiratory System Colds, bronchitis, coughs, sinusitis, pulmonary congestion. Many kinds of respiratory distress respond to this oil because of its potent properties.

CONVERSATIONS TO HAVE WITH YOUR HOSPICE TEAM...

RESTLESSNESS AND AGITATION



We ALWAYS want you to feel prepared in case your loved one experiences these symptoms. Please always reach out to your hospice team if you see any new onset of symptoms.

What is restlessness and agitation?

Sometimes this appears as:

- ❖ Being uncomfortable
- ❖ A lot of movement in bed
- ❖ Moaning
- ❖ Rapid breathing

We want you to know that we have therapeutic methods and medications that can resolve these symptoms. Your nurse can discuss what medications can be given for these symptoms.

Something you can do with your loved one is to simply hold their hands. Talk to them in a soothing voice and provide them reassurance.

