



SaskEthics

An Ethics Newsletter for Catholic Healthcare Organizations in Saskatchewan

“Beyond Burnt Out” builds connections

Dear *SaskEthics* Readers,



This year’s W.F. Mitchell Bioethics Seminar had a different look than previous years. Normally I look forward to this

annual lecture as an opportunity to gather physicians, staff and friends of St. Paul’s Hospital in our auditorium. We escape the daily business of hospital life and lose ourselves in an issue that often has great implications for the work we return to.

This year, instead of gathering together physically, the SPH Ethics Committee recognized that we had to offer the Seminar online. At first I was disappointed that we had to make this decision. Would it still feel like an escape from our regular work? Would we feel connected the way we normally do? Were we wise to extend our invitation to the Seminar far and wide across the province?

Our committee recognized the profound weight that has been placed on healthcare providers over the course of the pandemic, and we wanted to ensure that whatever we did, it needed to be an opportunity for our

care teams to recharge. So, you can imagine how blessed we felt when Erin Beckwell of Seen and Heard Consulting, agreed to work with us to craft a presentation, “Beyond Burnt Out,” on the impact that the trauma of Covid-19 has had on us both personally and professionally.

Over three sessions, Erin guided participants through the challenges of our natural responses to trauma, which can arise anytime we feel threatened by an event, series of events or set of circumstances. Given the length of the pandemic, she acknowledge that many of us are feeling trapped in these responses with few coping mechanisms left.

I won’t pretend that nothing is lost in hosting a WebEx seminar instead of gathering in person, but having the chance to retreat together and to give space to what we have been feeling, was an amazing opportunity for the people who gathered online for the 2021 W.F. Mitchell Seminar. In addition to giving voice to what many healthcare practitioners have experienced, Erin also provided tools to help us bolster our coping mechanisms and stay connected with ourselves and each other. She didn’t



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pretend to be able to fix what has been happening; instead she provided us with support to shoulder the burden.

How are you carrying the weight of the pandemic? Has your team found ways to stay connected? What do you need to feel supported?

If you missed the opportunity to join us, please visit the following link to view past

seminars, including 2021's "Beyond Burnt Out":

<https://www.stpaulshospital.org/ethics/seminar.php?page=294>

Dr. Mary Heilman,
CHAS Bioethicist
(306)-655-5197
mary@chassk.ca

ETHICS EXCHANGE

Monthly Discussions of complex issues for SHA staff and clinicians

November 17, 2021
11:00 am - 12:00 pm

SPEAKER	TOPIC	LEARNING OBJECTIVES
Dr. Mary Heilman, PhD; Bronwyn Lasair, BScPT	On-Going Consent: The Art of Collaboration	<ul style="list-style-type: none">• Describe the different types of consent.• Understand the benefits and challenges of engaging patients in ongoing consent.• Apply this knowledge to case studies.

WebEx Presentation:
[CLICK HERE TO JOIN](#)
Meeting number (access code): 1324 64 9669
Meeting password: JFtbk3cWT82

If you have any questions regarding this Ethics Presentation,
please contact ethics@saskhealthauthority.ca

Saskatchewan Health Authority
 saskhealthauthority.ca