

# MAKING THE WORST BETTER - CRITICALLY ILL PATIENTS AND COMPASSIONATE CARE

With the pandemic and other disasters that occurred in the last year, clinicians have dealt with sizeable amounts of human pain and personal moral injury. From overflowing ICUs with COVID-19 patients to the strains left by natural disasters, clinicians stayed resilient and adapted quickly. Here are a few tips compiled from what we learned to help clinicians provide compassionate care even when times are tough.

## TIP #1 SKILLS



Focus on maintaining and building your skills, particularly in key areas such as respiratory failure, severe sepsis, pneumonia, or chronic heart failure.

## TIP #2 PROBLEM SOLVING



Concentrate on what you can fix rather than the limitations and prepare accordingly. Flexibility and adaptability are important factors when treating patients with acute conditions.

## TIP #3 TEAMWORK



Build strong relationships and partnerships with fellow staff. Clinicians naturally share a heritage of self-improvement and collaboration. Dynamic teams are essential to saving lives.

## TIP #4 SIMULATION



Incorporate simulation exercises with colleagues and/or hospital teams. This practice helps clinicians prepare for common scenarios, plan ahead, and coordinate more effectively.



## TIP #5 PALLIATIVE CARE

Integrate palliative care practices into your routine. Often, critically ill patients need symptom control and end-of-life care, clear communication with family, and options for dignity in death and decision-making power.



## TIP #6 TAKE CARE OF YOURSELF

Clinicians are undoubtedly dealing with high doses of human pain and emotional demands. Choose to be kind to yourself and practice self-care daily. Remember to always make time to relax and do something each day that brings you joy.

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